

Course Outline and Summary:

Master Dog Behavior & Training – Phase 2

Introduction

Overview: Transition from traditional dog training to a holistic, energy-based approach.

Goal: Transform dog behavior through understanding and nurturing their bioenergy.

Exercise: Journaling

Module 1: Cultivating Training Flow and Unraveling the Core of Behavior Issues

Chapter 1: Transforming Canine Behavior

Exercise: Mommy & me meditations time ~ Pa'Pa' to.

Lesson 1: Transforming dog training through compassionate communication.

Exercise: Begin passive K9 relaxation techniques – Horseshoe breathwork.

Lesson 2: Knowledge to Wisdom - Turning theoretical understanding into practical wisdom.

Exercise: Optimize Your Training with Brain Network Dynamics.

Chapter 2: Creating Motivation and Facilitating Flow

Lesson 1: Unlocking Flow - Balancing skills and challenges to nurture a state of flow.

Exercise: Bring passive & dynamic flow into your training.

Chapter 3: Canine Counterconditioning

Exercise: Applying counterconditioning techniques.

Lesson 1: Deepening Passive Flow - Utilizing meditation and energy balancing techniques to stabilize dog emotions.

Lesson 2: Mastering Dynamic Flow - Techniques to maintain flow in reactive dog training.

Key Concepts

1. **K9 Relaxation Techniques:** Understanding and manipulating the dog's bioenergy for behavioral improvement.
2. **Motivation and Training Flow:** Harnessing the power of motivation and the concept of training flow for effective dog training.
3. **Emotional Regulation:** Techniques for stabilizing and improving the dog's emotional state.
4. **Counterconditioning:** Replacing negative emotional responses with positive ones.
5. **Practical Applications:** Developing the ideal companion dog.
6. **Doggy Dialogues:** Engaging in empathetic, effective communication with dogs.
7. **Training Journals:** Maintaining records to track progress and adjust strategies.

Conclusion

Transformation: Emphasis on achieving a profound change in dog behavior through holistic methods.

BONUS

A. Enrichment, Socialization & Counterconditioning

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D. Confidence building

E. Puppy enrichment

F. Puppy agility

G. Tree climbing

H. Fearful pack walk

I. Sensory pool