

ELEMENT DOG TRAINING

Motivation Techniques

Motivation can be provided in one of 4 ways:

- R+, P+, P-, R-

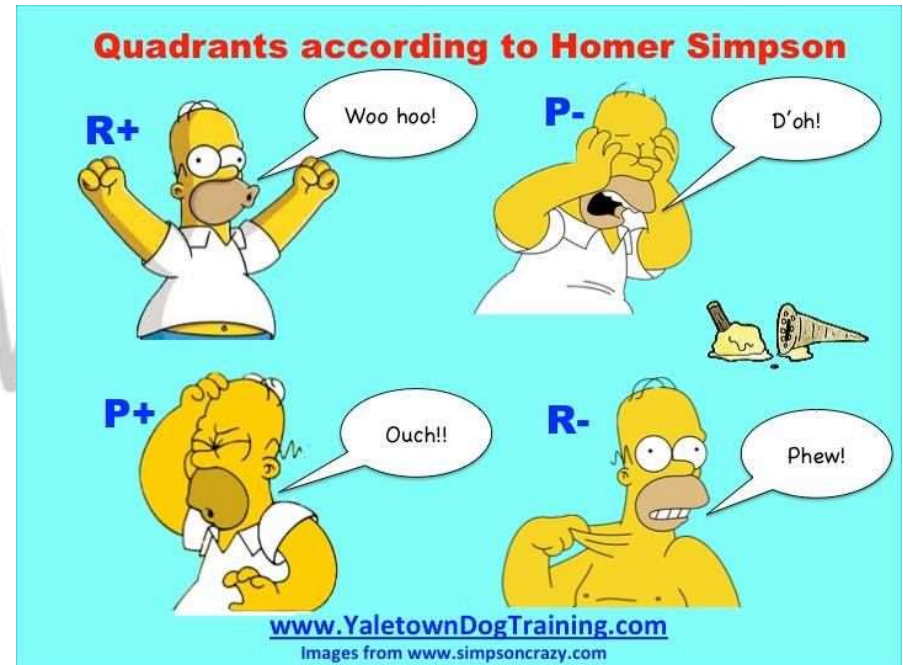
Reinforcement (R) = Increases the likelihood of a behavior

Punishment (P) = Decreases the likelihood of a behavior

+ = The Addition of something

- = The Removal of something

- Positive Reinforcement (R+)
 - Rewarding a "Sit" with a treat
- Positive Punishment (P+)
 - Providing a shock when the dog pulls.
- Negative Reinforcement (R-)
 - Removal of the shock when the dog stops pulling.
- Negative Punishment (P-)
 - A short time out for the dog because it jumped on someone.



ELEMENT DOG TRAINING

Positive Reinforcement is the method recommended to train dogs by the American Veterinary Society of Animal Behaviorists (AVSAB).

Positive Reinforcement provides a variety of training benefits:

- It teaches the dog what to do instead of punishing the infinite number of wrong options
- It reinforces the relationship and trust between the dog and owner
- It builds the dog's confidence in itself and its surroundings
- It makes learning behaviors fun and rewarding, which significantly improves learning retention
- It creates secondary positive associations with the people, animals, and surroundings that the dog trains in.



Golden Rule of Dog Training

Training Requires Motivation

- Your dog will naturally respond to the most motivating item in the environment
- While training, our job is to be the most motivating and interesting thing in the environment

Expectations for Training Sessions

1. Training should be FUN for the dog and the handler
2. The handler will respect the emotions of the dog (and of themselves)
3. Safety will always be a priority

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Positive Reinforcement is scientifically backed and the preferred training methodology by the American Veterinary Medical Association (AVMA), the American Veterinary Society of Animal Behavior (AVSAB), the Pet Professional Guild (PPG), and the Association of Professional Dog Trainers (APDT)

- ❖ [AVMA Position Statements](#)

- <https://www.avma.org/javma-news/2008-02-15/veterinary-behavior-society-announces-position-punishment>

- ❖ [AVSAB Position Statements](#)

- <https://avsab.org/resources/position-statements/>

- ❖ [Pet Professional Guild](#)

- <https://www.petprofessionalguild.com/Equipment-Used-for-the-Management-Training-and-Care-of-Pets>

- ❖ [APDT Position Statements](#)

- <https://apdt.com/about/position-statements/>

Positive Reinforcement works by using items the dog finds rewarding as reinforcers for performing a desired behavior.

- To train our dogs we will either lure our dogs into a position and reward them (luring) or reward the behavior when they naturally occur (capturing).
- In order to teach our dogs, we need establish a noise or indicator that signifies good behavior. This is called “Marking” a behavior. This is done by utilizing a short concise noise like “Yes” or by using a clicker. The marker is then followed by the reward. This process is known as **“Mark and Reward.”**
- Instead of punishing unwanted behaviors; it is recommended to interrupt the behavior, redirect them to a desirable behavior, and then reward them for the desired behavior
- When we aren't actively training, management techniques should be utilized to minimize the opportunity the dog has to perform any unwanted behavior.



ELEMENT DOG TRAINING

Training Requires Motivation

- For training to occur, your dog has to be motivated. Your dog will naturally respond to the most motivating thing in its environment. Our goal is to be (or become) the most motivating item in the dog's environment.
- We, as guardians, achieve this by creating an environment where the dog can be successful. This is done by:
 - Minimizing distractions in the training environment to a level the dog can handle
 - Identifying and utilizing rewards that the dog finds motivating – i.e toys, people, dogs, food
 - Providing appropriate mental and physical stimulation to achieve a balanced state of mind
 - Using Positive Reinforcement so that training is a fun and rewarding experience that the dog looks forward to participating in
- It is useful to have a variety of lures and rewards (sizes, shapes, textures, and tastes) and to identify which of them are the highest value. When training alone in your living room, kibble may be motivating enough. However, outside in a busy park, your dog may require hot dog/liver/cheese or other higher value treats in order to maintain his or her focus on you.
 - What is motivating will be unique to each dog so testing out a variety of items to determine what they find most motivating is important.
- Remember: Performing a behavior can itself be a rewarding activity and therefore, increase the prevalence of that behavior. When trying to eliminate unwanted behaviors, it is important to manage your dog's time in between training sessions so that there are minimal opportunities for him or her to perform the unwanted behaviors.