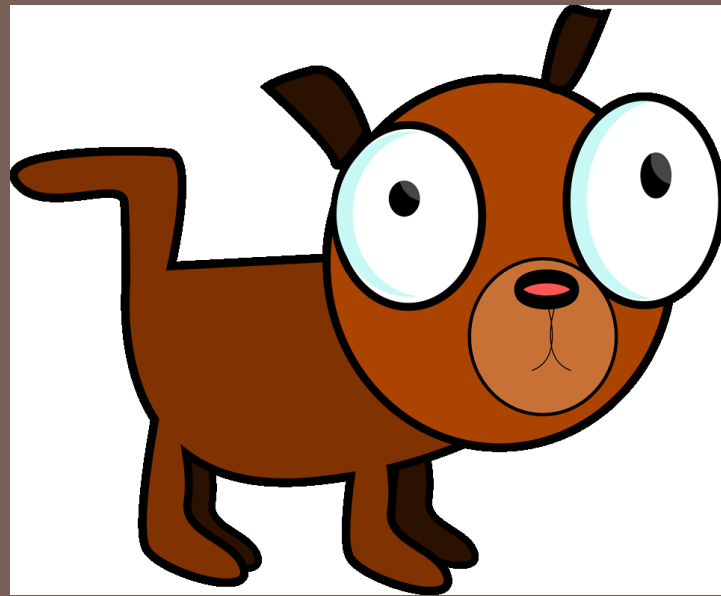


TOO SCARED TO SIT: HOW EMOTIONS AFFECT YOUR DOG'S ABILITY TO THINK



Michele Godlevski, ACDBC, CBCC-KA, CPTA-KA

Too Distracted???

Do you think you could recite all of your multiplication tables while on a roller coaster ride? Could you complete your taxes while watching a very scary movie?



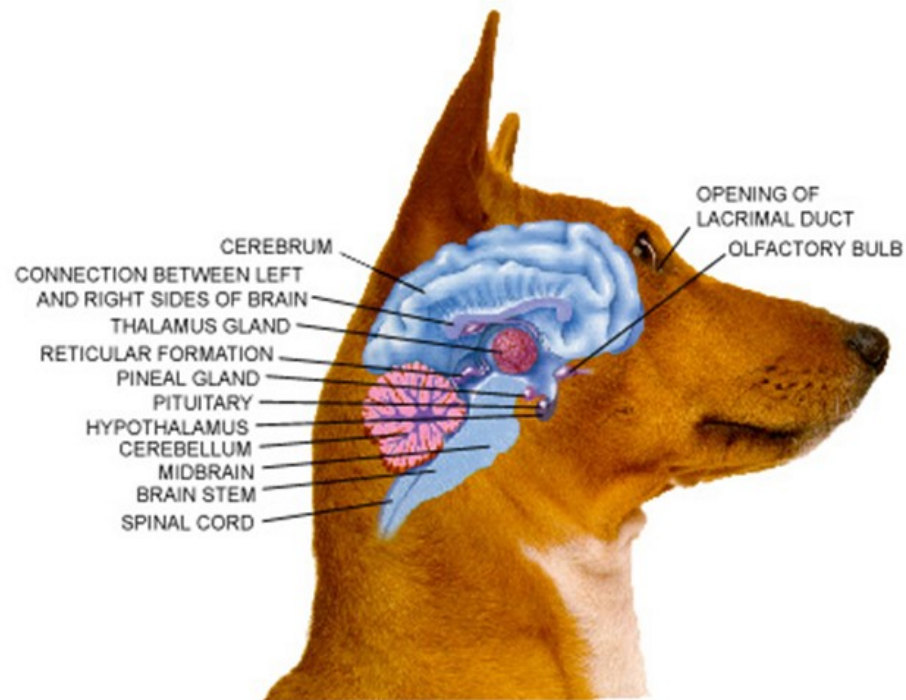
Could you successfully study your least favorite subject in school while listening to your favorite dance music?

Environment: Your Biggest Competitor in Training Your Dog



*If they could only smell the things I can smell and hear the things I can hear...
they might understand why sometimes its so hard to listen to and decipher human babbling*

Understanding The Dog's Brain



Cognition & Learning



Cerebral Cortex

- Memory
- Attention
- Thought
- Perceptual awareness
- Language
- Consciousness

Autonomic Nervous System

Parasympathetic

- Rest & Digest



Sympathetic

- Fight or Flight

The Amygdala sounds the alarm and switches off cognitive thought, diverting all resources to the emotional response



Fight or Flight Mode

- Adrenal system floods body with adrenaline and hormones
- Digestion stops
- Blood is diverted into muscles in preparation for a burst of action
- Breathing quickens
- Heart rate increases
- Blood pressure & blood sugar go up

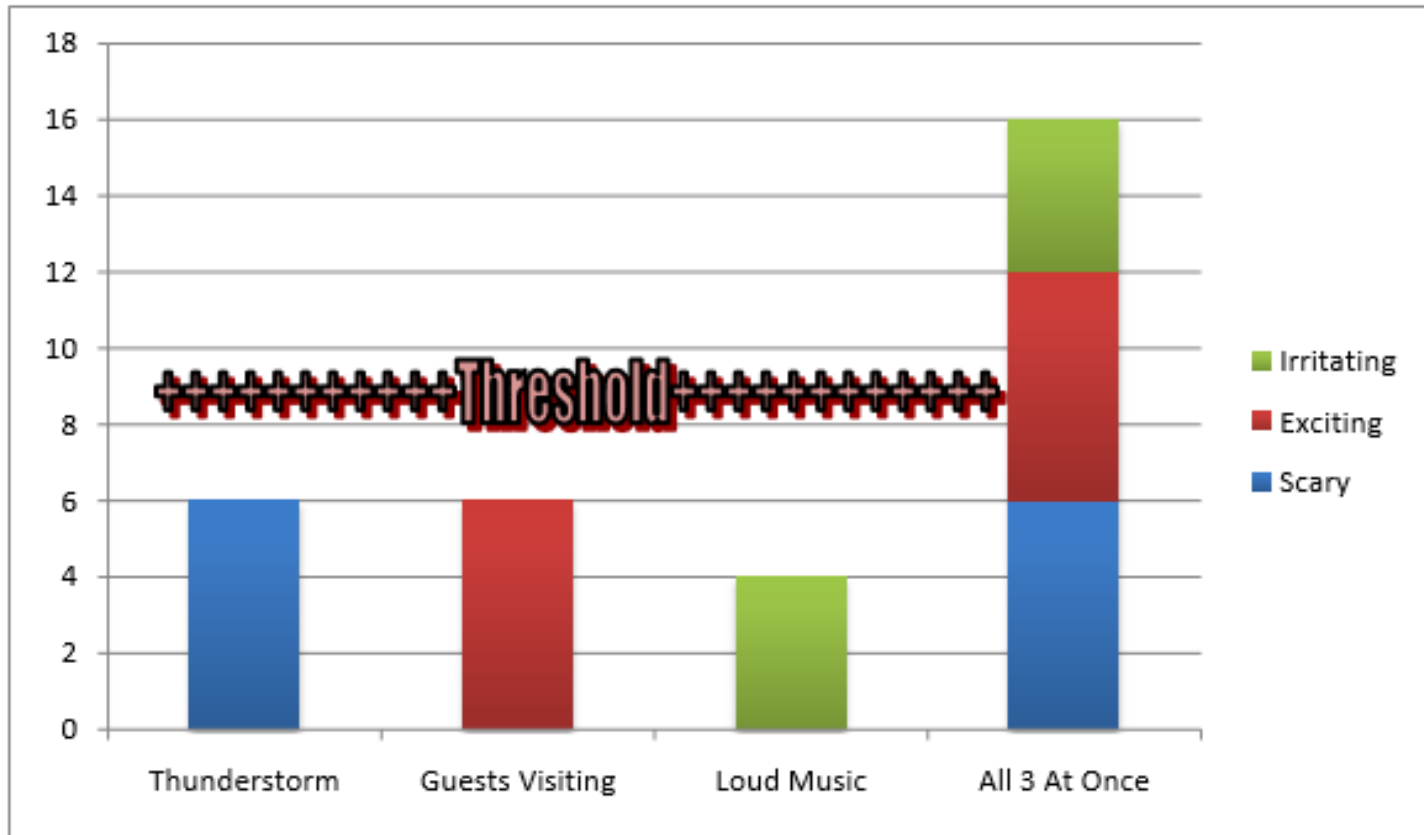


How Long Until He Can Actually Think?

This dog is afraid of the mechanical toy. However, he is in a room in his own home, with his owner. When do you see his cognitive (reasoning abilities) start to kick in?



Dogs Can Only Think When They Are Below Threshold



Emotions Versus Learning





Classical Conditioning

Conditioned Emotional Response

Emotions Versus Learning

Classical Conditioning

- ▣ **Pavlov's Dog**
- ▣ **Automatic response**
- ▣ **Physiological**
- ▣ **Biochemical**
- ▣ **Emotional**
- ▣ **Amygdala in control**



Operant Conditioning

Antecedent, Behavior, Consequences

Emotions Versus Learning

Operant Conditioning

- ▣ **Skinner's rats**
- ▣ **Learned response**
- ▣ **Conscious thought**
- ▣ **Choices**
- ▣ **Consequences**
- ▣ **Brain is in cognitive (thinking mode)**



CLASSICAL ALWAYS TRUMPS OPERANT!

“You Can’t Force Courage”

Emotions & Learning

Do you LIKE your teacher?

Do you TRUST your teacher?

Is what you are learning fun?

Do you LOOK FORWARD to class?

Behavior Modification in Dogs





Counter-Conditioning & Desensitization

**Scary thing predicts good stuff /
Scary thing starts far away, & gradually moves closer**

Operant Learning Only If Dog is Sub-Threshold

Flooding

- ❑ Dog is Emotional
- ❑ Fight or Flight Mode
- ❑ Cognition is OFF
- ❑ Survival Mode
- ❑ Dog often won't even take treats

Vs.

Sub-Threshold

- ❑ Dog might be coping but is still able to think
- ❑ Dog is making choices
- ❑ Dog can learn from consequences
- ❑ Dog is relaxed enough to take treats

Sub-Threshold CC/DS (NOT FLOODING)

**Behavior that is not reinforced in any way will eventually stop.
Note that other dog remains neutral and distance between the
dogs is comfortable enough for the dog to take treats.**

Why Environmental Manipulation Is SO Important in Dog Training



Example of Environmental Manipulation to Promote Learning: Recess and Libraries for Elementary School Kids



Environmental Manipulation for Dogs

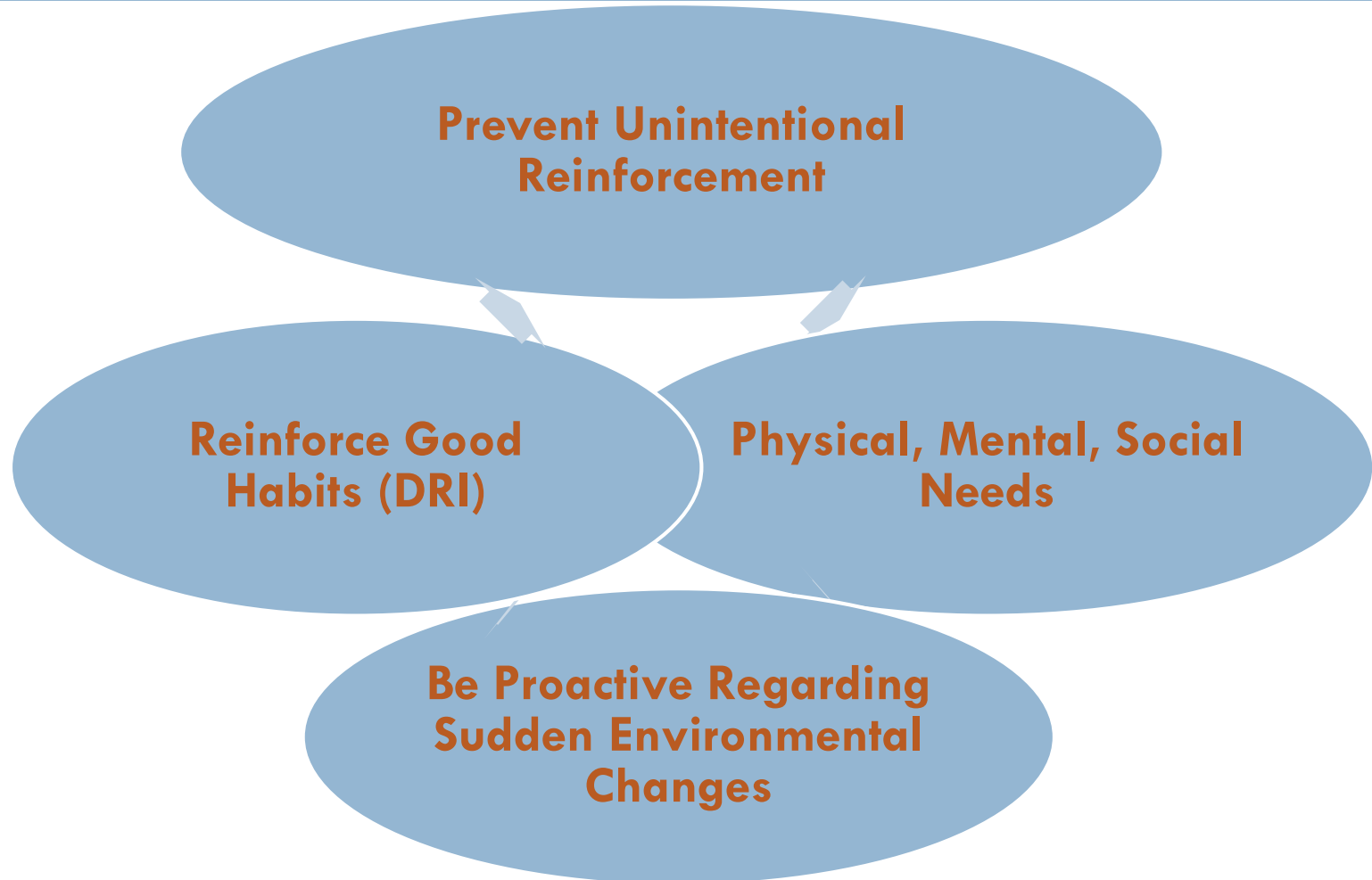
Social Interactions, Physical Exercise



Stress-Free Learning



Environmental Manipulation





Differential Reinforcement of an Incompatible Behavior

Use of environmental management and training “sub-threshold”, in combination with positive reinforcement



Behavioral Nutrition



©ContactPointPhotography.com

Anger, Reactivity, Irritability

Low Serotonin



Doggie “Junk Food”



Beneful® Original is available in 3.5 lbs, 7 lbs, 15.5 lbs, and 31.1 lbs bags.

NUTRITIOUS and Delicious *Since 2001*

Beneful® brand Dog Food Original helps keep your dog happy and healthy with a perfect balance of healthful ingredients, quality nutrition and superb taste. It's made with wholesome grains and real beef, and accented with vitamin-rich vegetables.



PROTEIN-RICH NUTRITION,
WITH REAL BEEF, TO HELP
BUILD STRONG MUSCLES



OMEGA FATTY ACIDS AND
ANTIOXIDANTS HELP
SUPPORT A HEALTHY
IMMUNE SYSTEM



WHOLESOME GRAINS FOR
ENERGY



INCLUDES VITAMIN-RICH
VEGETABLES AND ESSENTIAL
VITAMINS, MINERALS AND
NUTRIENTS

Corn As The Main Protein Source

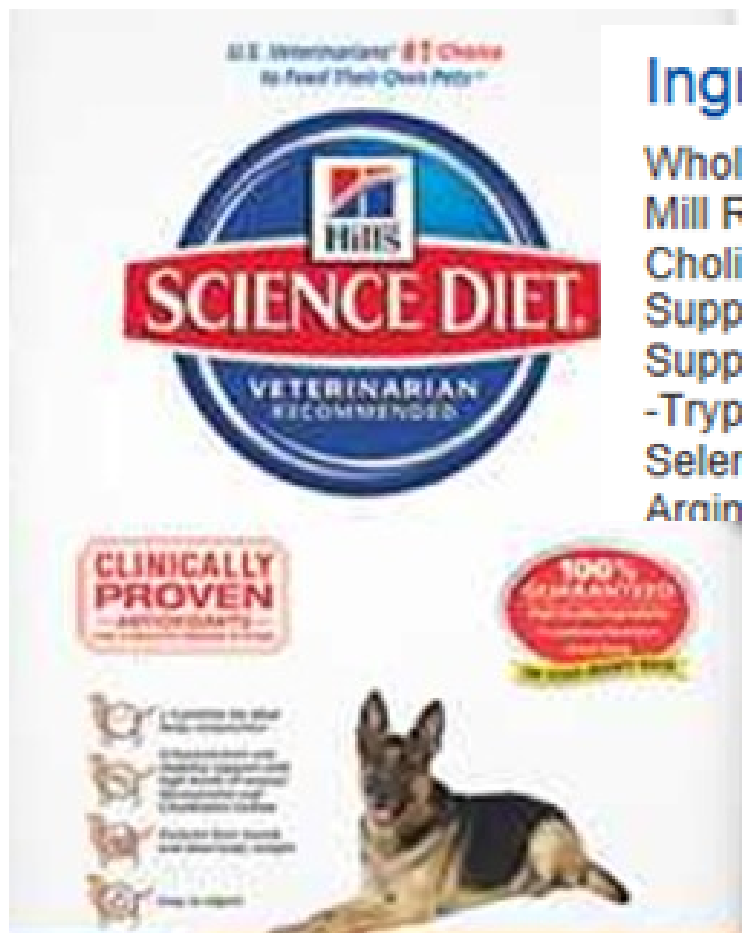
RECOMMENDED FEEDING

GUARANTEED ANALYSIS

INGREDIENTS

Ground yellow corn, chicken by-product meal, corn gluten meal, whole wheat flour, animal fat preserved with mixed-tocopherols (form of Vitamin E), rice flour, beef, soy flour, water, meat and bone meal, propylene glycol, sugar, tricalcium phosphate, phosphoric acid, salt, animal digest, potassium chloride, sorbic acid (a preservative), dried peas, dried carrots, calcium propionate (a preservative), choline chloride, L-Lysine monohydrochloride, Vitamin E supplement, zinc sulfate, red 40, ferrous sulfate, manganese sulfate, niacin, yellow 6, yellow 5, Vitamin A supplement, blue 2, calcium carbonate, copper sulfate, Vitamin B-12 supplement, brewers dried yeast, calcium pantothenate, thiamine mononitrate, garlic oil, pyridoxine hydrochloride, riboflavin supplement, Vitamin D-3 supplement, menadione sodium bisulfite complex (source of Vitamin K activity), calcium iodate, folic acid, biotin, sodium selenite.

Marketed / Promoted Diets



Ingredients

Whole Grain Corn, Chicken By-Product Meal, Animal Fat (Mill Run, Flaxseed, Chicken Liver Flavor, Lactic Acid, Dried Choline Chloride, Vitamin E Supplement, vitamins (L-Ascorbic Acid Supplement, Niacin, Thiamine Mononitrate, Vitamin A Supplement Pyridoxine Hydrochloride, Riboflavin, Folic Acid, Tryptophan, minerals (Ferrous Sulfate, Zinc Oxide, Copper Sulfate, Selenium), L-carnitine, DL-methionine, Dicalcium Phosphate, Arginine, Phosphoric Acid, Beta-Carotene, Rosemary Extract

**Too much corn =
low tryptophan =
low serotonin**

“Fad Diets”

EVO THE ANCESTRAL DIET MEETS MODERN NUTRITION

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Natura Sites:

Leading the Grain Free, Low-Carb Pack

EVO is formulated among the highest protein and lowest carbs of grain free dog and cat food to maintain a strong, lean body, without sacrificing energy levels. Just as nature intended.

FEED THE CARNIVORE WITHIN

GET THE MEAT. NOT THE GRAIN. EXACTLY AS NATURE INTENDED.



CARNIVORE.EVOPET.COM

Protein Content Over 26%

Protein levels over 26% were shown in an M.I.T. Nutrition study to correlate to an increase in aggressive behavior and reactivity; which was reversed by adding tryptophan to diet

Has been proven that wild animals (on high protein diets) have lower serotonin levels (and higher reactivity and aggression) than domesticated animals

Name	Value (units)
Crude Protein (Min)	42.0 %
Crude Fat (Min)	22.0 %
Crude Fiber (Max)	2.5 %
Moisture (Max)	10.0 %
Carbohydrates NFE (Max)	12.0 %
Linoleic Acid (an Omega-6 Fatty Acid) (Min)	4.2 %
Vitamin E (Min)	300.0 IU/kg
Ascorbic Acid (Vitamin C) (Min)	500.0 mg/kg
Omega-3 Fatty Acids (Min)	0.5 %
DHA + EPA (Min)	0.1 %
Total Microorganisms (Min)	90,000,000.0 CFU/lb

Set Your Dog's Brain Up for Success

CORN AS FIRST INGREDIENT	TOO HIGH PROTEIN (>26%)	BALANCED PROTEIN (<26%)
Beneful	Evo	Natural Balance
Purina Dog Chow	Blue Wilderness	California Natural
Kibbles and Bits	Wellness Core	Canyon Creek
Science Diet	Solid Gold Barking at the Moon	Wellness Simple Diet
	*Most home-made raw diets	Aunt Jeni's (Raw Frozen)
		Primal (Raw Frozen)





Its Important to Consider All Influences on Behavior

Fear, Agitation, Distraction & Your Dog's Threshold Level

Environmental Management & Preventing Unwanted Reinforcement

Health & Biological Factors, Nutrition

References

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