

**Training and Emotions:
Using Play to Help Fearful or Stressed Dogs
February 17-18, 2018
Presenter: Amy Cook, PhD**

**Hosted By: Merrimac Dog Training Club
15 Newsome Place
Hampton, Virginia**

Is your dog brilliant at home but shuts down at the show? Does he bark at people or dogs? Does he seem generally stressed out? For a pet dog, dealing with behavior challenges is a good idea. For a competition dog, it is non-negotiable. Our goal is to make your dog enthusiastic about performance (and life!) so he can enjoy himself! Rather than teaching you the behaviors that are required for success in the ring of any specific sport, this seminar will address how to assess and increase your dog's comfort level, confidence, and connection to you in novel and challenging environments, which then can support your in-ring performances or your general life with your pet! In this seminar, we will emphasize the importance of emotions in training, and how to make sure your dog feels as great as you want him to. Dr. Cook will explain the hidden signs of stress and how to use therapeutic, "social play" to both gauge your dog's emotional state and help them relax and have new responses to what stress them. Come learn about The Play Way!

In this seminar you will learn

- How to identify stress in dogs
- About threshold management
- How to read your dog so you know what to do when
- About relaxed play, and its important role in the rehabilitation of stress & anxiety
- Personal play, food or toys: which one should you use and when?
- How to help your dog "Look and Dismiss" and take challenges in stride

This seminar is appropriate for owners of dogs with general anxiety, performance or ring stress or over-arousal, general social or environmental reactivity or anxiety, who can be easily shut down or over aroused as well as insecurity in new environments or anyone interested in how emotions effect learning and performance. Using a combination of PowerPoint and hands-on demonstrations, you'll learn how to play therapeutically with your dog.

Biography: Amy Cook, Ph.D.

Amy is the founder and creator of the Play Way. She has been training dogs for nearly 25 years, and has been specializing in the rehabilitation of shy and fearful dogs for over 15 years.

Amy is a Certified Dog Behavior Consultant through the International Association of Animal Behavior Consultants (IAABC), a longstanding professional member of the Association of Professional Dog Trainers (APDT), and was one of the first trainers nationally to become a Certified Professional Dog Trainer through independent evaluation.

Amy returned to school in 2006 to get her Ph.D. in Psychology from UC Berkeley. Her research focused on the dog-human relationship and its effect on the problem solving strategies dogs employ.

"You spend a lot of time training behaviors, but how much time do you spend training emotions?" -Amy Cook, Ph.D

Working dogs will be working on **Sunday** only, but are welcome to attend the Saturday lecture.

Limits: 8 working spots*, 40 auditors

Please keep in mind that this is a workshop environment and not all dogs will be appropriate for work or 'rehab' in this situation. Working dogs must be comfortable with strangers and new environments and not overtly reactive. Consider your own dog and his/her needs. No refunds will be given for a dog that is too uncomfortable to relax. Auditing for this type of workshop is incredibly valuable to owners/trainers who can then take the information home to work with dogs who may find a crowded workshop an overwhelming learning environment.

Registration opens for working spots November 15, 2017 for MDTC members and November 22, 2017 for all others. Auditors may register at any time. Refunds after registration is confirmed will only be given if your spot can be filled. All Registration closes Feb 10, 2018.

Please submit registration with payment payable to MDTC to Elizabeth Staley, 714 N Fifth St. Hampton, VA 23664

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Name: _____ Phone: _____

Email address: _____

_____ Working Spot \$235

_____ Audit \$150

Working spots only:

Dog Name: _____ Age: _____

Breed: _____

Brief synopsis of problem/what you think you need to work on:

Office Use:
Payment

_____ cash _____ check _____ other: _____