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PHOTO BY JURGEN VOGT, 2005



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Do What You Can

Volunteer, donate, support . . . adopt?

BY NANCY KERNS

Though I said that I'd share a story, in this issue, about a raid on a so-called "rescue" organization that was hoarding and neglecting dogs, I am not yet free to discuss it. The moment I can, I will, and I'll explain then why I couldn't talk about it now. For now, I'd just like to say that I wish I could award medals for bravery and compassion to the dedicated people I know who work in animal protection. The pay is low, the hours are long, the thanks are few, and the things they see on a daily basis are deeply disturbing.

Because I mightily appreciate the work that animal protection workers do, I try to give back, in a way that I can handle, without losing all faith in humanity or getting depressed about all the homeless pets in the world. I donate money to my local shelter whenever I can afford it. I don't make donations to far-off programs; I feel better about donating to a program I can monitor with my own eyes.

I also give my shelter all the stuff left over from our reviews – food, treats, beds, leashes, collars, toys, and books. I take pictures of the animals and put together the shelter's occasional newsletter (which has a not-so-secret fundraising agenda). When the director asked if I'd serve on the shelter's board, I accepted. I walk dogs, and I reinforce sitting and other calm behaviors in all the dogs whose cages I walk by.

Whenever I tell people that I volunteer at my shelter, though, they always say the same thing: "How do you not come home with a dog every time you go there?"



Of course, I've adopted one dog from my local shelter, my darling Otto. And I've fostered one very sick puppy, and spent a small fortune nursing him back to health. But I'm trying to resist bringing more dogs home; I love the relationship I have with my singleton dog.

Instead, to my friends' dismay, I've turned into a dog pusher. I tell everyone I know about certain dogs I've worked with at the shelter. I've put out the word that anyone I know who is looking for any type of dog should tell me; I'll find them a perfect match: young, adult, or senior; short-haired or fluffy; small or large; indoor or outdoor; pure-bred or adorably mixed. Sadly, every type of dog comes through my local shelter at some point. But I'm happy to bathe, house, provide some initial training, and transport the dog to their living room, if they want!

I don't know how long I can maintain my overzealous adoption efforts; already certain friends who used to be happy dog owners – but who are currently dogless – are starting to become wary about answering the phone when they see my number pop up on the caller I.D. (Sorry, Beth and Bill!)

Currently, my shelter (and probably yours, too) is participating in Iams' annual "Home for the Holidays" campaign, with lowered adoption fees for every pet. Tell your friends! And consider going down to the shelter, just to take a look.

NK

MISSION STATEMENT: WDJ's mission is to provide dog guardians with in-depth information on effective holistic healthcare methods and successful nonviolent training. The methods we discuss will endeavor to do no harm to dogs; we do not advocate perpetrating even minor transgressions in the name of "greater good." We intend our articles to enable readers to immediately apply training and healthcare techniques to their own dogs with visible and enjoyable success. All topics should contribute to improving the dog's health and vitality, and deepening the canine/human bond. Above all, we wish to contribute information that will enable consumers to make kind, healthy, and informed decisions about caring for their own dogs.

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No More Jumping Up

Five things to do when your dog jumps on people.

BY PAT MILLER

There's a common misconception that dogs jump on people to establish dominance. Balderdash! Dogs jump on people because there's something about jumping that is reinforcing for the dog – usually the human attention that results from the jumping. If you want your dog to stop jumping on people, you have to be sure he doesn't get reinforced for it. Here are five things to do when your dog jumps on people:

1 Interrupt. Minimize the reinforcement your dog gets from jumping on someone by cheerfully removing him from the situation as soon as possible. To that end, you may want to leave a “tab” attached to your dog's collar when he's around people – a short (4 to 6 inch) leash that makes it easy for you to lead him away. These are available from Premier Pet Products (premier.com; 800-933-5595); or just cut off an old leash. Don't leave the tab on your dog when he's alone; he could get it caught on something.

2 Manage. When you know your dog is likely to have trouble controlling himself, put his leash on *before* he can jump on someone. When you see the jumping-up gleam in his eye, restrain him to prevent the reinforcement he gets from the initial contact. Other useful management tools to prevent reinforcement include strategically located tethers, baby gates, doors, exercise pens, and crates.

3 Educate. Tell friends, family and even temporary acquaintances what you want them to do if your dog starts to jump up. Insist they not reinforce jumping up behavior – *even those friends who*

claim they don't mind! Educational options include telling them to:

- Greet your dog *before* he jumps, perhaps even kneeling to greet a small dog.
- Turn and step away from your dog until he sits, or at least has four feet on the floor, then turn back to greet the dog.
- Ask your dog to sit and reinforce by petting him if/when he does.



Be aware of your surroundings, and proactively prevent your dog from reaching anyone he can jump up on.

■ Back away from your dog (if you have your dog on leash) and wait for him to sit before greeting or petting him. If he jumps up while you are petting him, simply stop the petting and take a step backward. Resume petting only if he sits.

■ Toss a toy conveniently provided by you to redirect the dog's behavior *before* the jump happens.

■ Walk away from your dog through a gate or door and close it behind them to keep the dog on the other side.

4 Train. Of course you need to practice polite greetings in the *absence* of the exciting stimulus of guests and strangers by reinforcing your dog's appropriate greeting with you and other family members. (See “Keeping Four on the Floor,” WDJ May 2008). Be sure to take advantage of the presence of guests and strangers to reinforce your dog's polite greeting behaviors while you're managing with leashes and tethers.

5 Apologize/take responsibility. It's your job to prevent your dog from jumping on people, even when they say they don't mind. If your management efforts fail and your dog does jump up, apologize.

If in the process of jumping up he puts muddy pawprints on a business suit, snags a pair of nylons, knocks down a small child, or otherwise does some kind of property damage – even if the damage is minor – be responsible and make amends: pay for the cleaning bill, purchase a new pair of nylons, buy the child an ice cream cone, or do whatever you need to do to repair the damage. Then

redouble your training and management efforts. 🐾

Pat Miller, CPDT, is WDJ's Training Editor. Miller lives with her husband in Fairplay, Maryland, site of her Peaceable Paws training center. Pat is also author of many books on positive training. See page 24 for contact or book purchasing information.

Warning: Paintballs are Toxic to Dogs

Ingesting paintballs can lead to seizures and even death.

My dog Ella and I spent an anxious night at the emergency clinic recently, after she found and ate paintballs while on our walk. She was off-lead at the time, so when I realized what she was doing, I had no way of knowing how many she had eaten. In fact, I did not immediately recognize the colorful, marble-sized gelatinous balls, and thought they were some kind of candy. It was only a few hours later, when she threw up bright turquoise, that I became concerned and investigated further.

Paintballs ingredients can include polyethylene glycol, dipropylene glycol, glycerol, and sorbitol, all osmotic laxatives, which can lead to hypernatremia ("salt poisoning") when ingested in sufficient quantity. These ingredients also taste sweet, which is why dogs find paintballs so attractive.

Signs of paintball toxicity are usually neurological, a result of the movement of water out of the brain, leading to hemorrhage. The most common signs include vomiting, ataxia (loss of coordination), and diarrhea. These can occur as early as 30 minutes after ingestion, but more commonly show up within two to four hours. Other signs may include tremors, rapid heart rate, weakness, hyperactivity, fever, blindness, and seizures. Blood tests may show elevated sodium and chloride, low potassium, and metabolic acidosis.

The number of paintballs needed to cause clinical signs is unknown. In one case, a 90-pound Labrador Retriever showed signs after ingesting 15 paintballs. As few as 5 to 10 paintballs may cause signs in dogs weighing around 65 pounds.

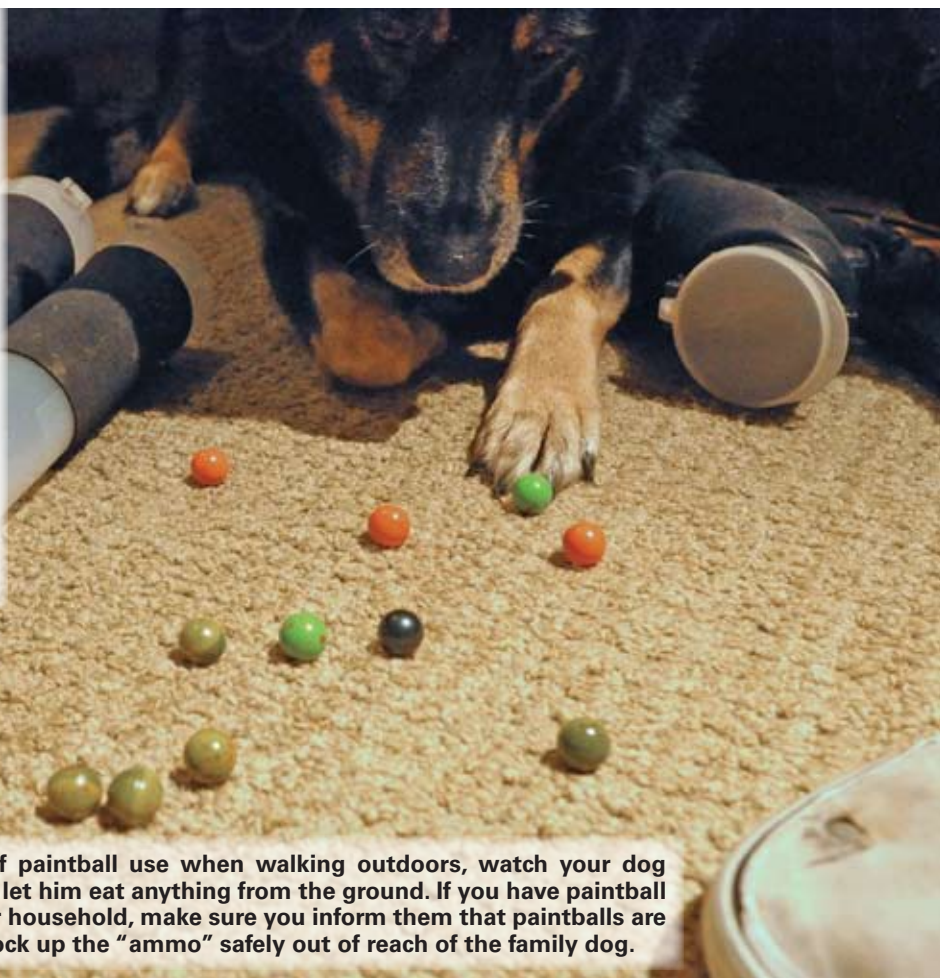
Vomiting should be induced if it has been less than an hour since the paintballs were ingested (activated charcoal is not recommended). If the number of paintballs the dog ate is either unknown or relatively high for the dog's size, or if any clinical signs are seen, it's best to get the dog to a vet right away for testing and treatment. There, IV fluids are given to help dilute and flush out the toxins, and electrolytes and acid-base balance are monitored every two to four hours. Additional treatment may include drugs to control seizures and vomiting; warm-water enemas to help move the paintballs through the digestive tract more quickly (especially for dogs with elevated sodium levels); and therapy as needed for low potassium, high fever, or acidosis. While the ingestion of paintballs can be fatal, most dogs recover within 24

hours with proper care.

Because I was unsure how many paintballs Ella had ingested, and because of her small size (11 pounds), both my own vet and the Pet Poison Helpline I called recommended taking her to the emergency clinic right away and keeping her on fluids for 24 hours. Luckily, her electrolytes were never more than mildly out of range, and she had no further symptoms. Her bright green stool the next day showed evidence of only one paintball, but I don't regret the precautions I took, which I'm sure helped her recovery and gave me peace of mind.

– Mary Straus

For more information:
Paintball Toxicosis in Dogs
www2.aspc.org/site/DocServer/toxbrief1203.pdf?docID=1521



If you see signs of paintball use when walking outdoors, watch your dog carefully and don't let him eat anything from the ground. If you have paintball enthusiasts in your household, make sure you inform them that paintballs are toxic if ingested. Lock up the "ammo" safely out of reach of the family dog.

Veterinarians Join War on Cruelty

Univ. of Florida offers veterinary forensic science course

The field of veterinary forensics is growing. In 2008, the International Veterinary Forensic Science Association was founded; it will hold its third annual conference on veterinary forensics in Orlando, Florida, in May 2010. However, as yet, veterinary colleges provide little training in animal cruelty investigations for veterinary students. It's tragic when testimony from a veterinarian can make the difference between a conviction or an acquittal in a cruelty case, and there are no qualified vets available to testify. Fortunately, educational resources for this area of expertise are about to get a boost.

The University of Florida has announced that in spring, under the guidance of Melinda Merck, DVM, senior director of veterinary forensics at the ASPCA, it will launch the nation's first formal veterinary forensic science program. Dr. Merck assisted with the investigation into Michael Vick's dogfighting activities, and

her expertise helped put the NFL quarterback in prison. She is helping develop the University's certificate program, which is part of its online master's degree program in forensic science. The course will help veterinarians learn to recognize crimes against animals, and give them the tools to respond appropriately.

Approximately a dozen states mandate veterinarians to report suspicions of animal cruelty. Merck believes that even in those states where vets are not mandated reporters, they have a moral imperative to report.

According to Dr. Randall Lockwood, Ph.D., senior vice president of anti-cruelty field services at the ASPCA, a number of surveys indicate that every veterinarian will confront animal cruelty at some point in his/her career. — *Pat Miller*

For more information:
vetmed.ufl.edu/

FDA Issues Alert for Vetsulin

Owners need to check their diabetic dogs' medication

On November 2, the FDA's Center for Veterinary Medicine and Intervet/Schering Plough Animal Health began alerting veterinarians and pet owners to problems found with Vetsulin, a prescription insulin product used to treat diabetic pets.

Stability issues have led to variation in the amount of insulin contained in the product. Specifically, there may be too much crystalline insulin, which is the longer-acting component, and too little of the amorphous, short-acting insulin. This can lead to a delay in the insulin beginning to work, a delay in peak effect, or the insulin working longer than expected. The result may be either hypoglycemia or hyperglycemia.

Hypoglycemia (low blood sugar) is a medical emergency: if not corrected, it can be fatal. Symptoms of hypoglycemia can include disorientation, ataxia (loss of coordination or balance), weakness, lethargy, and seizures. If you suspect your dog is suffering from hypoglycemia, rub Karo syrup or honey on your dog's gums

or under the tongue and contact your veterinarian immediately.

Hyperglycemia is less of a concern, at least in the short term. It produces the same symptoms as are seen in diabetic dogs before beginning treatment, such as excess drinking and urination, increased appetite, and lethargy.

If you use Vetsulin to treat your diabetic pet, please contact your veterinarian right away about switching to a different product until these issues are resolved.

If your dog develops problems that your veterinarian believes could be linked to Vetsulin, they should be reported to the FDA and to Intervet/Schering-Plough Animal Health, the company that makes Vetsulin. — *Mary Straus*

For more information:
www.fda.gov/AnimalVeterinary/NewsEvents/CVMUpdates/ucm188752.htm

Intervet/Schering-Plough Animal Health,
800-224-5318, vetsulin.com

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Revisiting CAT

“Constructional aggression treatment” is a controversial approach – but can miraculously improve a dog’s behavior in certain cases.

BY PAT MILLER

Aggressive behavior in their beloved companions is an incredibly challenging and upsetting problem for most dog owners to deal with. The problem is painfully public – and the public is equally free with accusations and advice for the hapless owner of a reactive dog. Many training “solutions” that people try are inhumane, ineffective, or both. Some owners respond by sequestering their dogs to their home “quarters” – sometimes for life.

In early 2008, I was excited to learn about a very new behavior modification approach for dealing with aggressive behavior in dogs. I described the technique, known as Constructional Aggression Treatment (CAT), in WDJ’s May 2008 issue. “Building Better Behavior” explained the CAT program, and described my first experience (and positive results) using the technique. The subject was Juni, an eight-year-old Pit Bull-mix belonging to my friend and colleague Jolanta Benal.



PHOTO BY NOAH STONE

Many reactive dogs have learned that fearsome behavior succeeds in driving others away. CAT teaches them to use calm behavior to achieve the same goal.

What you can do . . .

- Read and watch videos about the CAT procedure *and* counter-conditioning to determine which approach is more appropriate for you and your dog.
- Talk to other dog owners and trainers (in person and online) to expand your knowledge base about the procedures.
- Look for a behavior professional experienced with the procedure to help you with it.



CAT was developed and tested by graduate student Kellie Snider for her master’s thesis, under the direction of Dr. Jose Rosales-Ruiz at the University of North Texas. The pair made quite a splash when they introduced CAT to the dog-training world, since CAT utilizes operant conditioning (negative reinforcement) to modify the subject’s behavior, rather than the more commonly used classical conditioning. (In classical conditioning, a positive stimulus is paired with an aversive one to deliberately improve the dog’s association with, and response to, the negative stimulus).

Since then I’ve had the opportunity to use CAT a number of times, with varying degrees of success. I’ve also participated in the ongoing behavior and training industry discussion about the technique. To say it’s a controversial approach to behavior modification is an understatement. But I still think it’s a valuable tool for use in some behavior cases.

CAT controversy

The CAT approach is controversial among positive trainers for several reasons. The foremost is that the technique utilizes negative reinforcement.

To use negative reinforcement, something that is aversive to the dog is applied, and not withdrawn until the moment the dog changes his behavior in the desired way. For example, a dog pulls on the leash; this is a behavior the handler wants to stop. The handler increases the tightness of the leash, in a way that is uncomfortable for the dog; the tight leash is aversive. The dog moves back toward the handler (displays the behavior the handler wants), and the leash slackens, relieving the pressure and the dog’s discomfort.

Positive trainers try to avoid the deliberate use of aversives, for many reasons. To name just a few, the application of aversives can make many dogs “shut down” or lose interest in working with their handlers. They can increase a dog’s anxiety

and fear. They can damage the relationship between the dog and his handler. In fact, in the past, I have been one of the louder voices in opposition to the use of negative reinforcement in “dog-friendly” training programs.

However, there are some sound reasons for using a certain type of negative reinforcement in a CAT program. Here’s how negative reinforcement works in the CAT procedure:

Most dogs who display aggressive behavior toward other dogs are trying to scare the dogs away; they are threatened or stressed by other dogs. In most cases, the behavior works; growling, barking, lunging, and snapping often makes the other dog leave – or at least, makes the owners depart with their dogs! From the “aggressive” dog’s point of view, the aggressive behaviors (growling, barking, lunging, snapping) have been reinforced: they worked, and the other dogs went away. And because behaviors that are reinforced get stronger, the dog is more likely to growl or snap at the next dog, and the next, etc.

In a CAT procedure for a dog-aggressive dog, the presence of the “other” dog is considered the aversive. The “subject dog” is deliberately exposed to another dog (the aversive is applied) in carefully controlled, low-intensity conditions, until the subject dog offers the desired behavior: some small decrease in his level of stress or tension. Then the aversive (other dog) is immediately whisked away. The idea is that the subject dog will realize that he can reliably make the aversive “other dog” leave if he exhibits calm behavior; each time he does this, he is rewarded – reinforced – by the quick exit of the other dog. His calm behavior around other dogs increases.

Most positive trainers (including myself) are opposed to the use of aversives, which by definition inflict pain, discomfort, fear, and anxiety on the dog. In CAT, however, you present the subject dog with an aversive stimulus that he is often exposed to anyway. For anyone who lives in a populated neighborhood and wants to take their dog out of the house, other dogs are not avoidable. Consider the dog-reactive dog who sees numerous other dogs daily on his walks around the block, or even from his own backyard, as dogs and their humans pass by on the sidewalk. People who walk their dogs in urban neighborhoods where dogs are popular may encounter more than 100 dogs each week.

Some positive trainers argue that counter-conditioning and desensitization (CC&D) are less-stressful tools that can be used to change how a dog-aggressive dog feels about other dogs – and it’s true, these are great tools that help many dogs. In a CC&D program, you present the aversive stimulus (another dog) while rapid-fire feeding high-value treats to the subject dog in an effort to change her association with the other dog. The idea is that she learns to associate the presence of other dogs with good things happening; she starts to feel better about other dogs. Eventually, one hopes, her behavior will improve as well.

CAT takes a different tack. The goal with CAT is to help the dog learn that a new behavior now works to make the neutral dog go away. In both methods, you present the aversive stimulus to the subject (reactive)

dog, and in both methods, ideally, you present the stimulus sub-threshold – meaning the “other” dog is presented closely enough to the subject dog for him to notice the other dog, but far enough away so that he doesn’t respond with the reactive (growling, barking, lunging) behaviors. The “sub-threshold” presentation is an important part that sometimes gets missed in both CAT and counter-conditioning.

I may have fueled some of the opposition to CAT with my description of my first use of the CAT procedure with Juni in the May 2008 issue, and my subsequent release of the video footage of our sessions with him.

As I said, the goal in both a CC&D program and CAT is to present the aversive stimulus at a sub-threshold level, where the subject dog notices and shows some signs

The Principles of Operant Conditioning

Operant conditioning is a basic element of the science of behavior and learning. It says that all living things repeat behaviors that are rewarding to them, and avoid behaviors that make bad things happen. The four principles of operant conditioning are:

■ **Positive reinforcement** (written in behavioral shorthand as “R+”): The dog’s behavior makes a good thing happen, so the behavior increases. He sits, and you give him a treat. He likes getting treats, so he sits more.

■ **Positive punishment** (P+): The dog’s behavior makes a bad thing happen, so the behavior decreases. He jumps up and you knee him in the chest (not recommended!). He doesn’t like a knee in the chest, so he jumps up less.

■ **Negative punishment** (P-): The dog’s behavior makes a good thing go away, so the behavior decreases. When he jumps up to grab the ball from your hand you hide the ball behind your back. He doesn’t want the ball to go away, so he jumps up less. (Negative punishment works best if you follow it with positive reinforcement for the behavior you want instead. When he sits you throw the ball [R+] so he sits more and jumps up less.)

■ **Negative reinforcement** (R-): The dog’s behavior makes a bad thing go away. Your puppy struggles when restrained, so you hold him until he becomes calm, and then let him go. Calm behavior makes restraint go away. He doesn’t want to be restrained, so he learns to be calm in order to make restraint go away (not recommended).

Because training methods that involve intimidation, coercion, and physical force can cause undesirable side effects, including fear and aggression, positive trainers use primarily positive reinforcement and secondarily negative punishment; they generally avoid the use of negative reinforcement, and especially avoid positive punishment. On those occasions where negative reinforcement may seem appropriate, it should be applied as gently as possible, avoiding a strong response from the dog. In the case of CAT, “gently” means presenting the aversive stimulus at sub-threshold intensity (often this is “distance”) and being careful to increase intensity (decrease distance) only as the subject dog is can handle it.

of stress, but isn't barking and lunging or demonstrating other over-threshold (extreme) behaviors. But with Juni there was no sub-threshold; if he saw another dog at any distance, he barked and lunged.

Jolanta had done years of counter-conditioning with Juni, and was able to manage his behavior by feeding him in the presence of other dogs, but had reached an impasse in terms of actually modifying his reactivity. After watching Juni's video, CAT co-developer Kellie Snider commented that Juni was one of the most difficult cases she had seen. We did get a lot of extreme behavior, and it made us all uncomfortable. And it should not be considered as representative of how CAT should look.

And yet, it worked. Jolanta reports that Juni's behavior has continued to improve, and the quality of their lives together is greatly enhanced as a result of their CAT experience. Nevertheless, ideally, in a CAT program, the dog is not pressured by the aversive stimulus (other dogs) to the point that he erupts with over-threshold behaviors.

Other critiques

Some CAT opponents argue that CAT is *flooding*, a behavior modification technique generally regarded as inhumane. Flooding is performed by introducing an aversive stimulus at full intensity and maintaining it until the subject achieves learned helplessness – he simply shuts down and gives up. That's not what happens in CAT.

While a subject dog may try shutting down as a behavioral strategy, when CAT

is properly carried out, the "shutting down" behavior is recognized as such by the handlers and isn't reinforced. Signs of shutting down include lying down, consistently looking away from the neutral dog, and stopping all behavior. Reinforcement in the case of a dog-reactive dog comes when the neutral dog goes away.

When the subject dog tries shutting down, the handler of the neutral dog remains in place – still sub-threshold. The neutral dog is moved away only when the subject dog offers a small piece of a calm behavior that *isn't* shutting down, such as opening his mouth, blinking, or glancing toward the neutral dog. "Look, dog," the procedure says, "you can make the neutral dog go away by offering a new behavior. You don't have to shut down; you are not helpless here."

Others suggest that CAT, when it succeeds, is merely habituation – the subject dog gets used to the presence of the sub-threshold presentation of the neutral dog and stops reacting. There's nothing wrong with habituation, and it probably does play at least a partial role as the subject dog comes to realize the neutral dog is not a threat. However, mere habituation doesn't explain the remarkable switchover that occurs in some CAT procedures, when the subject dog begins demonstrating clear affiliative behavior ("Come closer, I'd like to get to know you!") and is able to interact in a friendly manner with multiple dogs in fairly rapid succession, without habituating to each one.

Additional arguments against CAT include the high cost, the considerable block of time required for the initial procedure

and follow-up training, and the difficulty owners may have in generalizing their dogs' new behavior when they no longer have their CAT coach working with them. I acknowledge the reality of these concerns.

For private CAT sessions, I schedule three hours a day, three days in a row. I certainly don't have clients flocking to my training center eager to pay the fee for nine hours of my time. For the relatively small pool of clients I have done CAT with, even many of the ones who have had great success have found it very challenging to generalize the behavior with their dogs back at home.

While Snider strongly recommends doing the procedure in the dogs' own environment to avoid some of the generalization challenges, many of my clients travel long distances and stay here for the three days, and it's not financially feasible for them to transport me to their homes and pay for three full days of my time. So we do it at the training center, and help clients identify ways to practice when they get home.

It's all about manipulating reinforcers

The key to a successful CAT procedure is being able to identify, and manipulate, whatever it is that's reinforcing the dog's unwanted behavior, in order to be able to reinforce a different, more desirable behavior. It's clearly reinforcing to fearful dogs to have the scary thing – dog, human, or whatever – go away. But that's not always the case. If a CAT procedure isn't working, you may have to re-evaluate your assump-



Bliss is quite comfortable walking when surrounded by humans, as long as they don't reach to pet her. If they did, she would likely snap at them.



On the last day of the CAT workshop, Bliss calmly accepts treats from strangers at the mall. Tension is still evident in her face, though, and her cocked-back ears.

tion of how the dog is being reinforced, and alter the procedure accordingly.

Some of the easiest CAT procedures I've done have involved dogs who were reactive because they wanted to be social with the approaching dog, and their frustration with being denied that pleasure turned into barking and lunging on-leash behavior. With those dogs, we do a "reverse" CAT procedure. They are reinforced when the neutral dog comes closer, because they desperately want to greet the other dog. In that case, calm behavior makes the neutral dog-and-handler come closer, while reactive behavior makes the neutral dog leave.

CAT camp

My most recent CAT encounter was a four-day workshop held in early October 2009, at my Peaceable Paws training center in Fairplay, Maryland. The group turned out to be a perfect microcosm of my experiences with CAT in the past 18 months.

I had three dog/human teams registered for the workshop, and four auditors, as follows:

■ Melanie and Adam Kornides, of Alexandria, Virginia, with their Beagle, **Charlie**. The Kornides had worked with Charlie at All About Dogs in Woodbridge, Virginia, doing counter-conditioning and desensitization in a Reactive Rover-style class for Charlie's dog-dog reactive behavior. They felt they were stuck in their modification program; Charlie would still bark and lunge at most dogs in his neighborhood when he first spotted them. They were looking for a new approach.

■ Katie Ervin of Hagerstown, Maryland, with her four-year-old Dobie/Hound mix, **Harley**. Katie is a Peaceable Paws trainer and owner of 4-Legged Friends pet-care service. Katie had done a great deal of counter-conditioning with Harley for his dog reactivity, and while she excelled at managing Harley's behavior in the presence of other dogs (he has several rally titles), he could still be explosive if dogs got too close.

■ Pam Courtleigh of Rockport, Massachusetts, with **Bliss**, a Chow-mix street-dog from Puerto Rico. When Bliss was found and rescued as a four-month-old pup, she had a deep laceration running the length of her back. Bliss was reactive to humans, not other dogs. Given the abuse she probably suffered as a street puppy, her mistrust of strangers wasn't surprising. Pam had done an excellent job of helping Bliss learn to tolerate people, but the strikingly beautiful black dog was still uncomfortable and would sometimes snap if someone she didn't know well reached over her head to pet her. Pam was worried her dog might one day bite someone.

My auditor/helpers were Judy Archer-Dick, of Spencerville, Indiana; Anne Gouiller-Moore, of Blackburg, Virginia; Connie Snavelly, of Madison Heights, Virginia; and Silke Wittig, of Orangeville, Pennsylvania. All are trainers in their own right, eager to increase their education and experience with the CAT procedure.

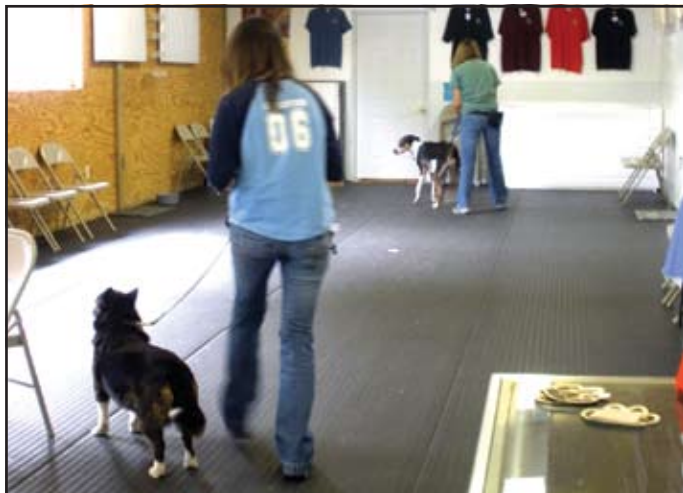
Like others who have used, observed, or heard about the procedure, they had many questions and comments, and

wanted more experience with CAT to help them sort through the controversial issues for themselves. Their observations added value for the working participants – multiple eyes, brains, and mouths can see, process, and share more information, and contribute to the sometimes-lively discussions. We also made good use of our auditors by drafting them as neutral dog handlers and photographers during the procedures. It was a highly educational experience for all.

Each CAT dog worked for one three-hour session for each of the four days, with a 15-minute break for canines and humans after about 45 minutes of work. Given the finite number of hours in a day, we worked two dogs simultaneously in one time slot each day (in separate locations), and one dog alone. Auditors chose which dog(s) they wanted to observe.

■ **Bliss**: This medium-sized black dog first showed signs of discomfort at my approach when I was about six feet away. We started our work there, retreating when she showed some sign of relaxing, waiting for a 15-second recovery period, and then returning. Although she seemed to quickly accept my presence, I wasn't sure she found my departure particularly reinforcing, and the auditors reported the same observation. Her affect was very flat – a common persona for Chows – and we all sensed we'd wait for a long time, if ever, to see affiliative behavior from Bliss in a CAT procedure.

We decided to experiment with a squeaky toy, which Bliss liked. I began squeaking it once and tossing it to her as I



Even at a distance of 50 feet, Harley (farthest dog) turns his back on Lucy and prepares to lie down. His "shutting down" response should not be confused with "calm behavior."



Progress! At a distance of about 12 feet, Harley looks at Lucy. His raised tail and intense expression indicate some tension, but at least he's looking and engaged, rather than shut down!

left, to make my departure more reinforcing to her. In essence, we were adding a positive association with my presence, and positively reinforcing my departure by providing something she liked. We were no longer doing CAT, but in very short order Bliss decided she liked me. When I sat in a nearby chair she came and rested her head on my knee. This, according to owner Judy, was her sign that she had accepted me, and indeed, from that day forward, I was her friend and could pet her anywhere without caution, including over her head.

If Bliss was that easy with positive reinforcement, it made little sense to me to painstakingly pursue the CAT procedure. Her owner agreed, as did the rest of the group, and for the remaining days of the workshop we gave Bliss positive associations with humans, and positively reinforced her for appropriate human-related behaviors. She quickly befriended the other workshop attendees, and on Day 4 accepted treats from several strangers at a nearby shopping mall. Judy also did counter-conditioning with her at the mall as shoppers who showed no interest in the dogs passed by.

In a follow-up report shortly after the workshop, Judy assured us that Bliss was doing well back at home with her ongoing counter-conditioning and positive reinforcement work.

■ **Harley:** Like Juni, Harley had years of counter-conditioning and desensitization work under his collar. He had selected avoidance behavior as his primary line of defense in the presence of other dogs; if they got too close, he looked away. This behavior had been reinforced by Katie's

high rate of treat reinforcement as she passed by other dogs in close quarters at training classes, Rally trials, and other doggie events. Harley became reactive only if dogs invaded the space a foot around him. Katie was hoping to extinguish even that reactivity with the CAT procedure.

This was a challenge. Misreading his avoidance behavior for calmness, we approached to a distance of 20 feet with my Cardigan Corgi, Lucy, and waited for a sign. Nothing. Harley looked anywhere but at Lucy, but didn't appear unduly stressed. We worked our way closer, still without any behavior that felt like progress. Finally Harley started lying down, a sure sign of shut-down. Katie tried to jolly him up in between sessions, but he would quickly lie down again, and it was clear we were making no headway. Time to regroup.

Putting our heads together, we realized that Harley did glance at Lucy when she was at the opposite end of the 80-foot room. We need to work with Lucy farther away, not closer. Just because he wasn't exploding didn't mean Harley wasn't over-threshold. Avoidance was his "extreme" over threshold behavior. "Duh," we said as we collectively slapped our foreheads at this epiphany.

We started over with Harley on Day 2, with Lucy 80 feet away, reinforcing him by increasing distance when he looked at her. We were able to reduce the distance fairly quickly initially, to about 40 feet, and then more slowly, to about 20 feet. We started seeing more active interest from Harley as Lucy approached, and tail wags as she departed. It was working!

Katie still had to do a lot of jollyng in between approaches to keep Harley

engaged, but he wasn't trying nearly as often to lie down.

Harley continued to make slow progress over the final two days of the workshop, but he never showed strong affiliative behavior to any of the neutral dogs. Katie reports that she hasn't had much opportunity to practice CAT with him since the workshop; she continues to manage his behavior with treats when near other dogs.

■ **Charlie:** This little Beagle was the star of the CAT workshop, and a textbook subject. It was as if he had read the research paper. On Day 1, my associate, Shirley Greenlief, did approaches with Bonnie – my very friendly, 35-pound Scottie/Corgi/Poodle. They quickly reduced distance and ended the day about 10 feet apart. By Day 2, Charlie was doing parallel walking with Bonnie, and on Day 3 he interacted with Bonnie and Missy, my bouncy Australian Shepherd.

When we tried doing approaches with Bliss, we discovered that Charlie was more uneasy with her. Perhaps it was her more serious demeanor, her sharply-pricked upright ears, the tail that curled over her back, or a combination of these, but Charlie was clearly tense with her, and we were able to approach within only about 20 feet.

On Day 4, at the mall, Charlie delighted us all, interacting easily with the dogs he had met previously at the training center. He was still tense about approaches from Bliss, as well as from Myah, Shirley's Siberian Husky, who, while demonstrably more relaxed and friendly than Bliss, also had sharply pricked ears and a curled-over-the-back tail. Charlie immediately accepted Lucy, whom he hadn't previ-



We reinforce Charlie the Beagle's calm, relaxed behavior – ears forward and relaxed, tail low – by taking Scooter away.



The CAT protocol worked very well with Charlie. After he gained learned that he could "make" Scooter leave by demonstrating calm behavior, he began to seek out friendly interaction with the Pomeranian!

ously met; she has sharp-pricked ears and a curled tail, but is half the size of Bliss and Myah. By the close of the final session, he was able to relax on the grass with all six dogs (Bonnie, Scooter, Missy, Lucy, Bliss, and Myah, and didn't react to a couple of random dogs whose owners were walking them at the mall. Success!

Charlie's owners have continued to work with CAT in their Washington, DC, neighborhood, under the guidance of CAT-experienced trainer Penelope Brown, owner of Phi Beta K9 School for Dogs, who has assisted me with several CAT procedures, including Juni's. They report continued progress and success with Charlie's CAT program at home.

When to use CAT?

Like much of what we do with our dogs, CAT is useful in some cases, but not others. It's a useful tool to have and consider when

appropriate, but I'd never say it should be used with every dog who has aggressive or fearful behaviors.

I'm often asked how I decide when to do counter-conditioning with a client and when to choose CAT. While Kellie Snider suggests that CAT works better if you haven't tried other modification approaches first, I tend to use it with dogs for whom counter-conditioning hasn't modified their dog's behavior as much as they'd hoped.

I freely admit I'm still heavily biased toward counter-conditioning, as evidenced by the fact that I've done maybe as many as a dozen CAT procedures in the last 18 months, while I do counter-conditioning programs with several new clients each week. I almost always try counter-conditioning first, and if we don't see the improvement we hoped for, perhaps suggest CAT as an alternative somewhere down the road.

I think CAT is a helpful technique for dealing with some issues, but an especially valuable procedure for introducing a reac-

tive dog to one specific dog. If your dog is reactive toward other dogs and you want to bring home a new canine family member, CAT can facilitate the introduction and new living arrangement. No worries about generalization – your dog only has to come to like the one new dog you're bringing home.

In fact, when we adopted our new Pomeranian, Scooter, last spring, I was going to use CAT to introduce him to Dubhy, our dog-reactive Scottie. But Dubhy took one look at Scooter, got all soft and mushy, and welcomed Scooter into the Miller family with open paws. Dubhy had lived with a Pomeranian previously and the two had been good friends. I think Dubhy remembered. 🐾

Pat Miller, CPDT, is WDJ's Training Editor. Miller lives in Fairplay, Maryland, site of her Peaceable Paws training center. Pat is also author of The Power of Positive Dog Training; Positive Perspectives: Love Your Dog, Train Your Dog; Positive Perspectives II: Know Your Dog, Train Your Dog; and Play with Your Dog. See page 24 for more information.



On the last day of CAT Camp, the "campers" and "neutral dogs" mix quite nicely – success!



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Like Attracts Like

A compatible, available playmate for your dog? Priceless.

BY NANCY KERNS

Otto is such a lucky dog: he's found a best friend. Lena is also a young dog (about a year old, to Otto's two years), about his size, and she loves to play all of his favorite games, including "Chase me," "Let's bury stuff in the sandbox," and "I'm going to chew your head off; no, wait, *you* can chew my head off!"

And I am such a lucky dog owner; Lena belongs to a friend who lives close enough that we can schedule regular playdates for our youngsters, so they can run themselves ragged. Otto doesn't dig up the vegetables the night after Lena comes over, and he doesn't bark. After a few hours with Lena, he sleeps so soundly he snores.

Lena's owner, too, benefits from the playdates. Lena is the teenager in her pack; she shares her home with an arthritic Chihuahua and a prematurely mature four-

year-old dog. About 50 times a day, Lena is told to "Knock it off!" – by her owner, the older dogs, and the family cats. She chews, steals, paces, whines, wags, nudges, and nibbles; she's a restless agitator for more exercise, more interaction, more fun! *Except* after a playdate with Otto; then and only then does her family get any rest.

The dynamic duo have to be supervised; they play rough, and sometimes something that sounds like a dog fight breaks out for a few seconds. We don't interfere in these normal, appropriate canine interactions; it's how they learn to respect each other's boundaries, and modulate the pressure of their bites. But we check in, and if the playmates seem particularly frazzled, invite them inside for some quiet time. After a power nap, they're ready to play again, disputes forgotten.

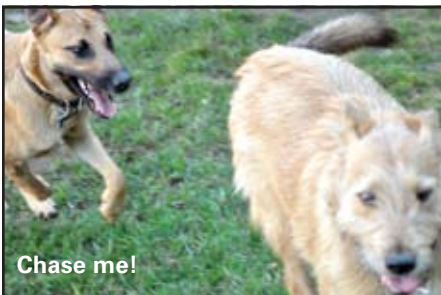
Finding friends for your dog is worth all

What you can do . . .

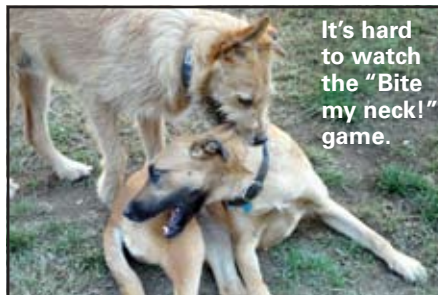
- Facilitate a healthy social life for your dog.
- Cultivate a mutually beneficial relationship with folks whose dogs get along well with yours; trade dog-sitting?
- Observe the dogs' play and impose occasional time-outs.



the work of cultivating relationships with other owners. Dogs are pack animals; they need a social life with their own species for emotional and behavioral health. 🐾



Chase me!

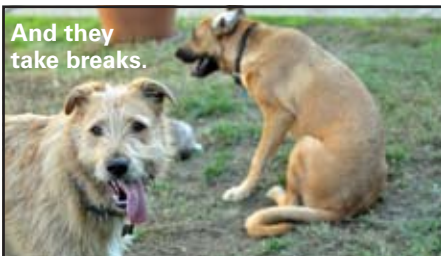


It's hard to watch the "Bite my neck!" game.



But they take turns . . .

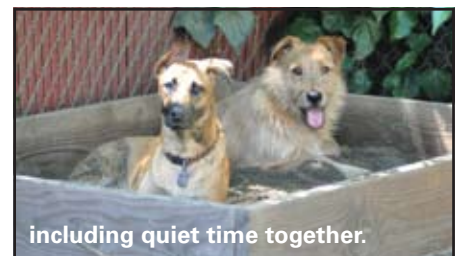
There isn't only one "victim."



And they take breaks.



Good pals like the same things . . .



including quiet time together.

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The New Holistic Way

Managing your dog's stress, the authors say, is the key to wellness.

In years past, Susan Weinstein has contributed a number of articles to WDJ. We've been trying to get her to write more for us, but she's been too busy working on an excellent book with holistic veterinarian Paul McCutcheon, DVM, of Toronto. Dr. McCutcheon was an early proponent of integrating homeopathy, chiropractic, acupuncture, and other integrative modalities into veterinary medical practice, and he uses all these and more at his East York Animal Clinic in Toronto.

The following is an excerpt from the first chapter of the book, The New Holistic Way for Dogs and

Cats: The Stress-Health Connection. We recommend the rest of the book to anyone who wants to learn more about getting and keeping their animal companions

truly healthy. The excerpt introduces some of the basic concepts of holistic healthcare; the rest of the book offers much more detail about how to apply these principles to promoting vibrant health in your animal companions.

Thanks to Dr. McCutcheon, Susan, and their publisher, Ten Speed Press (a division of Random House), for the exclusive opportunity to publish this excerpt. The book is available at a bookseller near you; see newholisticway.com.

BY PAUL MCCUTCHEON, DVM, AND SUSAN WEINSTEIN

As your pet's human companion, you want to do the best you can for him or her, as do the clients who come to my clinic. In my opinion, a holistic approach will give you new tools to ensure that your pet stays as happy and well as possible. I would like all animal caretakers to learn a new perspective on health and healing – one that respects the best that natural health care and mainstream medicine have to offer, yet goes beyond the limitations of both. This new way of thinking will take you beyond fixing immediate problems and will give you a fresh and comprehensive take on prevention.

The holistic way of thinking also involves seeing your role and your veterinarian's role in a different way. Because you are the person closest to your dog, you are in the best position to influence her well-being. You have the primary responsibility for making decisions that affect her quality of life. In my view, a veterinarian is a coach who provides expert opinions, perspectives, and advice about how to support your pet's wellness. At times, he may point you toward further resources and even toward other types of health care professionals to help you do that.

The holistic way of thinking that is so important to your pet's wellness begins with the way we look at health.

Holistic health care: more than a set of treatments

Mainstream medicine has significantly influenced how people in the West think about health and healing. But since the 1970s, natural health care methods have steadily gained acceptance as effective, safe, and life-affirming ways to support the wellness of both humans and pets. These natural approaches are often referred to as holistic. In fact, the word holistic has picked up so much cultural momentum that it's used to sell products and services rang-

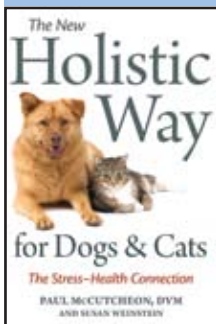
ing from pet foods, shampoos, and beds to Sophie's weekly swim at the neighborhood dog spa. This encouraging sign shows that people want to do the best they can for their pets and the environment. But do all the claims that these products and services are holistic bear out?

For example, even the best foodstuffs can't be holistic (let alone natural) if most of the life has been cooked, dried, sanitized, and packaged out of them. Neither can a so-called herbal pet shampoo or grooming aid be completely wholesome and safe if it also contains industrial chemicals known to be harmful for a pet.

When it comes to health care, many people believe that a practice is holistic if it uses homeopathy, acupuncture, nutraceuticals, chiropractic, massage, or other natural therapies. But my clinical experience has taught me that no therapeutic remedy, supplement, or system is holistic in itself. The holistic way cannot be defined by its remedies alone. In fact, any therapy can serve either the goals of the holistic way or those of mainstream medicine. And those goals are very different.

What is the new holistic way?

Based on more than four decades of veterinary practice, I want to take holistic health care into new territory. This is why I call my approach the new holistic way. I don't claim that all the ideas in this book are new. You will find many of them familiar if you already use modalities that are not part of mainstream medicine. Others have worked hard to promote these approaches, and I acknowledge that I am building on their excellent work. However, in my view many of these methods and concepts remain locked in and shaped by the historical contexts out of which they arose, as does mainstream medicine itself. Although they undoubtedly served well their original times, places, and cultures, today they are thrown together in a new context.



As many different approaches to health care intermingle in this context, including traditional, indigenous, energy based, and recent developments in Western science, I see a synergy emerging.

To unleash this synergy, I offer a way of thinking that links the many different approaches to health care with our growing knowledge of how stress affects well-being. This is why I emphasized earlier that the new holistic way is not defined by its remedies alone. Instead, it guides us in choosing and applying whatever therapies or combination of therapies will work to address the health challenges that dogs and cats experience in contemporary life.

This new way of thinking is based on the premise that every expression of health – from wellness to unwellness to illness – emerges from the interaction of two factors. The first factor is the living terrain, which is the body itself, and the second is stress. I am convinced that better pet care will result when pet lovers and veterinarians understand that stress is the underlying cause of every form of health problem a dog or a cat can have.

In modern life, stress challenges the living terrain in infinite ways. Stress and the living terrain take part in a dynamic, never-ending dance from which all health outcomes flow.

By focusing on the relationship between stress and the living terrain, the new holistic way strives to achieve the following goals:

1. Support the health of the living terrain.
2. Free up blocked energy.
3. Consider the whole individual.
4. Look for the hidden stress factor that's causing the problem.

The living terrain: the foundation of wellness

When a client brings a pet into my clinic, my aim is to help that animal thrive the way she is meant to. Nothing delights me more than seeing a dog become radiant

with enthusiasm for life, with shining eyes, glistening fur, a great appetite, and legs that move effortlessly with synchronicity and grace. My satisfaction as a veterinarian comes from helping my patients go from whatever condition they started with toward the highest degree of wellness they can attain.

The new holistic way begins and ends with supporting the condition of our pets' bodies – the living terrain.



In holistic thinking, wellness springs from the living terrain. Densely packed and highly complex, the living terrain consists of tissues that are made up of billions of living cells. The cells organize together to form organs, hormones, the nervous system – every part of the body – and from these, all the body's functions arise. Zooming in even closer for a moment, we can see that every cell is made up of molecules. Molecules are tiny bundles of energy – and energy is a superstar in the holistic view of life. We'll come back to the great importance of energy in a moment.

The living terrain is dynamic and alive. That's why I call it the living terrain. It has an integrity – an intelligence, we might say – of its own. It reaches for life just as a flower or tree reaches toward the sun. It constantly affects the environment of which it is a part, and the environment affects it in turn. All of us as individuals – whether canine, feline, or human – express ourselves through, and are one with, our own living terrain.

In a marvelously orchestrated and brilliant way, all aspects of a dog or cat's living terrain – his molecules, cells, tissues, organs, and systems – communicate and cooperate with each other to allow him to express himself according to his

nature as a living being. We refer to this communication and cooperation between all aspects of the living terrain as synergy. To support the health of the living terrain, the new holistic way focuses on all of these dimensions: the molecules, cells, tissues, organs, and systems; the synergistic communication among them; and the energy that manifests and powers them.

Nourishing and supporting our pets' living terrains appropriately in everyday life is the single most important thing we can do for their wellness. Festus and Samson's health needs don't end the moment they leave my clinic. The new holistic way's number one priority is to keep the living terrain, including the immune system, as well as possible all the time. If Festus and Samson are bursting with wellness when they walk out the door to go home, they won't sustain that condition unless their people look after them in ways that allow their immune systems to remain strong. I consider it part of my job as a veterinarian to coach my clients about how to do that.

The vital importance of free-flowing energy

The health of the immune system, like that of the rest of the living terrain, depends upon how well living energy flows through it. In the new holistic way, all paths lead back to the fundamental importance of energy.

I first became aware of the role of energy flow to the living terrain's remarkable power to heal itself when I tried to help a German Shepherd Dog who had a bad leg wound that would not mend. Before I saw him, the dog had been taken to other clinics and been put through the gamut of mainstream therapies, including many different antibiotics. One dedicated vet even tried to surgically reestablish normal tissue in the area, after which the wound partially healed, but then it broke down and reopened again. When I saw it, it had formed a weeping, seeping, fistulous tract. There was no foreign object in it, no infection, no known reason why it wouldn't heal. But it would not.

Because I wanted to try stimulating the body's own ability to heal rather than using methods that acted directly upon the wound, I gave the Shepherd an arbitrary dose of homeopathic Silicea tissue salts. Over a short period of time the wound healed up completely. I was thrilled to see a safe, subtle, natural substance such as this work so effectively.

I realized that the wound had not healed previously because the dog had an energy block that affected the area. Neither antibiotics nor surgery had done the trick; the fistula did not resolve until we used a therapy that removed the block on the subtle energy field. If we hadn't moved out the block, the healing would not have happened. Somehow, the homeopathic tissue salt enabled the healing process by releasing the block so that energy was able to flow freely again.

Everything is made of energy, and energy powers everything. Nearly every ancient or traditional healing system has recognized this. Each tradition has its own understanding of where energy comes from and what it means. Whether they use the words chakras, chi, life force, spirit, or electrons, people are talking about energy. Whatever we may call it, free-flowing energy and the crucial role it plays are front and center in the new holistic approach to health care.

Looking through the lens of our Western mind-set, we have been slow to accept energy as a factor in health care. We think that if we can't see it, it isn't really there. Yet we accept other powerful forces that we can't see. For example, when was the last time you saw the wind? But we see and feel its tremendous effects as it bends trees, flaps the laundry on the line, pushes clouds around, or buffets the cars we ride in. It's the same with gravity. We don't see it, but we feel it and know it's really there. It's the reason we have to be careful climbing stairs and must hold pets or babies securely in our arms. As we age, we experience its effect on our bodies. Like the wind and gravity, the energy that moves us and forms our bodies really exists. We can't address our health needs if we ignore it or fail to acknowledge it.

Nothing happens without energy. The appliances that make a modern home comfortable depend upon its free and proper flow. When too little electricity flows, appliances slow down and grind to a halt. If too much electricity surges through them or flows in the wrong way, they short-circuit and malfunction or burn out altogether.

Like the electricity that flows through a house, the energy that flows through living beings keeps vital systems functioning at their best. An animal's health and well-being depend upon her life energy being able to flow as it's meant to. When her energy doesn't move well, physical

problems begin to develop at the cellular level and interfere with the functions of tissues, organs, glands, and other crucial aspects of the body – as happened with the German Shepherd whose wound would not heal. This is why holistic health care focuses on freeing up any blocked energy within a pet's living terrain.

In dogs, cats, and people, energy expresses itself not only physically but also emotionally and mentally. (The mental aspect is especially developed in humans.) Emotional and mental states affect the living terrain of our bodies, and the terrain, in turn, influences how we feel and think. Again, we see the wonderful synergy that manifests in each living being. When energy flows as it's meant to, our pets experience the balance of homeostasis. They feel the pleasure of life and the joy of good health. But when something blocks the physical or emotional energy that should flow through their living terrain, their wellness deteriorates. Then, signs and symptoms show up to tell us something is wrong.

But signs and symptoms manifest differently in every individual dog, cat, or human. This brings us to the next goal of the holistic way.

Taking individuality into account

Because signs and symptoms present themselves differently in everyone, the holistic way regards each patient as an individual who has a unique response to stressors that may challenge her living terrain.

Sometimes two individuals will have the same illness and will display it in different ways. Other times, they will have different illnesses but show exactly the same symptoms. I had a chance to see this for myself when two dogs, both previously diagnosed with Cushing's disease, were brought to my clinic within a few weeks of each other.

The first case was that of a Wire Fox Terrier called Casey who had typical signs of

Cushing's and lab results that backed up the diagnosis. Cushing's disease involves overactivity of the adrenal gland and is often associated with a brain tumor affecting the pituitary gland. It typically reveals itself through excessive eating, drinking, fluid retention, and urination, and the patient becomes weak and lethargic. Because veterinarians don't yet know how to cure it, we try to control the condition and make the patient more comfortable for the time she has left. This is usually done using invasive pharmaceutical drugs that can have severe side effects.

Casey's people brought him to me because they'd been told that he had to be put on a drug that would have damaged his adrenal glands, and they didn't want to go that route. But there is another drug, used for treating Parkinson's disease in people, that will sometimes control Cushing's cases. I was hopeful it would work for Casey so we could avoid the other options. To the relief of my clients and me, it did work. With the help of the less risky pharmaceutical we were able to keep Casey going for a couple more years until he passed away.

The second case involved Rosie, an Airedale who had the same symptoms as Casey. Even the lab reports of the two dogs matched. Rosie's people were aware of the standard Cushing's drugs and didn't want to risk her suffering their side effects, so before they agreed to use them they came to me, hoping for an alternative.

My first inclination was to approach Rosie's case the same way I had approached Casey's case. But as her people and I discussed her history, important information emerged. This dog was living

under tremendous emotional stress. Josie and Rob were working out a marital separation, and they shared custody of Rosie by shifting her back and forth between them.

As we talked, we realized that her symptoms became much worse when she stayed with Rob and eased off when she stayed with Josie. Something didn't add up – a dog would not have classic Cush-



After taking a blood sample for lab testing, a holistic veterinarian uses acupuncture – the best of East and West.

ing's disease in one environment but not in another. So, given Rosie's circumstances, I decided to try a different tack: we could experiment to see whether we could improve the dog's condition by reducing her environmental stress. At the same time, we would aid her living terrain with gentle, supportive remedies.

Josie and Rob agreed to try letting Rosie stay full time with Josie. I supplied them with raw adrenal supplements combined with appropriate herbs, as well as homeopathic and flower remedies. Once all these changes were in place, Rosie's symptoms completely disappeared.

I was delighted that we were able to solve such a challenging problem by modifying the environment instead of using powerful drugs. And it was evident that although Rosie's symptoms mimicked Casey's, she didn't have Cushing's at all. Instead, her adrenal glands were under stress induced by an emotional situation. If I'd looked solely at the similar signs and symptoms of the two cases, I would have treated them the same way and unnecessarily subjected Rosie to invasive drugs. The individual characteristics of these two dogs and their underlying circumstances made all the difference in the world.

When a pet's health deteriorates, the new holistic way guides us to focus on the aspects of her specific case. We consider her genetic background; her physical, environmental, social, and emotional history and present circumstances; and her particular signs or symptoms. Such information provides clues about the underlying cause of the patient's stress, as it did with Rosie. It also helps us gauge how her immune system has responded to the problem.

Stress

I am convinced that better pet care will result when pet lovers and veterinarians understand that stress is the underlying cause of every form of health problem a dog or a cat can have.

In modern life, stress challenges the living terrain in infinite ways. Stress and the living terrain take part in a dynamic, never-ending dance from which all health outcomes flow.

Acute stress is immediate and intense. It can be caused by an accident, a sudden infection, or a powerful toxin. Although it's usually short-lived, if it's too much for our pets to handle, it can have very serious consequences. But if a pet is healthy, she will overcome most acute stressors. You

can help your pet by preventing acute stress in whatever ways you are able and by supporting her living terrain so that if a challenge confronts her, she can successfully hold her own.

Chronic stress, on the other hand, can be a real drag on wellness. Often, when a dog or cat with a serious illness such as cancer is brought to my clinic, I will discover that she has been suffering from chronic stress due to a long-standing cause that had been neither identified nor addressed.

Once a stressor is recognized and modified and the living terrain given support, a pet will improve either emotionally or physically or both, and at least some future problems will be prevented. But because of the toll chronic stress takes on the living terrain, many of these pets will need ongoing support to maintain their best level of wellness. It's worth the effort – it's wonderful to see a pet who has suffered from chronic stress become both happier and healthier.

Because it is prolonged and persistent, chronic stress can wear down a pet over time. Its effects manifest differently in each individual. One animal may show it through a behavioral issue; another, through a gastrointestinal disturbance; and a third, through unexplained weight loss. It may also produce problems with organs or glands, such as heart disease or diabetes. Chronic stress tends to need ongoing support, but the right approach will ease, and sometimes even resolve, the health care issues it may cause.

Chronic stress can also compromise a pet's health indirectly. For example, she may become more susceptible to infections, and eventually to degenerative conditions such as cancer or allergies. These conditions often vary in intensity. For instance, allergies tend to come and go depending on the season or the availability of irritants; arthritis is affected by damp weather or too much or too little exercise, and cancerous growths don't always grow at a steady rate and sometimes actually get smaller. Although appropriate health care will improve most of these problems, they can be very challenging to address. All of them depend on the strength of the other major factor that plays a starring role in maintaining our pets' health: the immune system.

Overall, both the stress response system and the immune system depend on an abundant supply of energy, which, in

turn, they burn up as they carry out their functions in keeping our pets alive. Each system does best if the body's living terrain is in good shape to begin with, and they don't do so well if it isn't. Negative stress, whether chronic or acute, makes both the stress response system and the immune system less effective in protecting our dogs and cats. On the other hand, recent research has shown that reducing negative stress has the effect of boosting the immune response. In sum, reducing stress not only eliminates the cause of a dog or cat's unwellness or illness, but also, through boosting the immune system, it improves her state of wellness.

Whether stress is physical, emotional, or mental in origin, it affects every aspect of our pets' health. We've seen that positive stress boosts the immune system and general wellness, while negative stress depletes energy, damages tissues, and pushes the body until it is unable to eliminate cellular by-products that can damage it. Too much negative stress can make a cat or dog vulnerable to viruses, bacteria, toxins, or parasites; weaken organs and vital systems; or turn her body against itself through autoimmune disease or cancer. Stress can cause an almost infinite range of trouble for a pet and only a health care perspective that's broad, inclusive, and flexible can address the possibilities. By taking a holistic approach and learning how to manage our pets' stress, we can make an enormous difference to their well-being and happiness.

The health care of the future

Clearly, whether we support our pets' health care holistically depends not so much on which modalities we choose – or whether we buy natural products, for that matter – but on why and how we use them and what we hope to achieve with them. And while both natural and mainstream medical tools have a place in holistic practice, the mainstream way of thinking about health leads to a very limited approach to health care. By thinking holistically, we can assess situations more broadly, choose tools more wisely, and have greater success in restoring homeostasis. In my experience, only the holistic way can fully support an animal's optimal wellness.

Knowing the difference between the mainstream approach and the new holistic way provides you with a valuable tool for making crucial decisions about the care of your dog. 🐾

The Gifts of Mainstream Medicine

Although mainstream medicine's overall approach does not meet all our pets' health needs, I believe that careful use of mainstream methods may, in certain circumstances, be the most holistic choice to help a particular pet. They are sometimes just what we need. Mainstream diagnostic tools such as blood tests, tissue biopsies, or X-rays, and its treatment modalities such as surgery, pharmaceutical drugs, and radiation tend to be dramatic and invasive, and while this is their weakness, in the right situations it is also their strength.

There are many important differences between the way mainstream medicine and the holistic way attempt to find out what's wrong when a pet is not well. In both approaches the veterinarian's first task is to look for signs and symptoms of the problem. Mainstream vets look at the pet's body for indications such as rashes, vomiting, diarrhea, or loss of appetite. They also look for physical changes that standard scientific tests can measure, such as temperature, white blood cell count, or the presence of antibodies.

By contrast, holistic vets observe these same signs and physical changes but place them in a much larger framework. And because we consider the animal in the broadest possible context, we also look at physical, emotional, mental, and environmental factors that mainstream medicine has not traditionally taken into account. These include whatever is present for the pet in her current circumstances, including behavior, diet, activity level, mood, sleeping patterns, attitude, history of illnesses, surgeries, drugs or supplements, and recent life changes or tensions.

Once a veterinarian has identified the signs and symptoms of illness, he tries to find an explanation for them. Those guided by the mainstream perspective follow a reductionist way of thinking. That is, they see the part of the patient that shows symptoms as separate from the parts that don't. They pay attention to each organ, tissue, or cell in isolation, disconnected from the rest. Veterinarians who follow reductionist thinking see the patient's body as independent from his physical and emotional environment. The way all elements work together in synergy receives little, if any, attention. Although they may look for a cause such as a bacterium, gene, or parasite, their search often stops there because they regard the symptom itself – whether it be a rash, fever, tumor, or ear mites – as the problem that must be solved. To solve these problems, they aim to match the symptoms to one of the disease categories that mainstream medicine has created for this purpose; this is what mainstream medicine means by diagnosis. Once the mainstream vet has matched the symptoms to a disease category, he develops a plan for fighting the disease.

In comparison, when searching for an explanation for signs and symptoms, veterinarians of the new holistic way are guided by holism as a way of thinking. Rather than narrowing the search, we widen it to the broadest context. We look for the connections between its many aspects and search through many levels for the underlying cause. For example, if a pet has symptoms of a virus, we consider not only the virus that

challenged homeostasis but also the weakness in the living terrain that made her vulnerable to it. As well, we consider whether her environment might be undermining, rather than supporting, that terrain. We don't try to categorize symptoms into a disease we then have to fight. Instead, we let signs and symptoms point us to aspects of the pet's living terrain and her environment that might need to be strengthened or changed to support her return to wellness.

This leads us to the striking difference in the ways that mainstream medicine and the holistic approach use signs and symptoms to guide their respective plans of action. Because mainstream medicine sees signs and symptoms as manifestations of a disease that must be fought, the mainstream plan of action will focus on eliminating those signs and symptoms.

In the new holistic way, however, signs and symptoms play a powerful role as guideposts to other things. They draw our attention to a problem and give clues to its underlying cause. For instance, they may point to an energy blockage or a weakened immune system struggling to do its job, or they may tell us that the pet is facing an overwhelming health challenge – such as progressive kidney infection – that she can't meet without professional assistance. Additionally, signs and symptoms reveal how well the patient can handle the problem and is responding to the support we're trying to give. Therefore, they guide us in helping her to return to homeostasis – to wellness.

Mainstream medicine and the holistic way also differ in how they relate to natural processes. The mainstream approach to treating health problems tends to interfere with natural processes instead of working with them. Because its plan of action



Mainstream medicine has a lot to offer, but works best as one tool in a holistic toolbox.

is to attack symptoms, it often shuts down the immune system or damages vital organs as a collateral result. For instance, veterinarians see a lot of animals who are bothered by seasonal allergies. These pets typically present with inflamed and itchy skin. To relieve the animal's discomfort, mainstream medicine would typically prescribe prednisone, a steroid, to suppress the symptoms. But unfortunately, steroids also weaken the immune system, and a weak immune system can lead to problems far more serious than allergies.

Finally, mainstream medicine and the new holistic way also differ in how they determine that a health problem has been solved. Mainstream medicine considers its job done once signs and symptoms disappear.

The new holistic way, on the other hand, believes a pet has achieved optimal wellness not when signs and symptoms have disappeared but when she radiates good health. 🐾

Put Your Dog Before a Cart

In this case, it's a good thing!

BY TERRY LONG

What do you envision when someone says “draft work”? What probably comes to mind are horses, mules, oxen, and other large “beasts of burden.” Think again. Since the 18th and 19th centuries, dogs have assisted humans by hauling wagons and carts across fields and through towns. Dogs have delivered milk and mail, hauled the day’s catch of fish from boat to town, and even hauled lumber in lumber camps.

This heritage forms the basis upon which the sport of carting was built by a variety of breed clubs. Between the 1970s and 1990s interest in the sport grew; the St. Bernard folks offered their first competition in 1988, and Bernese Mountain Dog fans added theirs in 1991.

The natural inclination of dogs to pull has been literally harnessed by a variety of people through the years. Put backward pressure on a leash and collar, and most dogs will pull forward. Take that “opposition reflex” and a nice, padded harness, and you can see where this is going. Forward, of course!

Sledging. Weight pulling. Sulky driving. Skijoring. Carting. Some of these activities are still used to help humans with important tasks. Sled dogs have delivered



PHOTO BY JURGEN VOGT, 2005

Lisa Rodier, a frequent contributor to WDJ, first competed with her Bouvier, Axel, when the dog was almost nine years old!

critical medicines in the dead of winter. Service dogs pull wheelchairs. And some dogs show off their carting skills during public demonstrations and therapy dog visits. This sport has a very practical aspect to it. If you are creative, I’m sure there are tasks around home that you can find for your carting dog.

In this article, we will focus on “carting,” which involves a dog pulling a cart (a two-wheeled vehicle) or a wagon (a four-wheeled vehicle) with a person walking alongside.

Training

If this sport piques your interest, look at your dog. Is she a large or giant breed who has the size and strength to pull a wagon loaded with 50 to 100 percent of her body weight? Or is she a Pomeranian who has the smarts to learn something new that will be fun to show off to friends and residents at nursing homes? Or does the pure utility of the sport attract you?

Samantha Fogg, a professional dog trainer from Georgia, describes her interest in dog-related activities as “tending toward

the practical rather than the competitive.” Fogg, disabled for 15 years, trained two of her service-dog Leonbergers, Fergus (now 12 years old) and Milo (now 8), to pull her wheelchair.

“My interest in carting stemmed from my interest in wheelchair pulling,” she says. “When I started doing wheelchair-pulling training, there was not a ton of information available on wheelchair pulling, but there was a significant amount available on carting. There are some major differences between wheelchair pulling and carting, but there are also a lot of similarities. Wheelchair pulling and carting differ fundamentally in that wheelchair-pulling dogs most often pull from the side, where carting dogs pull from the front. Pulling from the side is much more physically demanding, and thus the dog needs better structure.”

The training for these tasks is similar whether you expect your dog to pull a lot of weight or none. Although there are many opinions about training for this sport (what’s new?), here’s a broad overview of the progression of training.



PHOTO BY MENS CHANG SULLIVAN

Draft training can be extremely useful. Trainer Samantha Fogg, of Snellville, Georgia, taught her service Leonberger, Milo, to pull her wheelchair.

Snapshot of the Sport: Carting

■ **What is this sport?** A single dog, pair of dogs, or group of dogs who pull a cart or wagon under the verbal direction of the handler who is in front, beside, or behind the dog and wagon.

■ **Prior training required?** Basic obedience, but dogs should not actually pull any weight until their growth plates are closed. Your dog should be able to heel alongside you, change speeds, stop, and back up – all on verbal cues – and work in the presence of distractions.

■ **Physical demands?**

On the dog: Moderate to high. On the handler: Mild.

■ **Best-suited structure?** Only large and physically fit dogs should be asked to pull a lot of weight. Small, physically fit dogs can pull small, light carts.

■ **Best-suited temperament?** Unflappable, slow-to-startle dogs will do best, but with proper training, many dogs can learn this activity.

■ **Cost?** Moderate.

■ **Training complexity?** Moderate.

■ **Mental stimulation?** Moderate.

■ **Physical stimulation?** Moderate to high.

■ **Recreational opportunities?** Low, in terms of organized outings; however, public demonstrations and real-life use of this skill provide ample opportunity to get out and about.

■ **Competition opportunities and venues?** Low (once or twice a year).

■ **For further information on carting:** Many excellent websites do not provide phone numbers to contact them for more information, preferring to field inquiries by e-mail. However, vendors of equipment are often happy to field phone calls for more information about their products and how to get started.

BREED CLUBS WITH CARTING COMPETITIONS AND SITES WITH GENERAL CARTING INFORMATION

Bernese Mountain Dog Club of America
bmdca.org. Click on “BMD Info Series.”

Newfoundland Club of America
ncanewfs.org/working/draft/pages/dtexercises.html

The American Bouvier des Flanders Club
bouvier.org/performance/perform_carting.html

American Working Collie Association (AWCA)
awca.net/progs.htm

Carting With Your Dog
cartingwithyourdog.com/cclubs.html

Carting With a Pomeranian
pomeranian-zwergspitz.de/carting-a.htm

EQUIPMENT VENDORS

Dog Works, Inc.
(800) 787-2788; dogworks.com

Nordkyn Outfitters
(253) 847-4128; nordkyn.com

Wilczek Woodworks
(603) 444-0824; wilczekwoodworks.com

Ikon Outfitters Ltd.
(608) 592-4397; ikonoutfitters.com

TRAINING BOOKS/DVDS

Bernese Mountain Dog Club of Southeastern Wisconsin
(888) 253-8393; bmdcsew.org/drafting.html

Dog Works, Inc.
dogworks.com/store/booksvideo.html

DISCUSSION GROUP

This online discussion group also offers construction plans for building your own cart: pets.groups.yahoo.com/group/Carting-L/

All the dogs in this novice carting competition are supposed to be doing a down-stay. This basic behavior is more challenging with a cart!

PHOTO BY JURGEN VOGT, 2005



■ **Harness acclimation:** Get your dog used to wearing the harness. This might take a fair amount of time, depending on how your dog reacts to the sight and feel of a drafting harness. They are quite different from standard dog harnesses.

■ **Verbal cues:** Your dog will need to respond to verbal cues to go forward, speed up, slow down, turn right, turn left, back up, and stop. Teach these before you ever attach your dog to a cart. Train these cues on-leash, then off-leash, and eventually, with a barrier between you and your dog so that you can simulate being a couple of feet away from your dog (out of the way of the cart). For example, you and your dog could walk on opposite sides of a short retaining wall, or with a row of buckets between you.

■ **Traces:** These are two straps that run from the dog's harness to the wagon. You can simulate traces by attaching two leashes to your dog's harness (or even to his regular collar). Walk alongside your dog while a friend follows behind holding the traces (as if she was holding the train of a long bridal dress).

Gradually, your friend can exert slight pressure on the traces while you reward your dog for moving forward. When your dog is comfortable with that, attach something light to each trace, such as a small water bottle or a plastic milk jug with a bit of sand in it.

For safety, have your friend follow along to pick up the traces should your dog become frightened of something dragging behind him. Gradually, your dog will become more and more confident pulling weighted objects behind him.

■ **Cart or wagon:** There are many ways to train your dog to get in position and pull the cart, including shaping with a clicker or luring your dog into position. Dogs who love this sport are known to run over to their carts and back into position, waiting to be hitched up! When you're ready to hook your dog to the cart for the first time, ask a friend to help, for safety. Should something scare your dog, you'll appreciate an extra set of hands to control the cart. While you walk alongside your dog cueing slow, faster, stop, etc., your friend walks alongside or behind the cart, ready to help when needed.

Georgia resident Lisa Rodier started carting training with Axel (her Bouvier

in 1999, when he was three years old. Axel had already received a fair amount of training before Rodier tried teaching him to pull a cart. Axel had his CGC and was a registered therapy dog in Atlanta-based Happy Tails Pet Therapy, and they had dabbled in agility as well.

There are several exercises that people find challenging to train, says Rodier. "The most difficult include training a straight 'back,' especially with the cart; negotiating the narrows (in which the dog must pull the cart through a narrow path); pace changes (fast/slow); and, in general, having the dog able to know and respond to cues in a distracting environment. An out-of-control dog with a cart can be dangerous to himself and others."

Carting training is best accomplished using positive reinforcement techniques. Rodier says that her dog, Axel, reflects the power of positive training in his working attitude: "It's important to keep it fun and positive. This shows in the dog's attitude and willingness to work. Watching a dog who enjoys carting can bring tears to my eyes! But it's very painful to watch a dog who has his head down, is confused and not enjoying himself, while his handler is tense, gesturing wildly, has unclear cues, and gets frustrated. If the dog doesn't enjoy it, don't do it!

"Clicker training can allow you to get really creative in teaching skills to use while carting. Standing for hitching is scored in most tests. People often put their dog on a stand-stay and then maneuver the cart around and behind the dog. I taught Axel to 'go in' between the shafts of his cart, turn around, and stand for hitching. Axel's 'go in' behavior was a show-stopper, because he loved doing it and thought it was fun."

Team attributes

Your dog should be physically fit and enjoy working. On the human end of the leash is usually someone who enjoys the non-conventional nature of this sport, has a working dog whose heritage involved carting, or someone who simply enjoys the utilitarian nature of the sport.

Equipment

You will need a harness and a cart or wagon in addition to the standard training tools such as treats and a clicker.

There are three types of harnesses:

■ **Parade harness:** This harness has a

padded strap across the shoulders that also encircles the chest and another padded strap that crosses the front of the dog's chest.

■ **Draft harness:** This model has a padded circle, or collar that goes around the dog's neck, which allows free motion of the shoulders and legs. A belly strap connects to the shaft of the wagon or cart, while the collar is what attaches to the "traces" that run to the wagon.

■ **Siwash harness:** Similar in look to a sled dog harness, this harness has a series of straps on the dog's back. There is a padded chest strap that runs along the breastbone and through the front legs.

Select a harness that is comfortable for your dog and, most importantly, does not restrict the free motion of his shoulders and legs. There are many knowledgeable people who can help you choose the best one for your dog and your purpose.

There are an infinite variety of carts and wagons depending upon personal preference, desire to compete, and/or practical use. The most common are carts or wagons with slatted wood sides.

Expenses

The most expensive part of this sport is the initial investment in a well-made harness (\$60 to \$300 or more) and your cart or wagon (starting at around \$350 and going up and up and up). Some people make their own carts for as little as \$100, and many people will let newcomers to the sport borrow a cart until they get their own.

Gas and lodging will probably be your next biggest expense. Competition fees run about \$25 per entry.

Most people practice with other people they have met through local or regional breed clubs. Formal classes are very rare so this is not something you have to budget for!

Levels of competition

Each organization that sponsors a competition has its own rules, including whether they allow mixed-breed dogs. For example, the New England Drafting & Driving Club (NEDDC) opens its competition to any dog.

Titles and classes also vary among organizations. The Bernese Mountain Dog Club, for example, has a Novice Draft Dog (NDD) title in which all exercises are per-

formed on-leash and, in addition to other basic control exercises, the dog is required to perform a half-mile freight haul of 20 pounds. The next level up, Draft Dog (DD), is off-leash and, in addition to the other control exercises, performs a half-mile freight haul of its own weight rounded down to the nearest 10 pounds.

There is also a class for two dogs to pull a wagon. This is called Brace Novice Draft Dog (BNDD), and is on-leash. The half-mile freight haul exercise requires a 40-pound load. The Brace Draft Dog (BDD) title is off-leash and the load is based on the combined weight of the dogs.

Beyond these classes, there are additional, higher-level titles.

How to get started

Contact one of the breed or working dog clubs near you and find out where people practice. Go and watch without your dog.

Talk to the people about how you might get started.

Check out the books and DVDs listed in “Snapshot of the Sport: Carting” (page 19) to learn about the nuances of carting and how to train for it. Someone will be more likely to mentor you if you’ve done some homework and know some of the equipment and training challenges.

Fogg did a lot of independent homework when she got started. “I had a solid foundation in clicker training, went to a Judi Adler seminar at the Leonberger Club of America National Specialty, read everything I could get my hands on, asked questions of people I knew on-line, and worked with my training partner to teach this. I think that it would have been a lot easier to have started with someone experienced and to have done classes, but if you can’t get to classes in your area, don’t rule out carting!”

Some of the breed clubs will also know about, or sponsor, workshops in your area or you might need to travel to attend one. Workshops can provide a wealth of information because you will be able to see a variety of people and dogs working and be able to talk to people at all levels of the sport.

Carting is a sport with many practical applications. If you think your big dog needs a job, check out this sport! If you would like to perform demonstrations for public audiences, this sport will delight them. And if you need a help around the house, carting is definitely the ticket! 🐾

Terry Long, CPDT, is a writer, agility instructor, and behavior counselor in Long Beach, CA. She lives with four dogs and a cat and is addicted to agility and animal behavior. See “Resources,” page 24, for contact information.

Carting Competition: A Test of Humor and Hubris

There is a reason why sponsoring organizations call competition a “test.” Competition is simply an opportunity to test you and your dog’s skills against a standard. The results of the test might lead to ribbons and titles, or it might lead to an upgraded training plan and another opportunity in the future, or both.

Georgia resident Lisa Rodier remembers her first carting test with her Bouvier, Axel. Although she had trained Axel to cart when he was three years old, she did not enter a competition until he was almost nine. “We first competed in April 2005 at the Chattahoochee Valley Bernese Mountain Dog Draft Test in Alpharetta, Georgia (Wills Park), and were competing to earn our Novice Draft Dog (NDD) title. Carolyn Crockett, our mentor, was working on becoming a judge so she was in the ring as an apprentice judge. We had practiced our carting skills and borrowed a cart from Carolyn and, although very nervous, felt good!

“The first exercise was ‘Basic Control,’ a series of exercises *without* the cart, which includes a heeling pattern very much like in obedience, and a recall. But, unlike an obedience trial, during the heeling pattern the handler can use multiple verbal cues, hand signals, and encouragement. The exception is the recall, for which only one cue can be used. Axel and I had practiced, but I really did not have a good, clear strategy and proper cues ready for this segment, nor had we practiced much in particularly distracting situations, as we had never competed in formal obedience.

“I attempted to go forward, mimicking someone in an obedience trial. Ha! I was so nervous and was not really paying attention to Axel. All that had been hammered into my head was to keep a loose leash. As the judge called out ‘Forward,’ Axel

spied a lovely pot of flowers decorating the ring and made a beeline for it! If I had looked at him prior to starting and got eye contact, I would’ve either seen the glimmer in his eye or re-focused him. But all I could remember was ‘loose leash’ and, believe me, I was *not* thinking clearly. I lamely sort of went along with him!

“The judges were perplexed, Carolyn almost fainted, and I almost threw up. We got back on track, continued the exercise, and did a perfect recall. However, the test is pass or fail. We had miserably failed on the very first exercise, which didn’t even involve the cart! In hindsight, I should have simply tightened the leash or used any number of cues (sigh), as I doubt one tight leash would’ve gotten us disqualified.

“We went on to the hitching and maneuvering section of the test (pulling the cart) and Axel was *perfect*. He was one of the best dogs (if not *the* best dog) in the field. Later on was the three-minute down-stay, followed by the half-mile cross-country course, hauling 20 pounds. The judges expressed their regrets that they could not pass him as they saw what a fabulous job he did, how proudly he carried himself, and how he clearly enjoyed his work; one judge wrote on his score sheet, ‘Too bad about the basic control. Everything else was great,’ while another wrote encouragingly, ‘He’ll do it!’

“From that horrid, embarrassing experience, I learned a lot! We enrolled in a Rally obedience class and, though I never intended to compete, we did, with Axel earning his RE title along the way. Rally helped us with ring experience, control, our relationship, and getting Axel accustomed to moving his body in a variety of ways.”

Rodier and Axel went on to earn his Carting Advanced (CA) title, and Rodier retired him at age 10 and a half.



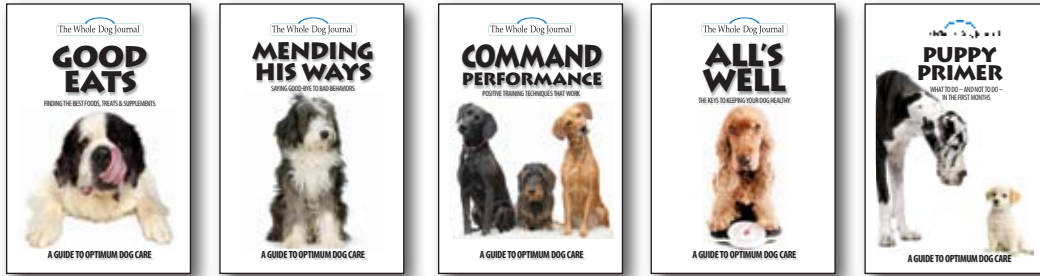
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Creature Comfort Holistic Veterinary Center, Dr. Jenny Taylor, Oakland, CA. Integrative veterinary medical practice, including conventional diagnostics and treatments, acupuncture, chiropractic, homeopathy, nutrition counseling, and more. (510) 530-1373; creaturecomfort.com

BOOKS

WDJ Training Editor Pat Miller is author of *The Power of Positive Dog Training*; *Positive Perspectives: Love Your Dog, Train Your Dog*; *Positive Perspectives II: Know Your Dog, Train Your Dog*; and *Play with Your Dog*. All of these books are available from DogWise, (800) 776-2665 or dogwise.com

TRAINING AND INSTRUCTION

Terry Long, CPDT, DogPACT, Long Beach, CA. Terry is a writer, agility instructor, and behavior counselor. She provides pre-adoption counseling, behavior modification, and group classes in pet manners and agility. (562) 423-0793; dogpact.com

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