



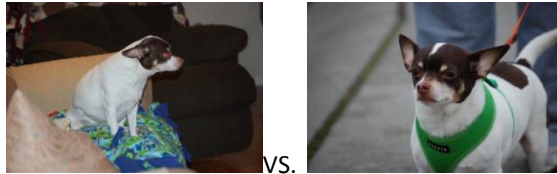
©WHAT IS AN EMOTIONAL DETOX?

Dogs who repeat over-the-top behaviors such as bite histories, constant barking, various levels of reactivity (reactions to scary objects, sounds, humans or dogs) in their environments, or dogs who suffer from separation anxiety, post traumatic stress syndrome, OCD and other stresses and anxieties build harmful toxins in their bodies. Canine emotions have been studied for ages. Pavlov discovered that a dog feels viscerally i.e. physically, connected to what it is attracted to. In other words, a dog feels that what it feels INTERNALLY is what causes things to happen externally. One of Pavlov's students, Simonov, is quoted as saying "Positive emotions arising in connection with the perfection of a skill, irrespective of its pragmatic significance at a given moment, serve as the reinforcement." In other words, emotion, not reinforcements, is actually what reinforces any given behavior.

My Emotional Detox (ED)© is designed to work from the "inside" out where toxins have built up from stress, anxiety and tension. It can shorten rehabilitation time.

Pavlov also discovered emotion to be object oriented evidenced by the fact that the strongest emotional responses are elicited by external objects (prey/play/mate/offspring/toy). External stimuli trigger visceral, autonomic responses over which an animal has no control and satisfying the internal void (physical/sexual/social appetite) thus engendered requires an external object.

Constant stress creates a chemical bath to the brain of the bad toxins adrenalin, cortisol, neopinephrine vs the good toxins of oxytocin and serotonin. An emotional detox allows these toxins to neutralize so the dog can begin to learn and process positive information. It works with the senses of smell, taste, hearing, vision and natural emotional stimulation to create new ways of thinking, feeling all of which will be a part of a results-oriented, positive reward-based learning system.



The dog above went from first photo with bite history to second photo, confident in six sessions and two emotional detoxes. He is one of the worst cases of aggression (unprovoked) because any movement caused unprovoked aggression intensely, vigilantly and for long durations. He is one of many success stories using ED.

An emotional detox changes the dog's body language from tense to relaxed. Emotions can take a toll on how a dog responds daily in a tense, agitated, over-sensitive, anxious, hyperactive way to becoming a more confident, calm, relaxed, responsive member of the family. The more ingrained and habituated the patterns, the more likely a dog may need more than one emotional detox. It is the beginning of the learning process for both human and dog. The added benefit for the trainer is ED also gives important feedback about the owner and how they interact with their dog. It can make the difference between a successful or unsuccessful behavior modification program.

HOW LONG DOES THE DETOX TAKE

The first detox is a required **full three days**. Adrenalin rushes bring on responses of fight, flight, fool around and freeze, not just in dogs, but in humans as well. It is important to replace the negative imagery with positive feedback, this changes the way the body handles stress, anxiety. With each episode of adrenalin rush (racing around mindless = fool around behavior) or over-barking, or hyperactivity It takes from 8 to 72 hours to bring the body back into a neutral state, depending on intensity factors, duration, frequency of behavior. The emotional detox is based on 72 hours of toxin cleansing so whatever the dog learns after that time can make a lasting change.

The idea is to bring out the natural responses, personality and how each individual learns through seeing them in a relaxed non-reactive, non-stressed state of mind. Using what is discovered in a life-changing behavior modification and skills training system to include management and prevention not only shortens the process, but makes it longer lasting.

WHAT DO YOU DO IN AN EMOTIONAL DETOX?



It's all about taking a dog who is anxious, over-stressed, unresponsive and has developed challenging behaviors like marking, peeing or pooping in the home, aggression, reactions to sounds, objects, hyperactivity, highly fearful and successfully bringing them into a state of conscious learning and relaxation without the emotional baggage. The poodle (to left) is starting to relax after a three day detox, after highly anxious separation anxiety issues, marking in the house, constant attention seeking and non-stop pacing, bullying behaviors. Today he is a different dog because the emotional detox allowed him to relax without distraction. SA is moving along; no marking; no bullying; diminished attention seeking, and able to relax faster, pace less.

In her book “Made for each other” Meg Daley Olmert studies the role Oxytocin plays. The release of oxytocin, a chemical that “turns off” fight/flight” responses also quiets the rest of the fear and arousal brain center that launch anti-social responses to include stress axis and the sympathetic nerves. The emotional detox is designed to increase Oxytocin not just in the dog, but in their human and stimulate the natural increase of serotonin levels (severe cases may need medicinal support to allow the dog to learn, but in most cases the emotional detox will serve to either keep meds out of the picture OR allow a decrease or cessation of meds entirely). NOTE: I have one dog, Doberman, with such intense distress Prozac is used in conjunction with the process and we do not see a decrease in the meds happening any time soon. Prozac plus the ED have made some huge changes.)

It is a process customized to each individual situation and home environment. **It starts with a checklist of action items.** Owner checks off each item as they move through the emotional detox. The first goal, first day is complete **relaxation, leading to a full eight hours of uninterrupted sleep.** Owners **MUST** commit to taking time with their dogs for three full days with zero distractions. The detox is a combination of rest and activity.

What does complete relaxation look like? A soft body, blinking eyes, sleeping, **big sighs**, satisfied involvement in activity **WITHOUT** aggression/reactivity, decreased respiration, and **zero aggression, reactivity and distraction.** If you think of the process as a time of pampering and spa treatments for a dog in an effort to reduce emotional responses, you’ll have the right mindset.



From mentally stimulating activities, interactive play, energy releasing activity, working on key pieces of behavior modification and scheduled full rest periods owner and dog will not only come to see each other in a new light, but will build positive associations while toxins release from the body so a learning state can replace confusion and inconsistency. Often, the emotional detox immediately reaps visible results to behavior changes. It has worked in all kinds of situations, even in kennel, and board and train where no owner was involved.



An emotional detox involves play training. This is especially critical when you have a situation where the owner says “My dog doesn’t know how to play.” OR “My dog doesn’t like to play.” These statements are a clue and a cue that this dog needs to learn to play because they do not have emotional outlets. Energy release, the ability to solve problems successfully, ability to interact with owners positively, and creative thinking create a state of learning where the dog can see themselves operating in the environment in a successful, positive way without incident.

An emotional detox works on puppies with hyperactivity and adult dogs with major emotional issues such as aggression. NOT all dogs with issues need an emotional detox, but those with intense behaviors most often do.

How it will start.

The owner will receive Instruction and Set-up of items needed each day to complete the detox.

They receive a “customized” **SCHEDULE (or one that has been used in a similar case study) to be completed exactly as written** and the reasoning behind each step.

They will receive guidelines **as to what types of body signals and language they are looking for as milestones in the process** and they will be **required to take digitals and/or video of the detox for reference, review and observatory analysis.**

At the end of the day, they will need to answer several questions honestly in order to receive day two’s requirements. Six p.m. is a good time to shoot for to have the owner do the analysis, but any time toward early to late evening is acceptable according to their schedule. However, the trainer must have time to compile the next day’s schedule and the owner must have time to review it to get off to a good start. The start of each day sets the tone for the entire day and resulting activities.

START HERE

TRAINERS: Note: Because of the intensity of the detox and the changes that are taking place, regression often occurs around day two, early to mid-afternoon. The dog will exercise behavior they are used to as the toxins start to release from the brain and body. The behavior could see a spike by worsening; an extinction burst and is something to NOTE for you, but not to reveal to the client. Simply state they must report the good, the bad and the ugly throughout the process. The owners must also NEVER resort to old habits (yelling at; grabbing; punishing – anything to include HIGH EMOTION during the detox.) This is where trainer guidance is critical.

There will be questions to answer at the end of day two as well and A FINAL questions series will be given at the end of DAY THREE for the client to answer. **From this point is where the trainer will incorporate what was learned into continuing behavioral plan and skills training.** Important and life-changing information about the dog and the client will be learned through the completion of the emotional detox.

Severe case dogs may need two or even three detoxes – decreasing in days, from 3 to 2, then 1. And owners would be wise to continue a day-long detox throughout the dog’s lifetime for the pure enjoyment of it and a relationship and bond building exercise for all involved. However, most dogs and owners have needed no more than two to be highly successful in the process.

NOTE: The whole family should be involved in this critical emotional detox period.

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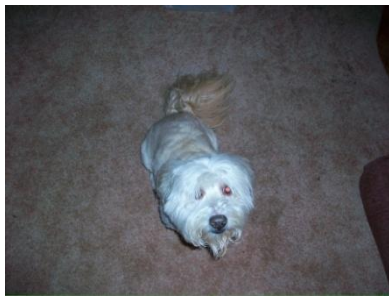
Normal puppy hyperactivity.



Human reactive.



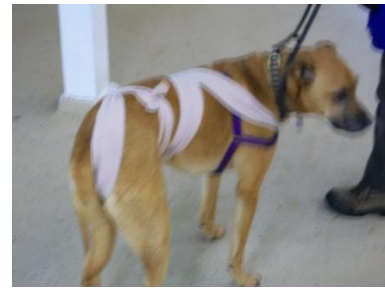
Human reactive/fear. Walk away biter



Redirected/respondent aggression.



Separation anxiety – severe.



Dog, human aggressive.

Dog and human aggressive.

Redirected/respondent aggression.



ED plus TAT – 30 stitches in this owner's arm. Two years no incidents.



Found thyroid condition ED. TAT.



Dog reactive.

*Photos provided **are just a few examples** of dogs before, during and after the emotional detox and are proprietary. ALL are still in their homes, all have not exhibited repeat behaviors and are living peacefully in their forever homes.*

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