



# Couch Times

Welcome back!

Why E-Collars?

Motivational level vs. corrective level

The E-Collar levels must be fluid

Proofing behaviors - the 3 Ds, etc

The Rehabilitation aspect of this work

Intros for each exercise: “Now we move to Place/thresholds/etc”

Conclusion

# Tools

**E-Collar** - We use E-Collar Technologies' Educator Mini 300 (for most dogs), or Boss E-Collar (for stronger, larger dogs). This will be on your dog whenever you are home supervising or on the walk. We only recommend for our training style that you use an ECollar that has range of levels of at least 1-100 - if you have a different brand/model in this category, you can still follow along with our program.

\*\*Lizz, we will explain the ins and outs of the e-collar like the following video, but in much more short form:

<https://www.youtube.com/watch?v=6ma8ijFkuXM>

## **Different Contact Points:**

Longer set of contact points: They come with the collar.

Thick Fur contact points: If your dog is a long-furred dog (think Husky, German Shepherd, Akita, Australian Shepherd, Golden Retriever, Chow Chow, etc), or even a dog with deceptively thick fur (Beagle, Shiba Enu, Labrador Retriever), you might want to pick up a pair of thick-fur contact points from E-Collar technologies. Although they don't look as mild as the plastic standard ones, they are incredible for getting through the fur, and not causing you to lose your mind with contact issues. Nothing is worse than training your dog completely on the E-Collar and getting inconsistent results because of your fluffy dog!

**Leashes/Lines** - We use a nylon or cotton leash for best grip. We recommend the 4-foot leash for walking; a 6-ft leash for the majority of the interior work in this DVD; and a 15-25 ft long line for the rest of the interior work and exterior work.

**Herm Sprenger Prong Collar** - reminder of this, and where it will go on your dog when he's wearing the E-Collar.

**Carabiner** - reminder of this, and telling them that it will attach to the flat collar OVER the E-Collar strap.

## **Fitting the E-Collar:**

Put the E-Collar around your dog's neck to find where you should buckle it. Remember, it should be in the middle of the neck, not too tight or loose! This is very important for it to make good contact to work correctly on your dog!

The box should be on either side of the trachea, at 4:30PM and 7:30P - not right down the center, or on either side of the neck, like Frankenstein bolts :)

Nestle the E-Collar box into the fur, and, if your dog has long fur, pull it out from underneath the contact points.

Good contact and the correct snugness is absolutely essential to working correctly on the E-Collar. The collar should not move independently of the neck - dogs can often flex/swell their neck when you are putting on the collar, and then a few minutes later it is too loose. Make sure you check this!

### **Finding the E-Collar Motivational Level:**

Once the dog is calm - not sniffing the ground, not staring or focusing intensely on any sound or sight, put the remote behind your back (so as not to cue the dog with the sound of the button click).

Starting at 1, press the button 3 times and watch for the signs of the dog feeling the sensation. Signs are:

- An eye blink or squint
- Scratching at the neck
- Looking towards the ground suddenly, as if a fly is buzzing near him
- The neck moving where the E-Collar box is
- A small jump at the sensation
- Etc...

If nothing happens at one, go up to 2 and press three times again. Then 3, 4, 5...go up on the dial until you see a sign.

Some dogs may not give a strong reaction, but their neck will move - these guys can be tough! If you see neck movement, but no reaction, use that as the motivational level - we know the dog is feeling it.

\*NOTE: If you get to level 15 or 20 with no reaction whatsoever, you need to recheck your collar fit for snugness issues, nestling into the fur, etc - the contact may not be good. Nestle and tighten, if necessary, and start at 1 again.

# Walk

## **Components of the Walk:**

### **Put on the E-Collar:**

By now, you will have marked your collar and discovered where your dog's motivational level is. Put on the E-Collar, as demonstrated, nestle the receiver into the fur, and tuck in the strap.

### **Fit the prong collar:**

The prong should be above the E-Collar snug, under your dog's jaw, right behind his ears, with the carabiner attached to the flat buckle collar (going OVER the E-Collar strap) for extra safety!

### **Set Up Position:**

Your set up position will be a one-handed technique, with your leash in the left hand, and your remote in the right, so you can press the button conveniently. If you want to do a two-handed grip on the leash, you are welcome.

Your leash should be short but not tight - the space between your hand and your dog's neck is where we're focused. We're looking for just the tiniest amount of play in the leash between your hand and the dog's collar.

**If your leash is too loose, your dog will easily be able to disengage with you and meander.**

### **Heeling on E-Collar:**

LEARNING PHASE:

Walk with your dog at your side. As the dog starts to pull out ahead of you, give him mild leash pressure on the leash backwards while simultaneously holding the button at your dog's motivational level. Do this continually as you walk, adjusting the level as necessary.

Repeat until the dog understands.

CORRECTIVE PHASE:

*Check your schedule for how long to do the learning phase before you move to the corrective phrase.*

Walk with your dog at your side. As the dog starts to pull out ahead of you, give him a pop on the remote (just a tap of the red button) at the dog's corrective level. Adjust the levels as needed - if your dog continues to pull ahead even with the correction, you might need to go up several levels. If the level feels like too much, you will turn it down.

For reactivity: You will correct your dog by tapping the red button at the split second that you see the dog's focus turn to the target. Early signs will look like:

- Ears up
- Forehead wrinkled
- Intense focus
- Quick head movement towards the target

### **Finished product off-leash fun**

## **Thresholds**

**Remember! You must do the foundation prong exercise of this first.**

- Set up Walk Position - leash short, not tight, in the left hand, E-Collar remote in the right. Set the remote to your dog's corrective level.
- Walk up briskly to the threshold with no tension on the leash. Stop abruptly at the threshold, and pop the red button at the corrective level if your dog attempts to walk through the threshold when you stop.
- Wait for a moment of calm, then say "Let's go" and walk through the threshold.
- Do more reps, until your dog starts to anticipate the correction and focus on you when you stop.
- Don't slow down or pull up on the leash prior to getting to the threshold - at this point, we don't want to send your dog any clues that you will be stopping!

**There is only a corrective phase in this exercise, as you have had all the prong foundation for this simple task :)**

# Sit

## **LEARNING PHASE:**

- Done on a rug for more stability and comfort
- Get in your set up position, with the leash and prong, and E-Collar, on your dog.
- Give command “Sit”, simultaneously add gentle leash pressure up, and hold the red button at your dog’s motivational level. As soon as your dog’s rear hits the ground, get off the button, relax the leash, and give the verbal marker “Good”.
- \*If the dog gets stuck, you can use finger pressure on the rear Downward
- \*You can use prong for more challenged dogs
- Give release “Let’s go” and walk your dog around, out of and back into the exercise.

## **CORRECTIVE PHASE:**

**Consult the calendar to find out how long you do the Learning Phase before moving on the Corrective Phase.**

- The next part of this phase is to fade the E-Collar pressure, and just do the pop corrections on the E-Collar.
- Say the command “Sit”. If your dog does not sit, you will tap the red button and repeat the command. If your dog still does not go into the sit, you will dial up a few levels and tap again, repeating the command.
- If he gets up out of the sit, you will 1) Say “No”; 2) Tap the red button until he sits back down again.

# Place

Used a raised bed or mat!

## **LEARNING PHASE 1:**

- Get in your one-handed set up position. Approach the mat, pause about one foot away, using leash pressure to slow your dog down.

- Give the command “Place”, and simultaneously walk the dog onto the place mat, holding the red button at your dog’s motivational level. You will align your body in the middle of the Place mat, using yourself as an anchor. Mark with “Good” once all four paws are on the mat.
- Release with “Let’s Go” or Break, and walk your dog off the Place mat.
- Go to the other side and do the same exercise back the other way for as many reps as needed.

## **LEARNING PHASE 2:**

- The next phase, give the command “Place”, and simultaneously walk the dog onto the place mat, holding the red button at your dog’s motivational level. Do not anchor with your body - walk past the mat - if your dog steps off the mat, you will hold pressure down on the red button, and guide the dog back onto the place mat.
- Think of anywhere off the place mat as “Hot Lava”! If your dog steps off the mat, you press and hold the button until his paws are back on the mat. This way he realizes that he can turn off the sensation of the E-Collar by staying on/stepping back on the mat.
- Finish with Let’s go or Break!

## **CORRECTIVE PHASE:**

**Consult the calendar to find out how long you do the Learning Phase before moving on the Corrective Phase.**

- Get in your one-handed set up position. Approach the mat, pause about one foot away, using leash pressure to slow your dog down.
- Give the command “Place”, and simultaneously walk the dog onto the place mat, moving past the Place mat. If your dog follows you off the mat, you will tap the red button and repeat the command, using the leash to guide him if necessary.
- Release with “Let’s Go”, and walk your dog off the Place mat.
- Go to the other side and do the same exercise back the other way for the reps you need.
- You will increase Duration in this phase, leaving your dog in Place for up to 2 hours while you are doing other things. Remember, if he breaks, 1) “No”, 2) Pop Correction on the red button, 3) Recall him back to Place. **Do not be frantic when doing this!** Take your time, be calm and fluid in your body movements, and make the correction count.

- Do walk-arounds, add the three D's, and remember to increase your corrections if needed!

## Down

### **LEARNING PHASE:**

- Get in your one-handed set up position. Put dog into Sit.
- Pick up your inside leg, give command “Down”, and use gentle downward foot-pressure straight down on the leash (if needed), just as you did in the foundation DVD - as you are doing this pressure, hold the red button on the remote at the dog's motivational level.
- As soon as your dog lays down, simultaneously release the pressure with your foot, the E-Collar pressure, and give the verbal marker “Good”.
- If your dog moves out of the position, restart the process of applying pressure with a downward motion of the leash, and pressure on the E-Collar.
- Once your dog is in the down, release him with “Let's go” and then restart. Can also finish with Break!

### **CORRECTIVE PHASE:**

- Get in your one-handed set up position. Put dog into Sit.
- Give command “Down”, giving your dog a moment to comply. If he doesn't, tap the red button at your dog's corrective level and repeat the command.
- You might need to adjust levels as necessary!
- Start adding walk arounds
- Finish with Break
- \*Can use prong if the dog gives you trouble

## Recall

**All stages on a 6 foot leash, except Stage 4.**

**Stage 1:**

- Put the dog on Place, sit, or down
- Position yourself behind the dog
- Give command “Come”, simultaneously press the red button a the motivational level, move backwards, and give light leash pressure. Give a small party with praise!
- Repeat (Let’s go back to Place first)
- Finish with “Break!”
- \*Show how to cut angles to problem solve

**Stage 2:**

- Put the dog on Place, sit, or down
- Position yourself behind the dog
- Give command “Come”, simultaneously press the red button a the motivational level, move backwards, and give light leash pressure. Give a small party with praise and live marker.
- Have dog sit in front of you, with a flat marker “Good”.
- Finish with “Break!” and praise party
- Repeat
- Finish with Break

**Stage 3:**

- Put the dog on Place, sit, or down
- Position yourself behind the dog
- Give command “Come”, simultaneously press the red button a the motivational level, move backwards, and give light leash pressure. Give a small party with praise and live marker.
- Walk arounds
- Finish with “Break!” and party (no party for crazy dogs :)

**Stage 4:**

- Put the dog on Place, sit, or down. Long line on.
- Recall from position to position (Place to Place) with no movement
- This is the finished product.