

- 1  **How to Use Behavior Adjustment Training (BAT™) in a Growly Dog Class**  
Grisha Stewart, MA, CPDT-KA [FunctionalRewards.com](http://FunctionalRewards.com)
- 2  **What's the Plan?**
  - BAT Refresher
  - Running a safe and effective class to rehabilitate (over)reactivity to other dogs
  - Doing BAT in a group setting
  - Providing support to your students beyond Growly Dog class
- 3  **Who are You? Why Are You Here?**
  1. I don't work with dogs who show much aggression or fear in my classes.
  2. I already take cases with aggression, fear, & frustration.
  3. I already teach a Growly Dog type class.
  4. I want to learn how to do BAT.
  5. I know how to do BAT, but I want to know how use BAT in a group class.
- 4  **What I'm Leaving Out**
  - How to read stress signs in dogs
  - How to do classical counter-conditioning
  - How to teach a regular manners class
  - How to clicker train via capturing, shaping, and luring
- 5  **REVIEW OF BEHAVIOR ADJUSTMENT TRAINING**
- 6  **What is                    ?**
  - Behavior Adjustment Training
  - Dog-empowered philosophy for life
  - Operant conditioning and systematic desensitization to

- change the dog's emotional response
- Leash handling skills

### 7 **BAT Stages for Fear & Aggression**

Stage 3 (Regular BAT)

- Wait, verbally mark choice, go away

Stage 2 (dog needs a little help)

- Wait, click for choice, go away, treat

Stage 1 (dog needs a lot of help)

- Click for engagement, go away, treat

### 8 **3 Main Ways to Use BAT (Stages)**

- Stages are variations to fit the situation
- Stage 3 is preferred
- Stages 1 and 2 use treats and were created as extra help
- Use the highest stage that works in that moment

### 9 **Leash Handling Skills**

- Handle (hold the leash safely)
- Slow Stop
- Rebalancing
- Mime Pulling
- Using a Long Leash
  - Shorter
  - Longer

### 10 **Why is Balance Important? Feel It!**

- Pair up
- One person is the 'dog'
- One is the 'handler'
- Go greet other dogs by shaking hands
  1. Handler holds the arm/shirt/leash so that the dog is out of balance
  2. Dog is off leash

- Switch roles for handler and dog

11  **Dog and Handler in Balance (mostly)**

12  **Out of Balance: See the V's?**

13  **RUNNING A SAFE AND EFFECTIVE CLASS**

14  **Why Teach a Group Class?**

- 1 Student Benefits
  - 2 • Cost
  - Decoys
  - Motivation
- 3 Trainer Benefits
  - 4 • Help more dogs
  - Challenging
  - Higher hourly rate

15  **Why NOT Teach a Group Class?**

- 1 Student
  - 2 • Wants individual attention
  - Has a dog with people issues or goes over threshold quickly
  - Has scheduling conflicts
  - Can afford private training and has access to decoys
- 3 Trainer
  - 4 • Is new to group classes
  - Is new to reactivity
  - Works better 1-on-1
  - Doesn't have a facility

Location

- Too small
- Indoors only
- Minimal parking

16  **Great Expectations**

- Describe likely outcomes
- Help client set measurable goals
  - Humans
  - Dogs
- Evaluate progress
  - Written records
  - Videos

17  **Safety First!**

- Structure your class for safety\*
- Teach leash handling\*
- Plan escape routes (gates, car, etc.)
- Plan for how to handle loose dogs
- Learn each names!
- Know location of closest (open) vet
- “If you see something, say something.”
- Promote & use safety gear\*

\* more on this later

18  **Keep Stress Levels Down**

- Dogs
  - Working too close
  - Working too long
  - Putting the in conflict using food
  - Seeing each other when not working
  - Issues with humans
- Caretakers

- Safety unclear
- Not sure what they're doing

19  **Taking a History**

- Written form
  - Paper
  - Online
- In person
  - Paper
  - Ipad / computer

20  **Set Everyone Up for Success**

- Orientation/lessons without the dogs
- BAT Book, Ahimsa Manual, other resources
- Small classes that join other classes
- Private lesson(s)
- Ongoing privates
- Skype / web

21  **Who is in the Class?**

- Number of Students:
  - Total (2, 4, 6)
  - # per day (all at once or different slots?)
  - # of people per dog
- Helpers
  - Volunteer
  - Apprentice
  - Staff member

22  **Where is Your Growly Dog Class?**

- Inside (less space)
  - Fewer distractions +/-
  - How do they get inside?
- Outside (more space)
  - More distractions +/-
  - Park nearby

–Loose dogs

23  **Managing the Space**

1 Dogs see each other only when working

- Separate rooms
- Cars
- Visual Barriers

2 • Barriers (visual/other)

- Empty Cars
- People
- Buildings
- Bushes
- Fences
- Ex-pens
- Glass

24  **Which Decoys Should You Use?**

- Real
  - Students in the class
  - Advanced BAT students
  - Students from other classes (agility, obedience, etc.)
  - Use your own dogs?
- Fake
  - Training set-ups
  - Fake dog test

25  **Antecedents Matter!**

- Exercise before class
- Calm car rides
- Controlled entrances
- Kong or other puzzle while waiting
- Put dogs away while chatting

26  **Sample Menu for a Set-up or Class**

- Starter: Find It
- Main: BAT - Mostly Regular BAT (Stage 3)
- Dessert: Stuffed Kong or more Find It

27  **Homework Examples**

- Reading (BAT book or other sources)
- Watching Videos
- Relaxation
- Diet changes
- Clicker training exercises
- Ninja BAT and possibly set-ups
- Management solutions
- Vet re-check

28  **DOING BAT IN A GROUP SETTING**

29  **Ahimsa's Growly Class with BAT**

- Week 1: orientation for people only
- Weeks 2, 3, 4 have pairs of dogs
- Dogs work as each other's decoys
- Weeks 5 & 6 have all dogs, working in pairs
- Work outside or inside
- Only dog-reactive, not human-reactive

30  **Some Topics in Our Class**

- Body language
- Fake dog test
- Emergency U-turn
- Leash skills
- Distraction cues
- Set-ups, BAT on walks
- Scent games
- Relaxation

- 31  **Weeks 1 & 2: Instruction**
- No dogs
  - Clicker demo with targeting
  - Lassie Protocol
  - Thresholds
  - Management: barriers, leashes, harnesses, window covers, etc.
  - Leash Handling Skills
  - Video assessment
- 32  **Stop Rehearsal of Reactivity**
- 33  **Block the View → Less Reactivity**
- 34  **Security**
- 35  **Control Visits to the Front Door**
- 36  **Weeks 3, 4, and 5 in Pairs**
- Student check-in
  - Fake dog tests
  - BAT set-up (stages?)
  - Other instruction, for example
    - Leash walking
    - Emergency U-turn
    - Emergency Recall
- 37  **Week 6**
- All dogs attend
  - Park far enough apart
  - Wait in cars at first
  - Work in pairs
  - Separated by buildings or other barriers
  - Free coupon for BAT clinic
- 38  **Weekly Check-In**
- 39  **Lecture and Demo**

40  **Safety Gear**

- Harness
- 6-15 foot leash
- Check fit & connections
- Fence or muzzle for up-close work
- Fight break-up equipment

41  **What Do the People Learn? (1 of 2)**

- That dogs learn through associations
- How to read body language
- They are not alone
- How to empathize  
and avoid labels

42  **What Do the People Learn? (2 of 2)**

- It takes two to make a thing 'go right'
- What to do if things go 'wrong'
- How to do BAT in set-ups and real life
- How to teach Touch and other cues

43  **What Do the Dogs Learn?**

- I can control safety without barking
- Being around other dogs is actually fun
- Touch cue
- Watch cue
- Leash walking

- Main goal: teach the humans

44  **PROVIDING SUPPORT BEYOND GROWLY DOG CLASS**45  **Support in Person**

- BAT Clinics
- CUBAT 1 & 2
- Private & Semi-Private Lessons
- Day Training

46  **Using Technology**

- Online Group for Clients
- Local Facebook groups for BAT
- Video Show and Tell
- Record keeping of sessions

47  **Take-Home Points**

- Running a safe and effective class requires planning
  
- Doing BAT in a group setting can be very effective
  
- “Finish the job” by providing support to your students beyond class

48  **Thank you!**

Please visit  
[FunctionalRewards.com](http://FunctionalRewards.com)  
for more information on BAT & becoming a CBATI