

# CENTER FOR CANINE BEHAVIOR STUDIES



## WINTER ISSUE

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## HAPPY NEW YEAR to all our members and readers!

2018 promises to be breakthrough year for the Center for Canine Behavior Studies. We will soon be making available, on our new website, the results of our inaugural study, **the Animal Owner Interaction Study**. The results are embargoed until the time of formal publication later in January or February 2018. I think, you will be interested and possibly surprised by the findings.

Our hope is that these findings will go to good use as they are incorporated into the How I Met My Dog adoption/placement algorithm – a kind of Match.Com for people adopting dogs from shelters (or anywhere for that matter).

Secondly, we will be winding up our second and third studies, the second is available for participation until January 15, 2018, the third to follow immediately. The second study investigates the prevalence of behavioral conditions at large, including some never surveyed before. **We urge ALL dog owners to sign up for this second study, both those whose dogs DO and DO NOT have behavioral issues.** This all-in sign-up is vitally important if we are going to be able to accurately assess the prevalence of pet owner reported behavior problems as a whole.

The third study builds on the second, examining the kind of help, if any, owners have sought in dealing with problematic issues that exist or did exist. What training and behavior programs were employed and the outcome, success or failure, that is, of whatever methods were tried. From these results, we expect to be able to offer advice on the best type of professional to seek for help a specific behavior problem, which rehabilitation methods work best and which ones do not work at all!

An educated client is the best client for a trainer or behaviorist to assist. You will read all about these results once the data has been properly collated and analyzed.

Obviously, you have noticed that we also have a newsletter now – this one! - to keep you up to date with what's going on in the world of animals, especially dogs, but in essence all creatures great and small.



Read on and enjoy this, our very first newsletter. Another first for our Center! In 2018, wag more, bark less!

Dr. Nicholas H. Dodman, Editor-in-Chief

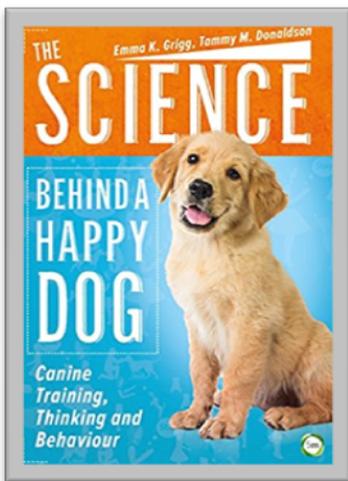
## BOOK REVIEW

By, Barbara Dwyer

### **“THE SCIENCE BEHIND A HAPPY DOG– CANINE TRAINING, THINKING AND BEHAVIOUR”**

By, Emma Grigg, PhD, CAAB and Tammy M. Donaldson, PhD, CAAB (5M Publishing Ltd., 2017)

*“In reviewing the plethora of dog books available in today’s marketplace, we found a need for a practical yet compressive guide to caring for dogs based on the current science. In creating this guide, we wanted to explore what was truly best for dogs, to go beyond standards of care or welfare standards and examine what does in fact make a dog “happy”. We hope to help the reader thoughtfully consider their choices for their dog, taking into account what we have learned through science about their physical, social, cognitive and emotional lives.”* Tammy M. Donaldson, PhD, CAAB, Applied Behavior Consulting, Golden, CO



For dog owners, trainers and even behavior counselors this book is a godsend. There is nothing quite like it out there. Whether you read it front to back or keep it as a reference on the shelf, you’ll be glad you bought it and will keep it close for many years.

Grigg and Donaldson offer us the science that supports training methods, welfare, physical wellness, mental health and more. For animal professionals, there is a review of the most recent literature that you often have trouble finding. For owners, when you have a question about socialization, end of life issues or enrichment, this is the place to go. When a friend, shelter worker or groomer tells you something and you’re feeling uneasy about, look it up here.

Expand your knowledge of canines with established facts. This is more important now with the myriad of free or purchased advice on the internet. It is difficult to know who to believe. The authors are dedicated, knowledgeable behavior professionals. You can rely on the information they present.

I highly recommend this book not only to dog owners but even more importantly people who work with shelters or rescues, doggie day care employees and trainers – any professional who handles your dog. Keep your best friend safe, happy and at home with you for life.

The book can be purchased on: <https://www.amazon.com/Science-Behind-Happy-Dog-Behaviour/dp/191045575X>.



## FILM REVIEW

By, Chris Janelli

### **“DOGS CATS AND SCAPEGOATS”**

By, Hugo Dorigo, Director and Sandgrain Films (2017)

BREEDING, ADOPTION, ABANDONMENT AND TRAINING ARE DISSECTED TO UNCOVER THE ROOT CAUSES OF COMPANION ANIMAL WELFARE CHALLENGES.

I want to bring a documentary video by Sandgrain Films to your attention. Sandgrain, in their Sept. 2017 press release said it, "has thrown down the gauntlet in the new groundbreaking documentary [Dogs, Cats and Scapegoats](#), which takes a unique approach to expose the root causes of the plight of our

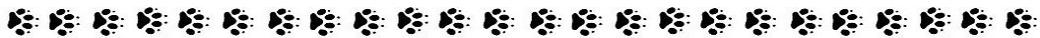
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companion animals in the United States. Beyond the statistics of euthanasia and adoption, society's complex and sometimes conflicted relationship with animals is explored to better understand why the cycle of breeding to relinquishment remains entrenched in American society."

Directed by Hugo Dorigo, some of today's leading experts in animal behavior and ethics, including CCBS Scientific Advisory Board members Dr. James Serpell and Dr. Marc Bekoff, are interviewed in this must-see film.

Sandgrain's press release further states, "Dogs, Cats and Scapegoats" has been dubbed by author Marc Bekoff, PhD as a 'game changer' and an 'encyclopedic coverage' of the subject matter. The documentary leaves few stones unturned during the exploration of pet keeping, putting long held beliefs under the microscope.

Breeding, adoption, abandonment, and training are dissected to uncover the root causes of companion animal welfare issues. The answers often take a different form than what society is used to hearing, unpacking an incredibly thought-provoking exploration of our relationships with our closest companions. The video is free to view at <http://www.sandgrainfilms.com>.



## CURRENT LEGISLATION

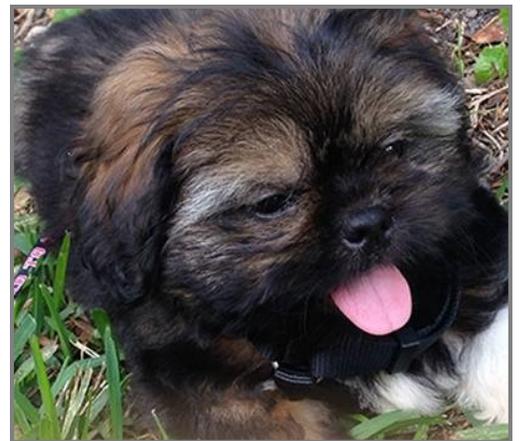
By, Barbara Dwyer

### **THE "TRUTH IN TRAINING" ORDINANCE THE FIRST OF ITS KIND IN THE COUNTRY**

On November 15, 2017 the Hillsborough County Council (Florida) adopted the "Truth in Training" ordinance by a vote of 5-2. The "vote came amid fierce opposition from many local dog trainers" (Contoro, S., Tampa Bay Times, 11/15/17).

Ordinance 17-33 requires dog trainers and owners of training businesses, who are paid for their services, to register with the county. They must submit a detailed account of their experience and education, related memberships and certifications; have a background check that demonstrates they have had no convictions or *nolo contendere* for animal cruelty offenses; have liability insurance of \$100,000 or more; pay a fee; and renew every two years. Some trainers and organizations are exempt from this ordinance, e.g., service dog trainers (but not therapy or emotional support animals), veterinary clinics, shelters and rescues.

Trainers must provide each owner with a written training plan signed by both owner and trainer. Each owner must also sign the county's "Consumer Acknowledgement Form." It records what the owner understands and accepts or denies for example: authorization of things like the trainer's use of equipment and techniques, the use of physical correction or that they have been informed of the trainer's experience and education. The owner acknowledges that the training plan does consider the dog's size, health, age and breed. Trainers must keep complete records of their registration with the county, training plans and acknowledgement forms for four years. (To read the complete ordinance go to <http://hillsboroughcounty.org/en/government/codes-and-ordinances>.)



While waiting outside the courthouse for the hearing, a dog belonging to Tampa's Sit N Stay's trainer and protester, Clark Inghram, bit a young boy on the head. "According to witnesses, the bite was unprovoked. Marie Kelley of Titusville said she 'saw the dog shake the child by the head. The trainer that was his dog,' Kelley said. He told him [the dog] to let the child go five or six times. The dog did not release.' (Capriel, J. and Contorno, S., Tampa Bay Times, 11/15/17)." The child's condition is unknown.

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“Truth in Training” had its birth as “Sarge’s Law” named after a Shih Tzu Pekinese puppy who died in training in May 2015. “Sarge [and his owner Laura Childers] took part in lessons to teach Sarge to heel. To quell the dog’s excitement a trainer clamped his hand over the dog’s mouth while grabbing the 8-pound puppy’s neck with his other hand (Contorno, S., Tampa Bay Times, 2/28/17).” Sarge died on the way to the veterinarian. Childers subsequently hired lobbyists to promote the law.

The American Kennel Club said this about “Truth in Training”, [“If enacted, the overreaching requirements of the ordinance could significantly raise costs incurred by trainers, which would be passed along to owners, thereby limiting Hillsborough County citizens’ access to training services.”](#)

“A PETA observer who worked at the facility [Ingram’s Sit N Stay] documented that workers wrapped leashes tightly around terrified dogs’ snouts, wrestled scared dogs, yanked and hoisted them off the floor by their leashes, and jabbed a crated dog with a broom in an apparent attempt to stop the animal from barking (Sullivan, K., PETA blog, 11/21/17).”

Leerburg Kennels’ Facebook page had a video that said (12/8/17), “Using words like ‘humane’ and ‘science-based,’ with no actual science to back up their statement, these organizations [“extremist animal rights organizations”] manipulate public opinion through misinformation, lies and my new favorite term, ‘alternative facts.’” Their agenda “will hurt countless dogs and dog-owners by restricting trainers in such a way that people who are struggling with difficult dogs will no long have access to effective trainers. They will be left with one of 2 options: either surrender or euthanize their dogs.”



## **SCIENTIFIC TRACK**

By, Chris Janelli, Executive Director

In November, our newest Scientific Advisory Board Member, Dr. Marc Bekoff had a fascinating article published in *Psychology Today* about a canine study by Natalia Albuquerque and her colleagues called "stimuli," which shows that dogs read angry human faces and mouth-lick when they do so.



As Marc commented, "Research on the cognitive and emotional capacities of dogs is a 'hot' area of study. At least weekly if not more often, it seems we're learning something fascinating about how dogs sense their world, and these data are allowing us to understand not only how they interact with one another, but also with other nonhuman animals and ourselves."

Marc suggested that "there might also be a practical side to what these researchers learned. When I mentioned this study to someone who works in the business sector and who's very interested in animal [cognition](#), they asked two interesting questions. First, do dogs have anger-detecting neurons and if so, can dogs be used to diagnose anger issues when a person isn't aware of their feelings?"

You can read more about what Marc believes might be answers to these two questions by reading his article at: <https://www.psychologytoday.com/blog/animal-emotions/201711/can-dogs-tell-us-were-angry-when-we-dont-know-we-are>

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## UPDATE ON CCBS AND SURVEY

By, Chris Janelli, Executive Director

With the Center's initial [Animal Ownership Interaction Study](#) (AOIS) data from more than 1,650 dog owner participants analyzed under Dr. Serpell at the University of Pennsylvania, Drs. Dodman and Serpell found significant interactions between owner personality and a dog's behavior that could provide significant value in the adoption process. However, like with much research, the challenge is how to put potentially lifesaving findings into practical use. Thus, I am delighted to announce a collaboration that is going to be a game changer in canine rescue-adoption.

Over a year ago, I commenced a conversation with the developing "technology" company How I Met My Dog.com. As luck would have it, both CCBS and [HIMMD.com](#) are based in Litchfield County, CT and share a similar mission to keep dogs in their forever homes.

Dr. Dodman and Dr. Serpell have submitted their AOIS scientific findings paper to [PLOS ONE](#) for publication, which is anticipated for early 2018. Their findings are important factors to consider when adopting a dog to ensure optimal compatibility. In the interim, Nick and James have been discussing how to integrate their findings into HIMMD.com's sophisticated adopter-canine "matching" algorithm.

According to Dr. Dodman, "It's more important to adopt a dog on the basis of behavior and lifestyle than on breed or appearance. When adopting a dog, its temperament, specific needs, and capacity for affection are the most important aspects to consider. It pays huge dividends to ensure the most compatible canine companion; one that will give the adopter and their whole family pleasure for years to come. Any dog considered for adoption should be selected more carefully than your next new car with a view to your new charge becoming your new best friend, not just an unwelcome chore to maintain or an elegant oil-and-water mix personality-wise. Knowing what you are getting into - *from the point of maintenance and lifestyle* - is paramount. And beauty, as the old saying goes, is only fur deep."

Stay tuned to learn more about this exciting collaboration as it develops.



## ASK DR. DODMAN

By, Nicholas H Dodman

**Question:** Hazel only soils when visiting a new house, not ours, and stops after 1 to 2 days. What is the reason for this behavior?

**Answer:** The most likely cause of your dog's embarrassing "elimination problem" is urine marking. I'm assuming it involves urine and not feces but either can be used to signal in this way. Marking is a territorial concern often entailing some angst about a new location and/or its occupants. It is the dog's way of saying "Kilroy was here" or rather "Kilroy is here." She is literally leaving her mark – an olfactory signal – to inform others that this new location is now her "beat." It has been suggested that urine marking to a dog is letter writing letter to us: it delivers a message that persists long after the sender is gone. If marking is in fact the cause, then the decreased frequency after a couple of days is likely due to increasing familiarity with the new setting and therefore a reduced need to make a territorial point.

The only other possible explanation for Hazel's behavior would be a change in routine. If she prefers to eliminate in a particular location in your back yard, for example, and that location is now inaccessible, that could lead to house soiling. Also, if there are less frequent or shorter walks when she is visiting a new home, that could also tip the balance in favor of a problem of this nature.

Treatment for **marking** is tricky. It usually involves the temporary use of anti-anxiety medication. Ask your veterinarian about this measure prior to your next visit away from home.

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If a simple **house soiling** issue is the problem, then frequent walks outside on leash plus thorough clean-up of any present or previous “accidents” would likely help a lot.



## **BABY IT'S COLD OUTSIDE!!**

*How to Keep your Dog Physically Fit and Mentally Stimulated During the Winter Months*

By, Donna Gleason



There is no way you can stop “it”!! “It” comes every year!! You may love or hate “it” ...“it” doesn’t care. What is “it”? No, “it” is not the holidays, rather “it” is that cold, snowy and icy weather that accompanies (my least favorite season) winter. Typically, during winter we become more sedentary and spend more time indoors. Unfortunately, this can negatively impact our dog’s regular opportunities for physical exercise and mental stimulation. With this in mind, let’s take a look at the reasons why it’s important for you to maintain a routine and consistent exercise program all year long. What types of exercise do our dogs most benefit from and what are some creative ways to provide consistency throughout the entire year.

### **Why is it important for your dog to have a regular and consistent exercise program?**

“A tired dog is a good dog”. With my own dogs and working with clients and their dogs, I have noticed that when a consistent exercise program is followed, the number of behavioral issues that people are facing with their dogs significantly drops. It makes sense. Think of those days when your children play video games for a bit longer than they should. What happens to their behaviors? What do you do? Many times, the children are sent outside to burn off some energy. When they come back inside everyone can once again cohabitate nicely within the confines of the home. Why? Because they found a way to physically and mentally stimulate themselves and burn off some of that excess energy.

Dogs are no different. When dogs aren’t offered opportunities to release their energy, they tend to find their own ways to burn up some steam and that may equate to behavioral problems. Dogs who are involved with consistent and routine exercise, bark less, dig less in the yard, exhibit less inappropriate chewing behaviors and tend to **sleep** more. They tend to be physically and emotionally healthier. Research supports that the state of a dog’s physical and mental health, many times, can be a direct correlation to the amount of exercise it receives each day.

### **What types of exercise do our dogs benefit most from?**

Every dog needs daily opportunities for both physical and mental stimulation - because that is how nature intended it to be. You see, before dogs became domesticated most of their days were spent scavenging and hunting for food, caring for their offspring, defending their territory and playing with each other. They led busy, complex lives, interacted socially and solved simple problems which were necessary for their survival. Their day was filled with physical and mental challenges (ASPCA). So, what can owners do in the winter to provide creative opportunities for physical exercise and mental stimulation, when the weather is less than cooperative?

- Enroll your dog in “doggie day care”. This is a great opportunity for your dog to run and socialize with other dogs when the local dog park may be closed.
- Take your dog for rides in the car when run your errands.
- Have your dog perform simple obedience cues (sit, look, and wait) as part of everyday routines (at feeding times, exiting and entering doors, and exiting the crate). Raise the bar by asking your dog to extend the duration of time he is expected to hold the cue before being released
- Bring your dog into stores that are “dog friendly”. NOTE: Most pet supply stores welcome dogs. However, it doesn’t hurt to double-check before visiting.

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- Enroll your dog in group training or obedience classes.
- Introduce your dog to indoor mental stimulation games:
  - Teach your dog a new trick.
  - Play “Hide and Seek”: Find a place in your home and call your dog. When he finds you, pop a tasty treat in his mouth. This game is a great way to begin teaching “recall” - getting your dog to come to you. By spring, you might be ready to play “Hide and Seek” outside.
  - Teach your dog to “Find It”: Start with holding a food item in front of your dog. When he goes toward the treat say, “Find It”. Gradually make this game harder by increasing the distance he needs to go and find it.
  - Feed your dog using interactive feeders.
  - Invest in a wooden interactive puzzle toy, designed to make your dog problem solve in order to receive a treat.
  - Teach your dog to find a toy or put his toy away

NOTE: With any new trick or game that you begin with your dog start easy and then gradually make it harder as your dog becomes more successful.

- Rotate your dog’s toys to reduce boredom. Why put all your dog’s toys out at one time, if you can periodically rotate them and keep his interest piqued?
- Bundle up and get out. Taking your dog for a walk in wooded areas during the winter months can be a nice change to being trapped inside all the time!!
- Consider buying snowshoes and take your dog for a walk in the snow. This is a lot of fun - REALLY!!

**Bottom Line:** We know that maintaining a daily exercise routine all year long is important for your dog’s physical and emotional well being. We also know that it can be a bit challenging when the weather is less than cooperative. However, try not to overwhelm yourself. If exercising your dog becomes a task you do not enjoy, try looking at other ways that you can offer your dog a daily dose of mental and physical stimulation.



## **A Day in the Life of a Canine Behavior Specialist**

By, Vivian Zottola

Lying on the ground by my feet as I type is George, one of three dogs in my life. All curled up in a ball I notice his respiration begin to increase and little paws twitch in quick successive movements back and forth. Is he running away from something or running toward someone I wonder? I don’t know much about George; and, in fact, it isn’t his real name but the one I’ve trained him to respond to during our short daily training sessions. We have been living together now for five weeks. George is four years old.

Found as a stray on the streets of Boston at the end of October he was brought to MSPCA-Angel Boston for emergency care. In serious distress it was reported that his coat was overgrown and matted, nasal cavity was full of dried blood, ears packed to the brim with wax and limped favoring his left leg. There was no collar or tag only an unregistered chip. The superstar veterinarians at the clinic attended to injuries and determined he suffered from soft tissue damage no broken bones. He was then neutered which required exploratory surgery because of an undescended testicle. Subsequently, he was moved to

Boston Animal Control where he would remain while in quarantine for 10 days waiting for someone to claim him.

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If no one claims a stray dog, a behavior evaluation is completed before releasing the dog for adoption by the public. The evaluation is lengthy and typically covers categories like: social ability with people; body handling/husbandry; resource guarding; receptivity to strangers, dogs, cats and strange objects when possible, sudden changes in the environment and trainability. If the dog fails any one item, the evaluator considers the intensity and frequency of any reactive behavior as well as the dog's ability to recover from the distress. Behavior tests typically take place in a room on the shelter premises, an already stressful environment. Most shelters hope to rely on behavior specialists and qualified trainers to volunteer their time and provide testing but often one is unavailable. A qualified behavior specialist/accredited trainer is more likely to identify potential risks to the community and give advice on remediation or placement that can lower the risk of the dog being returned. Recidivism happens quite often due for a variety of reasons, e.g., testing reliability, dog's stress at the time of evaluation, inappropriate matches, lack of proper adoption counseling. Generally, a good evaluator is experienced and educated in multiple disciplines including canine ethology, behavior, learning, health, development, life stages, body language and observational skills. They are trained to be objective and without breed bias. If evaluators are not objective, they may burn out or give special consideration to one dog over another. For example, it's usually easier to sympathize and gloss over reactivity than the animal is small and fearful.

Sporting a cone of shame due to his recent surgical procedure and bouncing, George walked toward me, I couldn't help but laugh out loud at this little guy as I began his evaluation. He passed every single part of the evaluation with flying colors. The trainer in me delighted at the prospect of his training abilities while the behavior specialist in me proceeded with caution.

All too often shelter dogs are on their best behaviors in shelter environments only to present challenges after they've had an opportunity to settle into a home. This honeymoon period can last from one week to a couple of months. There are many wonderful rescues and shelters in operation nationally; however, there is a benefit of looking in local shelters. At a local shelter, you may be able to get take a training class, get behavioral advice or help if the relationship doesn't work for any reason.

Without thinking but instead feeling, I asked if the shelter would consider me as a candidate to adopt. Delighted with my request Animal Control immediately sent along instructions on how to go about with adoption proceedings.

Five weeks have passed and with the honeymoon period now over the only behavior challenge that has appeared is some mild separation anxiety. Luckily, I happen to be practiced in multiple behavior modification training protocols. We worked right away to help alleviate his anxiety. Much to my delight, he gets along swimmingly with my twin dogs Jimmy Choo and his sister, Stella, both twelve-year old Shih Tzu's. We are slowly exposing George to his new environment and building foundation skills. We work daily on basic manners including sit, down, wait/stay and recall and better communicate. He is physically much stronger thanks to my friends at [Boston Veterinary Clinic](#) where he was treated for an infection from at his suture site and ear infection.

My plan is to broaden my training knowledge by exploring agility, nose wok or dance training. I also plan to explore his individualism by having his DNA analyzed and enroll him in [Dognition.com](#), an online assessment tool, to help me better understand how he thinks and learns. My responsibility as his new person is to ensure he lives a safe and enriched life. In turn, I expect George will continue to teach me and my family lessons beyond realizing there is always room for more love, learning and personal growth in life.



The Canine Center for Behavior Studies is supported 100% by donations from our friends.

Please click on the link below and consider donating so we can continue our research and striving to make the world a better place for each and every dog.



## NEWSLETTER Link Glossary

### BOOK REVIEW

"The Science behind a Happy Dog – Canine Training, Thinking and Behaviour"

<https://www.amazon.com/Science-Behind-Happy-Dog-Behaviour/dp/191045575X>

### FILM REVIEW

Sandgrain Films Press Release

<https://www.prnewswire.com/news-releases/dogs-cats-and-scapegoats-movie-shines-light-on-the-plight-of-companion-animals-300523452.html>

Sandgrain Documentary *Dogs, Cats and Scapegoats*: <https://vimeo.com/230807934>

<http://www.sandgrainfilms.com>; <https://www.facebook.com/DogsCatsScapegoats/>

### UPDATE ON CCBS AND SURVEY

Center's initial *Animal Ownership Interaction Study*

<https://www.centerforcaninebehaviorstudies.org/our-studies>

How I Met My Dog.com : <https://www.howimetmydog.com>

### PLOS ONE

<http://journals.plos.org/plosone/>

### A DAY IN THE LIFE OF A CANINE BEHAVIOR SPECIALIST

Boston Veterinary Clinic: <http://www.bostonveterinary.com>

Dognition.com: <https://www.dognition.com>

### CURRENT LEGISLATION

To read the complete ordinance go to

<http://hillsboroughcounty.org/en/government/codes-and-ordinances>

The American Kennel Club said this about "Truth in Training...."

<http://www.akc.org/government-relations/legislative-alerts/hillsborough-florida-dog-trainer-regulation-agenda-nov-1/>

### SCIENTIFIC TRACK ARTICLE

Read more about what Marc believes might be answers <https://www.psychologytoday.com/blog/animal-emotions/201711/can-dogs-tell-us-were-angry-when-we-dont-know-we-are>

More research by Natalia Albuquerque

<http://serious-science.org/dogs-not-only-differentiate-emotions-they-also-recognize-them-5639>

Mouth-licking link

<http://www.sciencedirect.com/science/article/pii/S0376635717303005?via%3Dihub#bib0005>

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