

premack principle dog training

premack principle dog training is an effective behavioral strategy that leverages the power of preferred activities to encourage desired behaviors in dogs. Rooted in psychological theory, the Premack Principle suggests that more probable behaviors can reinforce less probable ones, making it a valuable tool in animal training, particularly for dogs. This training method focuses on using a dog's natural preferences as motivation, enhancing obedience and reducing resistance.

Understanding how to apply the Premack Principle can improve training outcomes by making learning more enjoyable and intuitive for dogs. This article explores the concept in detail, its application in dog training, benefits, practical techniques, and common challenges. The following sections provide a comprehensive guide to mastering premack principle dog training for optimal canine behavior management.

- Understanding the Premack Principle
- Applying the Premack Principle in Dog Training
- Benefits of Using the Premack Principle
- Practical Techniques for Training Dogs
- Common Challenges and Solutions

Understanding the Premack Principle

The Premack Principle, also known as "Grandma's rule," is a psychological concept developed by David Premack in the 1950s. It essentially states that a more preferred activity can be used to reinforce a less preferred activity. In the context of dog training, this means that a dog will be more likely to perform a less desirable behavior if it knows that doing so will lead to a more enjoyable activity afterward. This principle relies on the natural hierarchy of behaviors based on the dog's motivation and preferences.

Origins and Psychological Basis

The Premack Principle originated from studies on human behavior and was later adapted for animal training. It is grounded in operant conditioning, where behavior is influenced by its consequences. Unlike traditional reinforcement that uses arbitrary rewards like treats, the Premack Principle utilizes the dog's own preferred behaviors as rewards, making it a more intrinsic form of motivation.

How It Differs from Traditional Reinforcement

Traditional reinforcement often involves providing external rewards such as treats, praise, or toys after a desired behavior. In contrast, the Premack Principle uses natural behaviors that the dog already enjoys as reinforcers. For example, allowing a dog to play or sniff after completing a command leverages the dog's innate preferences, which can result in stronger and more consistent behavior changes.

Applying the Premack Principle in Dog Training

Implementing the premack principle dog training involves identifying the dog's favorite activities and using them as incentives to encourage obedience or learning new commands. This approach requires careful observation of the dog's behavior to determine which activities have the highest motivational value.

Identifying Preferred Behaviors

Before training, it is crucial to assess what activities your dog finds most rewarding. These can include:

- Playing with toys
- Going for walks
- Sniffing around outdoors
- Eating favorite treats
- Interacting with other dogs

By understanding these preferences, trainers can design training sessions where less preferred behaviors, such as sitting or staying, are reinforced by allowing access to these favored activities.

Structuring Training Sessions

Training using the Premack Principle typically follows a pattern where the dog is required to perform a less probable behavior before gaining access to a more probable one. For example, a dog must sit calmly before being allowed to chase a ball. This structured approach helps the dog associate the completion of commands with positive outcomes, thereby increasing compliance.

Benefits of Using the Premack Principle

Employing the premack principle in dog training offers several advantages over traditional methods. These benefits contribute to more effective learning and a stronger bond between the dog and trainer.

Increased Motivation

The use of preferred activities as rewards naturally boosts the dog's motivation to perform commands. Since the reward is inherently enjoyable, dogs are more likely to engage willingly and enthusiastically in training exercises.

Reduced Reliance on Treats

While treats are commonly used in dog training, over-reliance can lead to issues like obesity and decreased effectiveness. The Premack Principle reduces this dependence by using the dog's own behavior preferences, promoting healthier and more sustainable training practices.

Enhanced Behavioral Control

By clearly linking less preferred behaviors to access to desired activities, trainers can establish stronger behavioral control. Dogs learn to perform commands reliably to earn the opportunity to engage in favored actions, leading to improved obedience in various environments.

Practical Techniques for Training Dogs

Applying the Premack Principle effectively requires specific techniques tailored to individual dogs and training goals. The following methods illustrate practical ways to incorporate this principle into everyday training.

Using Play as a Reward

For dogs that love to play, training sessions can be structured so that commands must be obeyed before playtime begins. For example, asking a dog to sit or stay before throwing a ball creates a clear cause-and-effect relationship that motivates compliance.

Incorporating Walks and Outdoor Exploration

Many dogs prioritize outdoor activities highly. Trainers can require obedience to simple commands like "heel" or "wait" before allowing the dog to explore or sniff during walks. This harnesses natural curiosity as a positive reinforcement tool.

Leveraging Social Interaction

Dogs that enjoy socializing with other dogs or humans can be trained to perform commands before being allowed to engage in social play. This method uses social rewards to reinforce training behaviors effectively.

Step-by-Step Training Example

1. Identify the dog's preferred activity (e.g., playing fetch).
2. Command the dog to perform a less probable behavior (e.g., sit).
3. Once the dog complies, immediately allow the preferred activity.
4. Repeat consistently to strengthen the association.
5. Gradually increase the difficulty or duration of the less preferred behavior.

Common Challenges and Solutions

While the Premack Principle is highly effective, trainers may encounter obstacles when applying it to dog training. Understanding these challenges and implementing appropriate solutions can enhance training success.

Difficulty Identifying True Preferences

Not all dogs show clear preferences, making it challenging to select effective reinforcers. Careful observation and experimentation with different activities can help identify what genuinely motivates the dog.

Overuse of Preferred Activities

Allowing too much access to preferred behaviors can reduce their reinforcing value. Trainers should balance training and rewards to maintain motivation without satiation.

Inconsistent Application

Inconsistent use of the Premack Principle can confuse dogs and weaken training outcomes. Consistency in command enforcement and reward delivery is critical for building reliable behavior patterns.

Solutions Overview

- Conduct preference assessments regularly to adjust reinforcers.
- Limit the duration of preferred activities during training.
- Maintain a consistent training schedule and clear criteria for earning rewards.
- Combine the Premack Principle with other positive reinforcement techniques for best results.

Frequently Asked Questions

What is the Premack Principle in dog training?

The Premack Principle is a behavioral concept that uses a more probable behavior (a preferred activity) to reinforce a less probable behavior (a less preferred activity). In dog training, it means allowing a dog to do something they enjoy after completing a command or task they may not prefer.

How can the Premack Principle be applied to train a dog?

To apply the Premack Principle, identify a high-value activity your dog loves, like playing or going for a walk, and use it as a reward after your dog performs a desired behavior, such as sitting or staying. This encourages the dog to perform the less preferred behavior to access the more preferred one.

Can the Premack Principle replace treats in dog training?

Yes, the Premack Principle can be used as an alternative to treats by using activities your dog enjoys as rewards, such as playing fetch or sniffing around, which can be more motivating and sustainable

than food treats alone.

Is the Premack Principle effective for all dog breeds?

The Premack Principle is effective for all dog breeds because it is based on individual motivation. The key is to identify what each dog finds more rewarding, which can vary widely among breeds and individual dogs.

What are examples of high-probability behaviors to use with the Premack Principle in dog training?

Examples include playing with a favorite toy, going outside for a walk, socializing with other dogs, or sniffing around during a walk. These activities can serve as rewards for completing commands or training exercises.

How does the Premack Principle differ from traditional reward-based training?

Traditional reward-based training often relies on treats or praise immediately after a behavior, while the Premack Principle uses access to a more desirable activity as a contingent reward, encouraging the dog to perform a less preferred behavior to gain access to the preferred activity.

Can the Premack Principle help with behavioral issues in dogs?

Yes, it can help modify behaviors by reinforcing positive actions with access to preferred activities, making it useful for encouraging obedience and reducing problematic behaviors through structured reward systems.

How do you identify what a dog's high-probability behaviors are?

Observe your dog's daily activities and note which behaviors they naturally spend more time doing or seem most excited about, such as playing, exploring, or interacting with people, to determine their high-probability behaviors for use in training.

Are there any limitations to using the Premack Principle in dog training?

Limitations include the need to accurately identify truly preferred activities, and it may be less effective if the dog is not motivated by the chosen high-probability behavior at that moment, such as when tired or distracted.

Can the Premack Principle be combined with other training

methods?

Yes, it can be combined effectively with other training methods, such as clicker training or positive reinforcement, to enhance motivation and improve learning outcomes by leveraging both activity-based and treat-based rewards.

Additional Resources

1. *Unlocking Canine Motivation: The Premack Principle in Dog Training*

This book provides an in-depth look at the Premack Principle and how it can be effectively applied to dog training. It explains the science behind using high-probability behaviors to reinforce low-probability ones, helping trainers build more motivated and obedient dogs. Practical exercises and real-life examples make it a valuable resource for both beginners and experienced trainers.

2. *The Premack Principle: Transforming Dog Behavior Through Incentive*

Focused on the behavioral psychology behind dog training, this book explores how the Premack Principle can be used to shape desired behaviors. It covers strategies to identify high-value activities for individual dogs and how to use them as rewards. Detailed case studies demonstrate successful behavior modification techniques.

3. *Positive Reinforcement Mastery: Using the Premack Principle with Your Dog*

This guide emphasizes positive reinforcement methods grounded in the Premack Principle. Readers learn how to create effective training plans that leverage preferred activities as motivators. The book also addresses common training challenges and offers solutions to maintain consistent progress.

4. *Behavioral Science Meets Dog Training: The Premack Principle Explained*

Combining behavioral science with practical dog training tips, this book breaks down the Premack Principle in an accessible way. It explains how understanding your dog's preferences can improve training outcomes. The book includes exercises to help trainers assess and apply the principle in everyday training sessions.

5. *Training Dogs Smarter: Applying the Premack Principle for Lasting Results*

This title focuses on making dog training more efficient by harnessing the Premack Principle. It provides step-by-step guidance on identifying motivating behaviors and using them strategically to encourage compliance. Trainers will find advice on tailoring approaches to different breeds and temperaments.

6. *The Motivated Dog: How the Premack Principle Enhances Training Success*

Through engaging stories and scientific insights, this book illustrates how motivation drives dog learning. It highlights the role of the Premack Principle in creating powerful rewards and maintaining enthusiasm during training. Readers will gain tools to keep their dogs eager and responsive.

7. *Premack Principle in Action: Practical Dog Training Techniques*

A hands-on manual that offers actionable methods for applying the Premack Principle with dogs. It includes step-by-step tutorials, troubleshooting tips, and ways to incorporate the principle into various training contexts. The book is ideal for trainers seeking practical, immediately applicable advice.

8. *From Theory to Practice: Using the Premack Principle to Train Your Dog*

This book bridges the gap between behavioral theory and everyday dog training practice. It explains the Premack Principle in clear terms and provides a variety of training scenarios demonstrating its use. Readers will learn to customize reinforcement strategies to suit their dog's unique preferences.

9. *Engage and Reward: The Premack Principle Approach to Dog Training*

Focusing on engagement and reward, this book teaches how to use the Premack Principle to keep dogs motivated and focused. It covers identifying high-value activities, timing reinforcement correctly, and avoiding common pitfalls. The practical advice helps trainers build strong, positive relationships with their dogs.

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premack principle dog training: The Do No Harm Dog Training and Behavior Handbook

Linda Michaels, 2022-07-01 Get the dog training results you've always wanted—combining love with the science of dog psychology Find the roadmap to success in the easy-to-follow Do No Harm Dog Training and Behavior Handbook. Foreword by Marc Bekoff, PhD, co-founder with Jane Goodall of the Ethologists for the Ethical Treatment of Animals, and author of 31 books Are you tired of spending countless hours poring over articles, books, and other training resources searching for the key to the relationship you dream of with your dog? The Do No Harm Dog Training and Behavior Handbook provides force-free, practical solutions to common and complex behavior problems for both dog trainers and pet parents. This comprehensive guide is a transformational problem solving gift to pet parents for the heartbeats at our feet. It is also designed for professional presentations, teaching basic manners classes, and includes private behavioral consultation Treatment Plans with citations and a detailed index to make finding topics easy. Learn how to prevent behavior problems before they escalate.

premack principle dog training: The Complete Idiot's Guide to Positive Dog Training, 3rd Edition Pamela Dennison, 2011-01-04 Sit up and pay attention to the book that bonds people to their best friends. This revised and updated edition offers tips and tricks that will help readers work with their canine pals to solve behavior issues together. ? The Complete Idiot's Guide® to Positive Dog Training continues to be one of the most successful series titles in the Pet category ? A perfect read for first-time dog owners, those who have trained dogs with other methods, and anyone who has brought home a seemingly bad dog ? Features a regimen for training a dog for the Canine Good Citizenship Test

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...this book should be on every animal trainer's bookshelf for future reference. *How Dogs Learn* covers the content of an undergraduate course in learning and behavior, but the examples are taken from dog training it is practical and very useful without sacrificing scientific and technical accuracy. --Jack Michael, PhD, Department of Psychology, Western Michigan University *How Dogs Learn* explore the fascinating science of operant conditioning, where science and dog training meet. *How Dogs Learn* explains the basic principles of behavior and how they can be used to teach your dog new skills, diagnose problems and eliminate unwanted behaviors. It's for anyone who wants to better understand the learning process in dogs. Every concept is laid out clearly and precisely, and its relevance to your dog and how you train is explained. A Howell Dog Book of Distinction

premack principle dog training: *Encyclopedia of Behavior Modification and Cognitive Behavior Therapy* Michel Hersen, 2005-01-25 The three-volume *Encyclopedia of Behavior Modification and Cognitive Behavior Therapy* provides a thorough examination of the components of behavior modification, behavior therapy, cognitive behavior therapy, and applied behavior analysis for both child and adult populations in a variety of settings. Although the focus is on technical applications, entries also provide the historical context in which behavior therapists have worked, including research issues and strategies. Entries on assessment, ethical concerns, theoretical differences, and the unique contributions of key figures in the movement (including B. F. Skinner, Joseph Wolpe, Aaron T. Beck, and many others) are also included. No other reference source provides such comprehensive treatment of behavior modification—history, biography, theory, and application. Thematic Coverage The first of the thematic volumes covers Adult Clinical Applications. Adults are the most common population encountered by researchers, clinicians, and students, and therefore more than 150 entries were needed to cover all necessary methods. The second volume covers Child Clinical Applications in 140 entries. One especially useful aspect of this volume will be the complications sections, addressing what can go wrong in working with children. This is an area often overlooked in journal articles on the subject. Volume III, Educational Applications, addresses a range of strategies and principles of applied behavior analysis, positive behavior support, and behavior modification and therapy. These entries focus on classroom and school contexts in which the instructional and behavioral interactions between teachers and their learners are emphasized. Unique, Easy-to-Follow Format Each of the volumes' entries address a full range of mental health conditions and their respective treatments, with the aim of providing systematic and scientific evaluation of clinical interventions in a fashion which will lend itself to the particular style of treatment common to behavior modification. Major entries for specific strategies follow a similar format: 1. Description of the Strategy 2. Research Basis 3. Relevant Target Populations and Exceptions 4. Complications 5. Case Illustration 6. Suggested Readings 7. Key Words Biographical sketches include the following: 1. Birthplace and Date 2. Early Influences 3. Education History 4. Professional Models 5. Major Contributions to the Field 6. Current Work and Views 7. Future Plans Readership This encyclopedia was designed to enhance the resources available to students, scholars, practitioners, and other interested social science readers. The use of in-text citations, jargon, and descriptions of research designs and statistics has been minimized, making this an accessible, comprehensive resource for students and scholars alike. Academic and research librarians in the social sciences, health, and medicine will all find this an invaluable addition to their collections. Key Features Three thematic volumes and over 430 total entries Five anchor articles in each volume provide context on major issues within the field Key words and lists of suggested readings follow each entry Contributions by internationally renowned authors from England, Germany, Canada, Australia, New Zealand, and the United States Volume Editors Volume I: Adult Clinical Applications Michel Hersen & Johan Rosqvist Pacific University Volume II: Child Clinical Applications Alan M. Gross & Ronald S. Drabman University of Mississippi Volume III: Educational Applications George Sugai & Robert Horner University of Oregon Advisory Board Thomas M. Achenbach, Ph.D. Department of Psychiatry, University of Vermont Stewart W. Agras, M.D. Department of Psychiatry & Behavioral Science, Stanford University School of Medicine David H. Barlow, Ph.D., ABPP Center of Anxiety and Related Disorders, Boston University Alan S. Bellack, Ph.D., ABPP Department of

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stressing the importance of behavioural indicators when assessing pain and mental welfare and finally by reminding vets of their obligations under Dangerous Dogs legislation, the emphasis is on the prevention of aggression throughout. Packed with anecdotes drawn from real-life cases, easy to read and understand, the principles explained can be effortlessly assimilated into the average consultation without the need for lengthy report-writing.

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with dog training? The science teaches you the nuances of how dogs learn. The art helps you to be more clear and inventive if your dog doesn't quite understand what you want. You will learn about breaking down behaviors using a positive, proactive approach which is a big part of the modern process of dog training.

 Step by step instructions will help make what may seem insurmountable into something much simpler. This book will take you through it all:

 • A look at the science behind modern training techniques and why they really work.
 • Expert advice on basic training – sit, down, stay, come, door etiquette and loose leash walking.
 • Addressing jumping, biting, stealing and other misbehaviors.
 • Helping your dog become a Canine Good Citizen.

 Life mirrors dog training. The effort you put in now will yield you many rewards, both immediately and for years to come.

 What experts are saying about<i> You Can Train Your Dog!</i>:
 Pam Dennison has done it again! She has written a fabulous book about training dogs that will benefit both the pet owner and novice or professional instructor. This in-depth volume bears Pam's signature stamp of breaking tasks into small steps that make learning effective and fun for dog and human alike. When I think of Pam, I think of someone who really "gets" dogs and who stands out in her ability to teach using practical, simple, realistic, and effective dog-friendly methods. This wonderful book is chock full of easy to follow approaches that work with family dogs, working dogs, high-performance dogs, and dogs with problems. It is precisely because of its practicality and comprehensiveness that I plan to use this book in my Animal-Assisted Play Therapy training program. This is an absolute must-read for everyone who trains their own or others' dogs!
 Risë VanFleet, PhD, RPT-S, CDBC Founder, The Playful Pooch Program, Author of the award-winning <i>Play Therapy with Kids & Dogs</i> and <i>The Human Half of Dog Training: Collaborating with Clients to Get Results</i>

 Wow! This book has it all. From basics and animal husbandry through to Premack and control games. If we had more well planned books like this in our stores there would be less problem dogs on our streets! Pamela does a great job of deciphering the science behind dog training in this user friendly guide to having a great dog!
 Nando Brown, IMDT, CAP2, FSG1, FFITT

 I love how Pam makes the science and art of training a dog understandable for all caregivers. By using this book you will not only understand how your dog learns, but teach him step by step many important behaviours; from preparing him for vet visits to teaching him to walking on a loose lead. You can enhance the relationship you have with your dog and the relationship he has with you by reading this excellent book.
 Chirag Patel, PG Cert (CAB), BSc(Hons), CPBC, DipCABT Animal Behaviour & Training Consultant

premack principle dog training: The Thinking Dog Gail Tamases Fisher, 2009 It is such a joy to work with a dog who proactively engages in behaviors while you build a relationship that will surprise you in its depth and versatility. Clicker training has proven to be the most effective means of developing a Thinking Dog, one who offers behaviors in anticipation of a reward rather than a dog who has been trained only to wait for his owner's commands. One of the biggest obstacles the new clicker trainer faces, however, is his or her own history of training and habits of working with a dog. But you can make the transition once you understand how dogs learn and the mechanisms of operant conditioning. Learn from author Gail Fisher's crossover experiences as well as those of the hundreds of students she has helped make the change over the past thirteen years. You will learn: How dog training has evolved over the past 100 years, the strengths and weaknesses of various training styles, and to what extent you can intergrate your previous methods with clicker training. The particular challenges you will face as you crossover from whatever style of training you

have used in the past (compulsion, luring, etc.) to clicker training. The detailed nuts and bolts of clicker training⁰⁴from getting a behavior started, to methods of rewarding, to reducing the need to click and treat over time while still getting the results you want. How to work with dogs trained with force or harsh methods and change them into behavior-offering dynamos. What reviewers are saying ... MIDWEST BOOK REVIEWWritten by Gail Tamases Fisher, a professional dog trainer of over thirty years' experience, *The Thinking Dog: Crossover to Clicker Training* is a guide to using clicker training to develop a thinking dog who offers behaviors in anticipation of a reward, rather than a passive dog trained simply to wait for its owner's commands. Someone new to clicker training may find it difficult to break out of familiar routines; *The Thinking Dog: Crossover to Clicker Training* teaches one how to surpass one's own ingrained habits while learning the nuts and bolts of operant conditioning. By definition, LLW [loose-leash walking] means there is no tension in the leash. This rule is absolute: Your dog may not pull and be successful. Any time your dog pulls and gets to move forward, pulling is reinforced. So from the moment you start training LLW, any time your dog is on leash, you are either in training, or using equipment that prevents pulling, such as a front-connection harness or head halter. Do not use a Flexi- or bungi-lead as they reward pulling. An excellent, easy-to-use manual for amateur and professional dog trainers alike, handily illustrated with black-and-white photographs. James A. CoxDOG WORLDWhen Gail Tamases Fisher attended her first clicker-training seminar in 1996, she was already a skilled trainer and the author of two books. She had built a successful career on the Volhard motivational method.I was happy with how I trained for the 20-plus years that I had used and taught this approach, believing it was by far the best way to train for both dogs and people, Fisher writes. As her skepticism vanished, she began incorporating clicker training into her methodology. She explains her decision in a balanced manner: Nothing in this book is intended to denigrate any approach or diminish your success with whatever training method you have used.

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premack principle dog training: *Behavior Problems of the Dog and Cat - E-Book* Gary Landsberg, Lisa Radosta, Lowell Ackerman, 2023-02-24 *Behavior Problems of the Dog & Cat*, 4th Edition retains the highly practical approach that has proved so successful in previous editions, offering diagnostic guidelines, preventive advice, treatment guidelines and charts, case examples, client forms and handouts, and product and resource suggestions, along with details on the use of

drugs and natural supplements to help optimize the behavior services offered in practice. - Step-by-step guidelines describe how to collect a patient history, perform a thorough physical examination, conduct diagnostic testing, formulate differential diagnoses, select treatment, and monitor the patients' responses. - Background information describes how dog and cat behavior problems arise and how they can be prevented. - Coverage of behavior modification techniques provides you with a clear understanding of suggested treatment as well as the use of drugs, products, pheromones, surgery, diet, and alternative therapies. - Content on behavioral genetics explores this rapidly growing and advancing field and includes new therapeutic approaches for cognitive decline. - Case studies illustrate real-life clinical situations. - Easy-access treatment tables provide at-a-glance solutions to common behavior problems. - Useful appendices include treatment protocols as well as the drug information and dosages that make effective prescribing easy. - NEW! Many hot new topics are covered, including fear, anxiety, and stress and their effects on health and behavior, as well as pain and behavior, the psychobiological approach to veterinary behavior assessment, and pets and the family dynamic. - NEW! Updated chapter content is extensively augmented or completely rewritten by new authors, making this more than just a new edition – it's a new book! - NEW! eBook version is included with print purchase which allows access to all of the text, figures, and references, with the ability to search, customize content, make notes and highlights, and have content read aloud. Online access also includes handouts and forms, drug dosing, and a comprehensive directory of resources.

premack principle dog training: Oh Behave Jean Donaldson, 2008-04 Jean Donaldson brings her considerable wisdom -- and wit -- to a wide variety of topics of interest to dog trainers and enthusiasts in this book from Dogwise Publishing. In 55 essays, Jean tackles issues ranging from the nature vs nurture debate, to the role of dominance in domestic dogs, to what are the most effective ways to train dogs. You will note a number of themes that flow throughout the book. Jean is a firm believer in conducting scientific research (verifiable results) rather than forming opinions based on gut feel or taking an anthropomorphic view of dog behavior. She also admits that we are flying blind on many issues because of a lack of research and tells the reader when that is the case. She looks at problem behaviors (problems for humans at least) from the perspective that both a dog's genes and environment impact behavior, and our ability to modify such behaviors is sometimes muddled since we don't always understand how genetics and environment interact. And finally, just what is a Dog Mom (or Dad) and how did that phenomenon develop and what is its genetic usefulness, if any, to both dogs and people?! Along with her other best selling books, Oh Behave! is destined to be a classic in the literature on dog behavior.

premack principle dog training: BEHAVIOR ADJUSTMENT TRAINING 2.0 Grisha Stewart, M.A., CPDT-KA, 2016-02 **Empower your dog to gain confidence and social skills**
With *BAT 2.0*, trainer/author Grisha Stewart has completely overhauled *Behavior Adjustment Training (BAT)* to create a new efficient and practical tool for dog reactivity. *BAT 2.0* builds resilience and self-reliance by giving dogs safe opportunities to learn about people, dogs, or other “triggers.” Clear enough for all readers to follow, this book also includes technical tips and bonus chapters just for dog behavior professionals.
Learn how to:
Rehabilitate aggression, frustration, and fear.
Use survival skills to prevent reactivity on walks and at home.
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