



Master Dog Behavior & Training

~Phase 2

Revitalize the Bond with Your Canine Companion.





Picture this:

1. Bid farewell to the days of awkward dog walks with your furry friend acting like a wild tornado.
2. Wave goodbye to the image of your anxious dog spending her days in seclusion under the bed or couch.
3. Say goodbye to the uncertainty of whether your dog might become aggressive toward another dog or person.
4. Eliminate the guesswork of getting your dog to listen amidst distractions.
5. Banish the nightmare of your dog devouring your home and all its contents.

Experience:

1. Rejoice in returning home to a loyal companion eagerly awaiting your presence.
2. Unwind and savor your hiking or travel adventures with your faithful companion, Fido.
3. Revel in the envy of everyone acknowledging how fortunate you are to share such a deep connection with your dog.
4. Cherish the company of your special canine companion wherever life takes you.
5. Embrace the assurance that Fido is leading the highest quality of life possible.

Enter our Master Dog Behavior and Training Program – a comprehensive guide that goes beyond conventional training methods.

People Choose Us When Other Dog Behavior and Training Programs Fall Short.



Welcome to Master Dog Behavior & Training –

Phase 2 - A transformative journey into the world of holistic dog training!

We are thrilled to have you join this revolutionary program that goes beyond traditional methods, focusing on K9 relaxation techniques, emotional regulation, advanced obedience training, and creating a deep bond with your dogs.

As you embark on this course, you will unlock the secrets to understanding and nurturing your dog's emotional stability, leading to profound behavioral changes. Our modules are designed to transform your approach to dog training by fostering compassionate communication and a deeper understanding of canine behavior.

Prepare to engage in practical exercises that bring theory to life and harness the power of motivation and training flow for more effective training. With our guidance, you'll learn to replace negative responses with positive ones, and maintain progress through training journals.

Your journey to mastery involves not just learning new techniques but also becoming part of a community dedicated to continuous learning and application. We are here to support you every step of the way as you achieve a new level of connection and understanding with your dog.

Let's begin this exciting adventure together! 🌟🐾



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: Co-creating the Structure of Energy

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

Lesson 1: Doggy Dialogues - Transforming dog training through compassionate communication.

Exercise: Optimize Your Training with Brain Network Dynamics.

Chapter 2: Creating Motivation and Facilitating Flow

Exercise: Begin passive K9 relaxation techniques.

Lesson 1: Knowledge to Wisdom - Turning theoretical understanding into practical wisdom.

Lesson 2: 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

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

Conclusion

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

Continuous Learning: Encouragement for ongoing education and application of learned techniques.

This course offers a revolutionary approach to dog training, focusing on understanding canine emotions, advanced behavior training, and utilizing training flow states for effective behavior modification. It moves beyond traditional methods, offering a more compassionate and science-based approach for building a deeper bond with dogs.



Key Concepts





Introduction: Master Dog Behavior & Training

Revealing the successful dog training system that you didn't even know existed.

We are changing the old school, old paradigm of dog training!

As we embark on this adventure, we'll be exploring the intricate balance between **Dynamic Flow & Passive Flow**, delving into the fascinating world of polarities. These concepts, though seemingly opposites, exist in a beautiful harmony on the same spectrum, offering a unique perspective in understanding your canine companion.

Embrace this empowering system as we guide you through a transformative process. You'll become intimately familiar with the duality of these aspects and their significant impact on dog training. This journey is not just about learning techniques; it's about opening new dimensions of understanding and forging a deeper connection with your dog.

As you navigate through our carefully curated modules, you'll discover innovative ways to communicate and interact with your dog, fostering a sense of mutual respect and understanding. Prepare to see remarkable changes not only in your dog's behavior but also in your approach to training and bonding.

Join us, as we delve into this unique and enlightening journey together, and watch the wonderful transformation unfold. Your path to a deeper bond and a well-behaved canine companion starts here. 🐾 ✨



Overview:

Four Holistic Steps Involved in Success:

1. K9 Relaxation Techniques.

- Becoming proficient at sensory awareness.
 - ❖ Facilitate energy entrainment with your dog.
 - ❖ Creating the relaxation response through Dynamic Flow & Passive Flow.
 - Higher thinking becomes the norm.
 - ❖ Becoming aware of your dog's emotional polarities regarding attachments and aversions, cause, and effect.

2. Mastering motivation.

Unlock your pup's full potential with this groundbreaking section, "Mastering Motivation." Dive deep into the psychology of motivation, providing you with the tools and strategies to effectively harness this powerful force. Discover the secrets behind what motivates you and your pup, and how to sustain that motivation even during challenging times.

What sets us apart is our unique approach that combines cutting-edge research with real-life examples and practical applications. Gain valuable insights into the science of motivation, understand the different types of motivation, and discover personalized techniques that work specifically for you and your pup.



By the end of this section, you will:

- ❖ Identify your dog's and your intrinsic and extrinsic motivators and leverage them to your advantage.
- ❖ Develop a clear roadmap to keep you both motivated and achieve your goals.
- ❖ Learn effective strategies for overcoming training obstacles, procrastination, and self-doubt.
- ❖ Cultivate a growth mindset that fuels continuous improvement and resilience.



First, ensure optimal nutrition and a safe, healthy environment. See Phase 1 in Master Dog Behavior & Training.

3. Nervous System and Emotional Regulation for Mindbody Coherence.

*Prerequisite: Understanding the Big Picture ~ Epigenetics:

First, ensure optimal nutrition and a safe, healthy environment.

~ See Phase 1 in Master Dog Behavior & Training.

4. Protocol:

In this program, learn to go from having a completely emotionally dysregulated dog to practicing co-regulation with your dog, to having your dog self-regulate.

What does that mean for you?

Instead of feeling frustrated, embarrassed, disconnected from your dog, or wondering if everyone is going to stay safe, you will now begin to develop the strong bond that gave Fido the nickname: (Wo)Man's Best Friend!

*Dysregulation: The inability to manage one's emotions.

*Self-regulation means to feel an emotion without automatically acting on it.



Three Primary Goals:

- Transform Dog Behavior through Master Dog Training & K9 Relaxation Techniques

1. Canine Bio Energy within the Relaxation Response?

Canine Bioenergy Balancing, as referenced in the "Master Dog Behavior & Training – Phase 2" program, can be defined as a holistic approach to understanding and influencing a dog's behavior by managing their bioenergetic field. This concept integrates elements of traditional dog training with an understanding of the more subtle energetic aspects of a dog's well-being. Here are the key aspects of Canine Bioenergy Balancing:

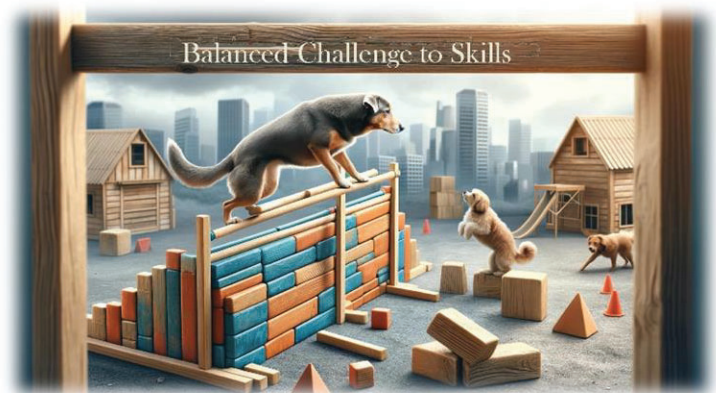
2. Homing in on the Details: Balancing Challenge to Skills

Welcome to a transformative approach to dog training, especially tailored for anxious and reactive dogs. If you've felt like you've reached a dead end in managing your dog's reactivity and anxiety, you're in the right place. We're about to combine scientific principles with canine bioenergy balancing techniques to revolutionize your dog's behavior.



The Art of Balancing Challenge to Skills

Finding the perfect balance between challenge and skill is crucial. It's about creating an environment where your dog is stimulated but not overwhelmed, similar to perfecting a complex recipe or executing a detailed project plan. Please train in the 60 – 80% success rate – while working with her bubble theory.



Our goal is to harmonize your dog's stress with their abilities, effectively reducing their reactivity and fear. This process is akin to a controlled burn in forest management – using a bit of 'fire' to manage and eventually extinguish the larger flames of anxiety.



3. **Increasing Emotional Resilience: Introducing Hysterical Strength in Canine Training**

Ever heard of 'hysterical strength'? It's that extraordinary ability humans can exhibit in high-stress situations, like lifting a car in an emergency. This phenomenon isn't just limited to superhero comics; it's a real human capability.



Now, imagine harnessing a similar strength in your dog. We're going to do so – in part – by tapping into your dog's innate resilience through balanced challenges tailored to their skill level.

Our Two-Pronged Approach to Balancing Challenge to Skills

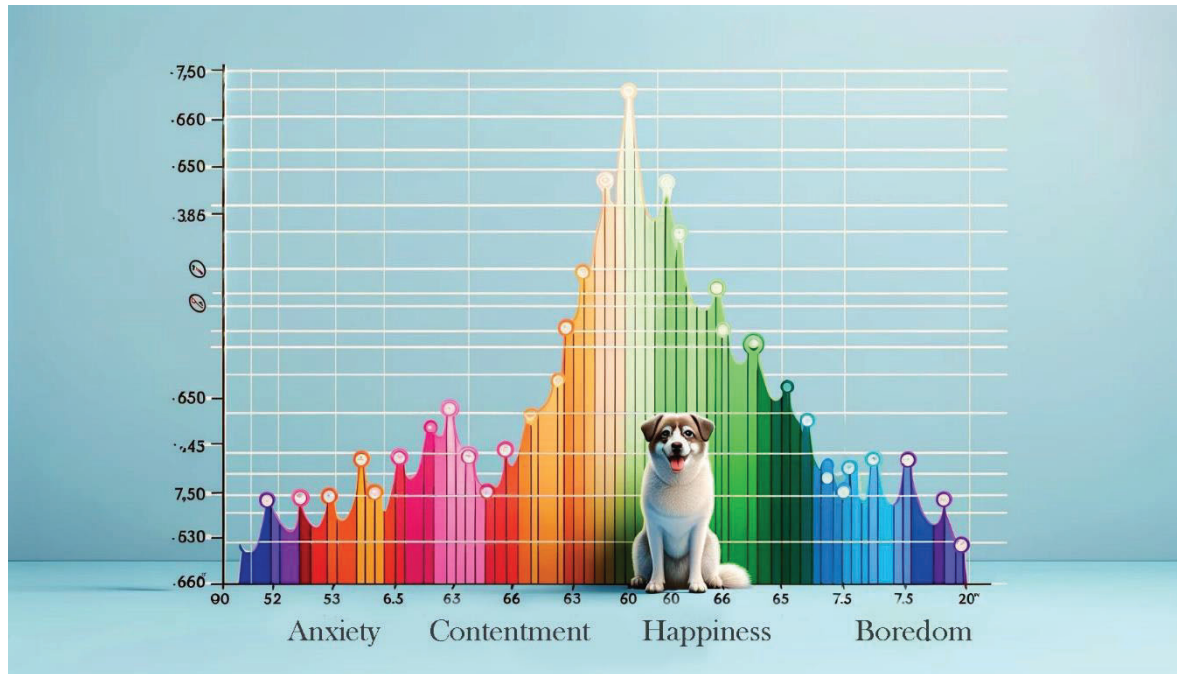
1. **Enhancing Challenge Tolerance.**

Gradually, we'll increase the complexity of training challenges, simultaneously building your dog's confidence and resilience.

2. **Transforming Boredom into Zen.**

Incorporating bioenergy balancing and meditation techniques, we aim to calm your dog's anxiety and increase their tolerance for typically dull moments.

Imagine a spectrum with anxiety at one end and boredom at the other. Our objective is to find the sweet spot in the middle, where your dog is engaged and stimulated without tipping into anxiety or boredom.



So, are you ready to blend science with good vibes and bring out the best in your anxious dog? By focusing on resilience-building, K9 relaxation techniques, and strategic challenge enhancement, you'll be on your way to nurturing a more relaxed and content canine companion.

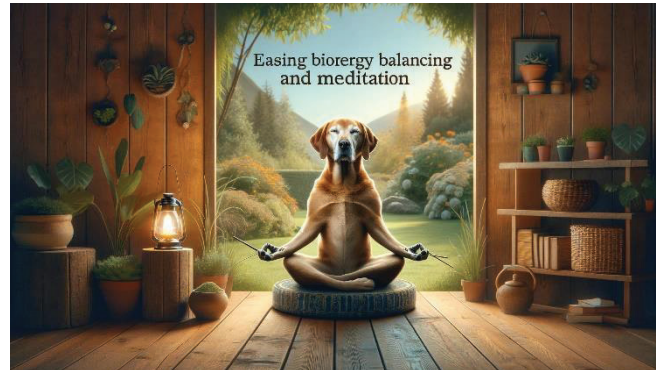
Remember, it's like striking the perfect balance in any intricate task – the real joy and success lie in finding that harmony between challenge and comfort. Let's embark on this journey together, and I'll see you in the next lesson!



The Secret Sauce: K9 Relaxation Techniques

But wait, there's more to it than just balancing anxiety and boredom. We dive deeper, moving past boredom and into a state of bliss. It's a surprising but true concept – deeper into boredom lies the path to blissfulness for your dog – for us too, but I digress.

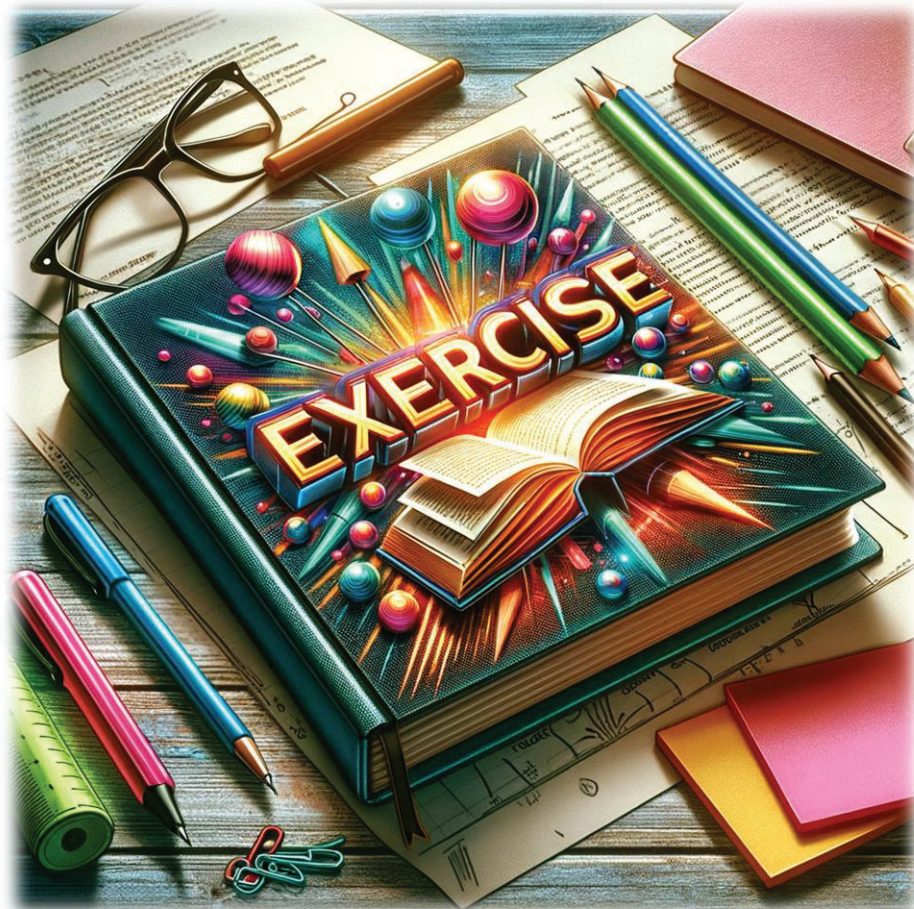
This brings us to the heart of our training – Canine Bioenergy Balancing. It's the secret ingredient that will significantly enhance your dog's quality of life, turning moments of anxiety and fear into opportunities for growth and contentment.





○ Exercise

Preparation for Success ~ Journaling





Giddy-up, and let's begin your dog's journey towards balanced and blissful training!

See ya in the next lesson!

