

ISSUE 35 · FEB 2020

ASSOCIATION OF PET DOG TRAINERS NEW ZEALAND

The Newsletter



Unleashing Your Dog

BY MARC BEKOFF AND JESSICA PIERCE

"The goal of training isn't to create a robot dog who rigidly follows commands. Training provides dogs with a large toolbox of skills, understandings, and communication techniques that allow them to calmly navigate their surroundings with independence, confidence, and flexibility" - (Bekoff & Pierce, 2019, p. 39)

Want to read more? Join the APDTNZ Book Club! See inside for details.



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Message From the President

Happy 2020 everyone.

Welcome to a new decade, one that I have no doubt will see a greater move towards fear free dog training and behaviour management. There is however a caveat – we must all pay a part, and if we really want to effect measurable change, we each need to play a bigger part than we have in the last decade!

We need to be proactive in seeking change and informing our communities that there are better ways of achieving long term outcomes for our animals and as such, going forward the APDTNZ will be actively advocating for fear free approaches. The more commitment from you, our members, there is, the easier and faster we can get the message out.

The Association has a very small committee and any support in preparing material, identifying and then maximising opportunities to educate the public is gratefully accepted as it benefits all members as well as the dogs that we so love.

Heading into 2020, the Committee is working hard on preparing for Conference over Queens Birthday weekend and are excited to have secured Alexis Davison and Peta Clarke as well as some local talent to inspire, challenge and advance our understanding of latest research and training opportunities. Registrations will be opening shortly.

In business, as in life, first impressions have an impact of a person's decision-making process. Now that the new Member Directory is live, please ensure your logo is uploaded (as well as some photos if you like) and complete your profile so that potential clients looking for a reputable dog trainer are sufficiently encouraged to take the next step and get in touch. The new member area also enables easy membership renewal so keep an eye out for some information around this in the next couple of months.

I hope you all had a well-deserved break, caught up on sleep, read a good book or managed to do whatever was needed to recharge your batteries for the year ahead. You all do fantastic work and it is a privilege to part of a progressive organisation that really does help make the world a better place.

Very best wishes for 2020,

Mark Weaver
President

Committee 2020

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Annual Conference 2020

The APDTNZ Annual Conference will be held at the **Jet Park Hotel and Conference Centre** in Auckland over Queen's Birthday weekend.

Guest speakers are Alexis Davison and Peta Clarke.

Tickets on sale soon. Stay tuned!

Anticipation - The Sweetest Smell of All

By: Peta Clarke

"Well," said Pooh, "what I like best," and then he had to stop and think. Because although Eating Honey was a very good thing to do, there was a moment just before you began to eat it which was better than when you were, but he didn't know what it was called." - A.A.Milne, Winnie the Pooh.

Science agrees with Pooh Bear. Knowing that something desired is coming our way feels really, really good. While the Bear of Very Little Brain didn't know what to call it, we know it as anticipation or expectation. The excitement woven into the pleasure of the predicted event has us buzzing whether we are awaiting the return of a loved one, expecting a delicious meal or standing by in line for a favourite fun park ride.

Anticipation is an emotion shared by all mammals according to the work of Jaak Panksepp, a neurobiologist who has spent his career exploring the science of emotion. His seminal work has been mapping out the seven emotional networks or systems in the brain of all mammals: SEEKING, RAGE, FEAR, LUST, CARE, PANIC/GRIEF, and PLAY. They are always represented in capital letters because they are so fundamental, so vital, Panksepp says, that they have similar functions across species, from people to dogs to rats.

The master emotion is considered to be the SEEKING system. Any time a dog (or indeed any animal including our own dear species) is in a state of activity, exploration or anticipation our SEEKING system is activated and the excitement and glee of anticipation is present. Mother Nature is a clever lady - considering food is often scarce and hard to come by in the wild, it makes sense to ensure that searching, hunting and anticipating the possibility of a meal feels great in and of itself. Seriously, if Mother Nature had left it to reinforcement schedules we would never have made it this far. Instead what we see when the SEEKING system is activated is a huge release of the neurotransmitter dopamine.



Ahhhhh dopamine! What's not to love! This is the chemical that brings us those moments when we feel invincible, like we can do and achieve anything we set our hearts to. Dopamine surges through our brain while we are searching, seeking, hunting, expecting but will begin to decline once we are successful in our pursuits. At this point opiates take over and while this still feels pleasurable (often very) research has shown overwhelmingly that we are much more likely to keep working for the dopamine surge over a hit of opiates when all other things are equal.

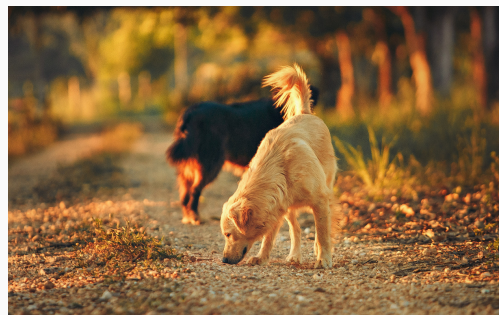


For us as trainers it is vital to know the value of providing our dogs with appropriate activities that activate the SEEKING system. SEEKING feels so good that if we don't our dogs will simply find ways to activate it themselves. Luckily, many of us are already doing it without knowing it. Shaping games - especially when they do not involve a prompt of any sort, allowing the dog to offer behaviours freely, provide opportunities for the engagement of the SEEKING system. In fact any training where the dog knows the process and has a high enough rate of reinforcement to prevent frustration and the activation of the RAGE system will do the job. Adding in punishers though (intensity is irrelevant) will prompt the FEAR and potentially the RAGE systems. This muddies the neurobiological waters and prevents the value of the SEEKING system being

engaged in the dog (and handler) in training.

The very best way to utilise the SEEKING system in our training though is to teach scent games. "As we see the world, the dog smells it," Alexandra Horowitz writes in her wonderful work "Inside of a Dog". "The world of scents", she says, "is at least as rich as the world of sight." Let your dog explore with his nose! While trick training, agility and other sports will activate the SEEKING system to some degree, these are all human orientated. Scent work puts your dog squarely in a world he instinctively knows and understands. Scenting activities keep dogs centred and focused in a way that no other training activity can. Dogs who have issues with reactivity, fear aggression and general anxiety are helped enormously by scent games being introduced into their daily life for the reasons discussed above.

Don't kill the SEEKING system with a barrage of "leave it!", "come here!" and "stop that!" While dogs need to learn what is acceptable behaviour and what isn't, this doesn't have to happen at the expense of the stimulation of the SEEKING system. In fact, by ensuring following these rules leads to the dog's SEEKING system being turned on we get a win-win situation. Interestingly enough, recent research shows a very strong link between depression and an under-activated SEEKING system. We all need to know that good stuff is coming our way. Animals in zoos have higher levels of dopamine for longer periods of time when they are made to search and hunt for their food rather than have it delivered in a bowl. This simple change will see reductions in stereotypic behaviour, fights among conspecifics and compliance with keeper requests. This information begins to really show us how vital having a goal - something to look forward to and work towards - is for our wellbeing.



When you begin to actively use opportunities to turn on the SEEKING system in your dog the benefits can be incredible. My little Quinn - once a very overreactive dog to other dogs now is a problem because he runs to other dogs off lead to say hello! I owe a lot of this to other dogs being linked to the activation of his SEEKING system. See the opportunities that are all around you. Teach your dog to find hidden food, favourite toys and other objects. For a real boost in feeling good teach your dog to find individual family members and favourite friends. Not only does the dog get a rush of dopamine during the search, but a hit of oxytocin - the bonding neurotransmitter, when the loved one is found! Simply taking your dog to different environments rather than going on the same old walk every day is also incredibly valuable in this area. And don't be surprised if exploring a new walk with your dog makes you feel a little lighter and happier too.

Looking at behaviour and training in this way does not replace the science of learning. All of that is still in play. What we get is a whole new amazing layer, a new way to look at the emotional associations that go along with the learning. Open up your mind to the world of neurobiology and feel your SEEKING system start!

Clarke, P. (2014) APDTONZ available at: https://petatraining.files.wordpress.com/2013/01/images_anticipation_3.pdf



APDTNZ is lucky enough to be hosting Peta Clarke speaking at our annual conference in 2020! Peta is a renowned exotic animal trainer, bird trainer and pet dog trainer. She has worked in film, consulted in zoos and wildlife parks and is a highly sought after invited international speaker. Read more about Peta and her business, Animal Training Solutions at animaltrainingsolutions.com.au

A Puppy Culture Adventure

By: Jo Miller (APDTNZ Member), KPA, CTP

My Puppy Culture® journey began nearly 3 years ago when I happened upon a podcast discussion between Sarah Stremming (of The Cognitive Canine) and Jane Messineo Lindquist (the creator of Puppy Culture® programme). I was intrigued by Jane's description of the Puppy Culture® as it seemed to fit in with my own ethos of dog guardianship.

The essence of the Puppy Culture® programme is that puppies are exposed to new things based on behavioural markers rather than how many weeks old they are. Puppy Culture® holds that these experiences can have a profound and positive impact on the future of puppies raised using their programme. And, perhaps most importantly, the learning is puppy-lead. I was, and still am, impressed and encouraged that Jane and her team continue to develop and adapt Puppy Culture® to reflect the latest scientific research as well as feedback from the thousands of breeders who have used their programme. In October 2019, my litter of Australian Koolies were born and the next leg of my Puppy Culture® journey began.

The first three weeks were relatively quiet, with regular handling and the planned mini stresses of daily Early Neurological Stimulation³ [ENS]. ENS comprises five mild three-second exercises that are designed to stimulate the puppy's neurological system. Once each day from day 3 to day 16, each puppy had their toes tickled with a cotton tip, was held head up, was held head down, was held on their back, and was placed unrestrained on a cool damp face cloth. There is a caveat here -- if either the dam or the pups have been subjected to abnormal stress, like a difficult birth, ENS may be contraindicated. In those circumstances, a breeder might consider Simulated Maternal Stimulation (SMS) as an alternative, where the breeder strokes each puppy's body and anogenital region with their hands or a soft brush.



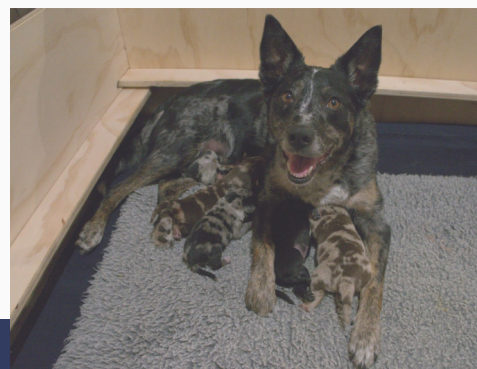
From day 21, the puppies were carefully exposed to a variety of people, children, sounds, surfaces, things and experiences. By the time they went to their new homes they sat politely for attention, came when called, were litter box trained, had been through Jean Donaldson's resource guarding protocol for baby puppies, and had started on their clicker training education.

The beautifully crafted Puppy Culture® film and comprehensive companion workbook are invaluable references. They provided the framework around which I was able to tailor my puppies' experiences. I was unable to complete the entire Puppy Culture programme. I passed on the Puppy Party, where puppies interact with experienced but unknown people and safely explore mini agility equipment. Nor did I teach the pups to walk on leash. To do the programme justice, especially if a


breeder had a large litter, they would have to raise their puppies full time. But, as Jane says, anything is better than nothing. If and when I have another litter, and with the benefit of hindsight, I would make the time to re-watch the entire Puppy Culture® film before the puppies are born. I would plan where the toilet zone was going to be from the start. And I would ensure that I had sufficient ex-pens to set up an appropriately sized weaning pen for a litter of 9 week old pups. Yes, it probably would take over our living room!

Despite the obvious lack of sleep and the challenges of having to wrangle five active puppies, I relished my Puppy Culture® experience. There is a strong online community (5) of like-minded Puppy Culture® aficionados and support was never far away. It was through this community that I learnt about Poop School®⁶, an online litter box training programme that follows Puppy Culture® principles. Litter box training is a blessing for the time-poor breeder. Baby puppies quickly learn where to void while the breeder is spared with having to deal with faeces-covered puppies and large quantities of soiled newspaper.

The feedback that I have had from my puppies' new families has not only been heart warming but confirms for me that I made a good decision to use these programmes for this litter. I can only recommend Puppy Culture® and Poop School® to breeders who want to give their puppies the best start in life.



About Jo Miller KPA CTP

"Dogs have been part of my life since I was 9 years old when my parents presented me with a Pembroke Welsh Corgi puppy instead of the coveted pony. I have participated in dog sports for many years with a passion for competitive Obedience, Rally-O and my new obsession, scentwork. I am a volunteer club instructor as well as a senior Obedience and Rally-O judge. In 2019, I graduated from the Karen Pryor Academy Dog Trainer Professional course. I am also a Fear Free® trainer. I have a fledgling dog training business, About K9s (aboutk9s.com) and ,  @aboutk9s that I fit in around my role as a gymnastic club administrator.



Members Corner

Welcome
New
Members!

New: BOOK CLUB

KATE LIGGETT

SIT HAPPENS,
CANTERBURY
PRO DOG TRAINER/INSTRUCTOR



Kate has had a life-long passion for animals and they have always been an integral part of her life. She grew up with multiple cats and dogs, loves to work with and ride horses and has volunteered at a number of wildlife rescue and rehabilitation outfits in the US and with dogs in Christchurch. With her love of out-of-the-box problem-solving, Kate is well-suited to working with animals and understanding how they think and feel through their unspoken behaviours.

She is thrilled to be part of the Sit Happens team, helping families understand and work with their puppies from puppy socialisation and training, to setting families up for success throughout the life of their dogs.

APDTNZ Member Only Facebook Group!

Did you know there is a member-only Facebook group for APDTNZ members? If you're not in the group yet, let us know so we can add you!

www.facebook.com/groups/APDTNZMembers

The rules for this group are in a pinned post at the top of the page. Please make sure that you read these carefully and abide by them.



Find us on
Facebook

The new book club is here!

This is how it works:

Each newsletter will have a new book recommendation

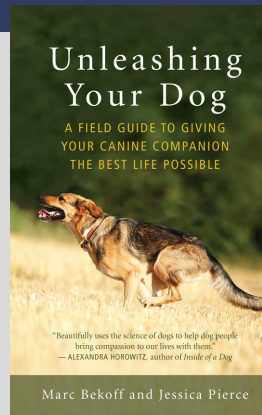
Read the book and send me your thoughts!

We will publish your comments and recommendation on the book in the subsequent newsletter and assign a new one each issue

This is a great way to motivate yourself to read a new dog behaviour related book and to let others know the good and the bad!

This issue's book is:

Unleashing Your Dog by: Marc Bekoff & Jessica Pierce



APDTNZ Trainer Endorsement Programme (TEP)

The TEP aims to become a benchmark for qualified and experienced trainers so the public, as well as other dog trainers, can confidently seek them out.

Endorsement is maintained every 3 years via continuing education and activity points to encourage trainers to further their own knowledge across the fields of dog training, education, and behaviour. Endorsed trainers will be highlighted on the APDTNZ website and have the right to use the APDTNZ endorsed trainer logo.

How to apply:

- The TEP is open to Full Members.
- Before lodging your application, you should complete a self-assessment against the entry criteria.
- Submit an application for endorsement along with supporting documentation and an application fee of \$80.

All applications will be reviewed by a panel before making a decision.

<https://apdtnz.org.nz/trainer-endorsement-programme/>

EVENTS, NEWS & SWAG

APDTNZ Advertising Policy

- The APDTNZ will not advertise training services or courses.
- All material in the newsletter must be in line with the APDTNZ Vision and Mission Statements and the Code of Ethics
- Placement of material in the newsletter is at the discretion of the Editor and the Committee
- No paid advertising is accepted
- Members may place merchandise ads free of charge in the newsletter, but must include a discount for members
- Events may be advertised in a maximum of 5 lines
- Positioning of ads is at the discretion of the Editor and Committee
- The publication of any advertising material does not constitute the endorsement of the APDTNZ for the event or merchandise.

APDTNZ CLICKERS IN STOCK

5 colours to choose from!

Price and Shipping:

\$3 each, sold in min quantities of 5 (\$15 for 5)

Postage: up to 10 clickers \$3.50,

15-30 clickers \$4.50.

Extra for Rural Delivery \$3.90

How to Order:

1. Email your order (incl colour preference) and address details to the treasurer:
treasurer.apdtnz@gmail.com
2. Deposit the cost plus postage into 03-1503-0398799-00 with your "surname" & "Clickers" in the reference fields

**Colours may be substituted if insufficient of your choice remain.



Gina Phairas

dog*biz

Our business is to help yours succeed.



APDTNZ LIBRARY

Did you know there is no borrowing fee for APDTNZ members? All you need to do is cover postage and packaging. Within New Zealand there is a charge of \$8.00 or \$13.00, depending on size, this *includes* the cost for returning the books.

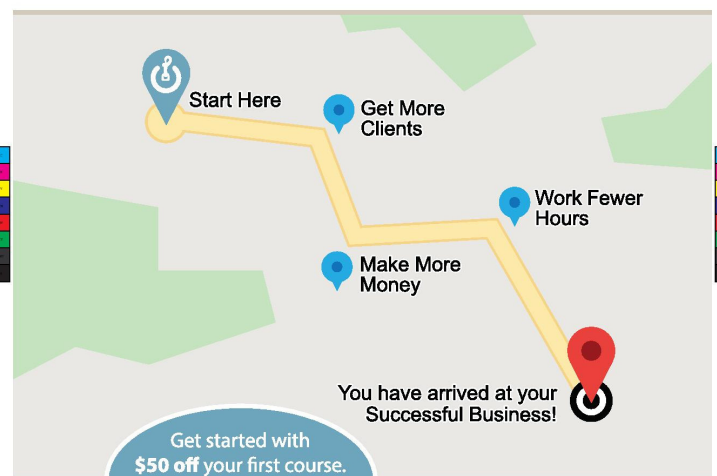
*The Librarian will advise you which charge applies to your choice of books.**

Rules and available books can be found at <https://apdtnz.org.nz/library/>

Contact librarian@apdt.org.nz with any questions

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Alexis Davis



Alexis is a faculty member of the Karen Pryor Academy and teaches the Dog Trainer Professional Program in Australia & New Zealand. She also teaches dog*biz's Dog Walking Academy in Australia and is a business consultant for dog*biz. Alexis is a nationally accredited Dog Behavioural Trainer and holds a Certificate IV in Dog Behavioural Training. She is an internationally Certified Professional Dog Trainer (CPDT-KA) and a Karen Pryor Academy Certified Training Partner (KPA CTP). Additionally, she holds a current Certificate IV in Training and Assessment and is a Pet Tech Instructor (Pet CPR and First Aid). Alexis is a professional member of the Association of Professional Dog Trainers (APDT) in the USA, and the Association of Pet Dog Trainers (APDT) in Australia, and a member of the Pet Professional Guild & Delta Institute. She was awarded APDT Australia's Trainer of the Year in 2014.

Alexis is a regular conference speaker. Recent engagements have included the Association of Professional Dog Trainers (USA), APDT Australia, Pet Professional Guild and Veterinary Nurses Council of Australia. Alexis established her dog training business, Scholars in Collars, in 2002.

She teaches group classes in the Adelaide Hills. These include her innovative Puppy Playgroup and Puppy Promenade, a series of Life Skills classes, as well as single topic workshops and short courses including Meeting Manners, Walk This Way, Really Reliable Recall, Calm. Controlled. Centred, Un-Chase!® & Un-Chase® Snakes! Alexis also conducts in home training and behavioural consultations throughout the Hills and metropolitan Adelaide.

Peta Clarke



While Peta's first love is working with dogs, her experiences in the field of animal training range from elephants to goldfish. As a trainer and presenter of animal shows in zoos on several continents, she has had the opportunity to work with many exotic animals, but has focused her work in this area on working with free-flighted birds and marine mammals. Whether it is a seal or a seagull, Peta has found that every interaction with different species taught her more about being a good dog trainer.

She believes working with free-flighted birds was a real turning point in her understanding of the power of reinforcement training. "I thought I was using positive reinforcement well when I would work with dogs, but after I started training birds – animals that can just fly away if they are not interested in you, and later seals – animals that could kill you if they wanted to, I realised that being a good animal trainer isn't just about results, but treating animals with respect and empathy".

Peta also works extensively in the film and theatre Industry. Her credits include "Babe II", "Superman Returns", "Wolverine", "Hacksaw Ridge", "The Square", "Top End Wedding" (2019) and many other local films and literally hundreds of television commercials.

Peta also runs her own animal training and consultancy business, Animal Training Solutions based out of Sydney, Australia. Peta consults on both pet dog and parrot behaviour and training issues for companion owners and consults extensively with wildlife parks and zoos worldwide on improved training practices and show development. Peta Clarke is a Nationally Accredited Trainer, holding her Certificate IV in Training and Assessment and is a sought-after lecturer in Australia, teaching Certificate level animal training and behaviour courses for aspiring animal trainers and an invited lecturer for many dog training clubs, zoos, and other private organisations.