

# FROM CRAZY TO CONFIDENT

*Re-framing Reactivity*



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# WELCOME

Fearful and over reactive behavior will not go away on its own. The dog will not grow out of it. Left untreated, both the frequency and the intensity of the problems will increase.

Reactivity is one of the hardest behaviours to deal with but have you ever wondered why that is? You may never have even thought about reactivity before you got this dog, but now when your dog starts reacting, you find yourself reacting too! You may get stressed at the very thought of going for a walk.

Of course, it is not their fault. They are acting in response to an emotion - that might be fear, anxiety or frustration - and, when they react, that can make them feel better in the moment so they keep doing it

But we can teach them a better way.

We can give them new ways to respond that also feel good and over time they can start to ignore what once caused a meltdown or maybe even enjoy meeting other dogs or new people.

In order to make this shift, we need to create a more calm space for our dogs. They can't learn when they are stressed.

This is why I have designed a custom program Reframing Reactivity. This program will give you all the support you need and I am with you every step of the way.

In Reframing Reactivity you will develop the right skills to teach calm and accommodate your dog's reactivity! You'll learn easy and fun practical ways to keep your dog's focus when there are distractions, how to manage situations where things are less than ideal and how to bounce back when everything has gone belly up!



# MEET YOUR TRAINER



## **DR BARBARA PATERSON**

Hi, I am Barbara

I am a big hearted professional dog trainer specialising in high energy dogs.

I have been educated by Susan Garrett, who is my mentor in all things dogs and I am committed to continuing my education through accredited programmes.

As a scientist my super skill is the ability to break down complex skills into easy steps, that give my students a sense of achievement throughout the dog training process.

I am passionate about bringing training solutions to the community that are steeped in kindness and firmly grounded in the science of animal behaviour.

# PROGRAM OUTLINE

There are eight core areas form the basis of my Programme to ensure you tackle reactivity and you develop the relationship of your dreams.

In each module you will build core skills and progress through milestones until you have mastered each area. By the time you complete our program you will have clear step by step instructions to help you navigate problem behaviors with ease!



# PROGRAM CURRICULUM

## 1 UNDERSTAND

Learn what is behind your dog's over-reactivity and why the impact is so great for you. Understanding creates compassion for you both.

- Understand Reactivity
- What causes this over-reactive behavior
- What does reactivity look like
- Fun Fact- Alpha still Alpha (E-book)
- Both ends of the Leash
- Learning the ABC
- Trigger Stacking and Identifying Triggers
- Traffic Lights for Managing Threshold
- Training Terms Trivia
- Why is Reactivity hard for us?

## 2 OBSERVE

Tune your observations skills and learn to interpret the your dogs communication

- Health Check
- Physical Clues
- Nervous System Response
- What are your Dog's Candles (download)
- Nutrition and Bodily Needs
- Intro to Reading Body Language
- All about the Tail
- Discovering your dogs favorite treat
- ACE Free Work
- Using diaries

## 3 RESET

Press the reset button for you and your dog, so that you can begin to build a new future.

- Less is More
- Take a Breath
- Sleep
- The Deconstructed Dog Walk
- Practical Alternatives to Walking Outdoors
- Miracle to Management
- Managing Access to Trigger
- Intro to TTouch
- Multi-dog household - Preventing Additional Stress

## 4 BUILD CONFIDENCE

Fear and insecurity in dogs can manifest to over reactive behaviors. Confidence building is a great way to instill courage in bashful canines.

- Power Ups for You
- Pattern Games for Easy Walks
- 1,2,3 Treat
- The Cup Final Game
- The Bucket Game
- Intro to BAT 2.0
- Feeling Safe
- Reframing Your Response to Other People
- Enrichment Challenge (download)

## 5 ESSENTIAL SKILLS

Learn the core skills that will help you and your dog make progress by starting training away from triggers.

- What Dogs Need
- Muzzle Training
- It's your choice
- Holding the Lead
- Long Line Technique
- Bringing Your Dog to a Stop
- Treat Game/ Positive Interrupter
- Reliable Recall
- Loose Leash Walking
- Emergency U-turn
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## 6 GROW YOUR RELATIONSHIP

Having a happy and healthy relationship with your dog will have a huge impact on your training success.

- Relationship Building Activities
- Exercise, Enrichment & Play
- Words Matter
- Teaching a Settle
- Reinforcers. What your dog likes
- The Counting Game
- Nose Target to hand
- Teaching Middle
- Fun to Focus

## 7 ADVANCE YOUR SKILLS

Build on the skills you have developed with controlled exposure to real triggers

- Influencing Behavior
- Changing Associations
- Hazards and Risk Assessment
- Getting your dog's attention to move away
- Prompting with noise
- Ace Set Up
- The Dreaded Doorbell
- Emergency Situations
- Reducing Lead Tension- Stroking the Lead

## 8 READY FOR THE REAL WORLD

Take your training on the road to real environments.

- What does progress look like for the human
- What does progress look like for the dog
- Successful Stealth Training
- Reactivity Bingo
- Walking with Others
- Using what's in the environment
- Practicing hazard awareness

# TRAINING RESOURCES

Everything you need to ensure you receive a comprehensive, high end learning experience. Materials designed to cater to your unique learning style that will enhance understanding, encourage participation, and ensure better results throughout your program and beyond.



## Videos

High definition, professionally-filmed video tutorial lessons on-demand so that you and your family are all on the same page.



## Handouts

Supplement your lessons to support further learning and help the entire family stay in the loop.



## Classes

Keep actively learning in class with fun and easy to follow lessons. Monitor results and receive personalized feedback.



## Journal/ Diary

Monitor your dog's growth and improvement in each area of wellness. Watch diet, interactions, car rides, and more.



## Training Tracker

Designed to help track, set up goals, and quantify your progress as you head towards your goals.



## Workbooks

Workbooks offer easy, step-by-step program for you to follow at home as we work together.

# PROGRAM DETAILS

## CONSULTATION

- 75 -90 minute Private deep dive into the dynamics of your family and your goals
- Review and set up Management in the home
- Help create a Safe Space in your home
- Create structure and Implement Routine
- Review schedule and Routine for Family
- Design a treatment plan strategy

Please note there is an additional cost for private sessions



## COACHING

- Weekly Class lessons
- Implementing the treatment plan
- Develop awareness of the environment so you can help your dog process what is there
- Emergency skills for when things go wrong
- Problem Prevention strategy

## VIDEO TUTORIALS & RESOURCES

- Over 100 easy to follow -video library
- Workbooks and trackers to ensure your practice and understanding
- Handouts that support your learning
- Share your training with others involved with your dog so that training is consistent



## SUPPORT

- Email and Phone Support to give you peace of mind throughout the process
- Community Group to post and share
- Video Analysis to get feedback of your homework
- Assistance with helping others in your family learn (kids, spouse)

# HOW TO ENROLL



**To enroll, visit  
<https://courses.namibdogtraining.com/courses/reframing-reactivity/buy>  
and select one of the following options:**

## **From Crazy to Confident**

- instant access to homestudy programme (over 100 videos)
- Weekly classes
- Training workbooks, checklist and diary
- Invitation to the private Reframing Reactivity Community Group
- Ongoing coaching
- Live Q & A sessions

**USD 350**

## **VIP From Crazy to Confident**

- instant access to homestudy programme (over 100 videos)
- 12 weeks of training
- Weekly classes
- **Bi-weekly Private Lessons**
- Training workbooks, checklist and diary
- Invitation to the private Reframing Reactivity Community Group
- Ongoing coaching
- Live Q & A sessions

**USD 550**