



## POSITIVE REINFORCEMENT TRAINING

In these sessions, we will be using positive reinforcement training techniques that allow you to learn to connect with your dog, strengthen your relationship, encourage cooperation and foster mutual trust. This is a non-confrontational method which means no shock collars, no pinch collars, no choke collars and of course no yelling or hitting your dog.

### **What is exactly is positive reinforcement?**

Positive reinforcement can be described as giving your dog a reward (praise, play, food, toys, etc.) when they respond to you or offer an action or a behavior you like. This, in turn, will ensure that that behavior is most likely to be repeated. This method focuses on telling your dog when he/she is correct instead of only pointing out what is incorrect.

### **What is the psychology behind positive reinforcement?**

The process is known as operant conditioning, a system of learning in which a reward or punishment is added or removed resulting in the increase or decrease of a specific behavior. In the case of positive reinforcement, we are focusing on the addition of a reward to increase the likelihood of a behavior in the dog.

### **How does positive reinforcement work?**

Positive reinforcement is done through a marker for correctness and timing paired with a reward that is reinforcing to the dog. In these sessions, we will be using a marker word i.e, "Good" and different value treat rewards depending on the level of motivation needed.

### **Does this mean I should never correct my dog?**

Absolutely not. While we are focusing on reinforcing positive behavior, there may be times where it is necessary to correct a dog for negative behaviors. However, this should never entail forceful methods. Instead, you will be learning a correction command and how to use time outs.

### **What are the benefits of positive reinforcement?**

Positive reinforcement allows you to create a stronger bond based on mutual trust and respect that allows for clearer communication between you and your dog. In addition, your dog will show an increase in willingness to work, eagerness to please, an increased rate of learning and most important you will be having lots of FUN with your dog!