

E-collar Training For Pet Dogs

*The only resource you'll need to train your dog with the aid of an electric
training collar*

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www.tedsbooks.com

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Introduction

First things first

It was 3 a.m. as I turned on my computer to sign onto a dog training internet forum. I went straight to the messages tab to see if he had sent me a reply. Here I was, a young man in Canada, waking in the middle of the night in the hope that I could touch base with a man named Jim who lived halfway around the world. Jim was a police K9 handler in Australia, and he had the answers that I needed to help Phoenix, my rescue dog.

Phoenix was my first dog. When I adopted him, I knew nothing about dogs, but to my credit, I was committed for the long haul. In the house, Phoenix was the perfect dog, but when he got outside all bets were off. My back pain started the moment I opened the front door; it was like watching a team of huskies pull a sled. The off leash experience was comparable in discomfort. Given that you're reading this book, you can likely sympathize with my issues.

"He needs to burn off his energy," I would tell myself as I let him off leash in the woods or "There's no one around, he'll be fine." Well that all changed the day of the raccoon incident. It was about 7:30 a.m. when we found ourselves in our daily plot of forest that was free of people and dogs. As I un-clipped his leash, I said a prayer as I did every day before letting him off leash. The first five minutes went well, he came every time I called his name, and the treats seemed to be effective and motivating. Then I heard it, screaming. If you've never heard the sound of a raccoon fighting for its life, I'll spare you the details. I ran as fast as I could toward the screaming. In what seemed like 15 seconds, Phoenix had its stomach ripped open. There was blood everywhere. The raccoon was still fighting back despite its intestines being outside of its body. Waiting for

an opportune time, I grabbed his collar and hauled him off of the raccoon. Rest in peace, raccoon. I'm sorry I let you down.

The raccoon is a robust animal that can weigh up to thirty-five pounds. If Phoenix could tell his friends about the raccoon, he probably would have said it was at least sixty pounds, but I was there, it was more like twenty-five to thirty pounds. Wikipedia says the word raccoon comes from the Algonquin word arouhgcoune which translates to "he who scratches with his hands." The Algonquin clearly know what they are talking about because this raccoon had put up a serious fight. Phoenix was bleeding from his face, and his ear was torn pretty badly.

I'm ashamed of this story, but I tell it to illustrate two points.

- Well-meaning people can give their dogs freedom they've not earned.
- There is hope despite what your dog is like now.

That very day I decided that enough was enough, I could no longer let my dog act like a predator. Either I would have to keep him on a leash for the rest of his life or I would have to break down and buy an e-collar. After a few weeks of keeping him exclusively on a leash, I decided to invest the money into a good quality e-collar so that Phoenix could have some freedom to run off leash. In those days, e-collars were rather primitive and utilitarian, but I knew it was my only hope for Phoenix to have off leash freedom again.

Phoenix and I had already done plenty of positive training, but the results were mixed. When I had his favorite treats, he was responsive 99% of the time. As you can imagine, my issue began when he saw or smelled something he wanted to kill and then all bets

were off. We started our e-collar training by following some step by step instructions, focusing on what is called a “crittering protocol.” The crittering protocol was somewhat effective but didn’t seem to get to the root of the issue, it was more of a band-aid solution. That’s when I connected with Jim.

As mentioned earlier, Jim was a Police K9 handler in Australia who had experience training police dogs with the aid of e-collars. e-collar education in those days was hard to come by, and e-collar resources for behavioral issues were almost impossible to find. Jim was nice enough to help me over private message on a dog training forum we were both a part of. He was straight to the point and didn’t hide anything which was exactly what I needed to hear. Despite his “shoot from the hip” teaching style, he had a wit and vocabulary that only an Australian could have. I was never able to meet Jim in person, but I like to think he was an extra in *Crocodile Dundee*.

If you're reading this book, you probably own a dog you're having issues with and I can definitely sympathize with that. I started out just like you, and now I'm a professional trainer who travels around the world teaching dog owners and dog trainers how to live a more fulfilling life with their dogs. People turn to me when they are convinced they have tried everything. In this book, I'll share with you what I've learned from some of the worlds best e-collar trainers and what I've learned in more than ten thousand hours training dogs with the aid of e-collars.

Phoenix went on to live with three different cats without any aggression and without the use of the e-collar after some time working with the thing and, of course, became the inspiration in my decision to become a professional dog trainer. Some look at dogs like Phoenix as a curse; I look at them as a blessing because without him I never would

have become a dog trainer. Had I adopted an easy-going golden retriever you would not be reading this book right now. **We tend to get the dogs we need, not the dogs we want.**

The benefits of e-collar training

Not since the invention of the leash has the world of dog training seen such an all-around training tool. The e-collar is most known for its ability to communicate with and correct a dog at a distance. However, this is just the start. Here's a list of areas where the e-collar can be used with great results.

- Recall (coming when called)
- Resource guarding
- Perimeter training
- Pulling on the leash
- Human/dog aggression
- Jumping on people
- Excessive barking
- Hunting dog applications
- Stealing food from the counter
- Eating feces

The e-collar shines as a method of communication and correction that does not erode the trust and relationship that a client and dog have built. Things like strong leash corrections or yelling at your dog can deteriorate the relationship that you've formed with your dog and are to be avoided at all costs. If you're frustrated with your dog, don't worry because all of my clients are feeling overwhelmed the day that we start training. This tool will aid you in being able to stay calm during the training process, without making it personal when your dog does something that you disapprove of.

Another benefit of e-collar training is that you'll have the leverage to communicate with and correct your dog at a distance like never before. This is a huge deal and will completely change the way your dog thinks about trying to get away with bad things when they are far enough away from you and you can't do anything at the moment. Most e-collars are fully waterproof, which is great for dogs who are outside in the rain or for dogs who love to swim, but keep in mind that e-collar stimulation becomes less effective in the water, rather than being more intense. You will find that about a quarter of the power of your e-collar will dissipate into the water.

What are the potential risks of e-collar training?

If you purchase the right tool and use it properly, e-collar training has zero risks associated with it. Unfortunately, some dog owners buy them without any education, and people should always follow a step by step plan if they want to properly use this tool. Many dog owners see them as a quick fix, and that couldn't be further from the truth. As you'll uncover as you read further into this book, e-collar training is not a quick fix. It takes hours of training to do this work flawlessly, but the time investment will allow you to accomplish things you never thought possible.



The EZ900 from e-collar technologies is hands down the best e-collar unit available for pet dog applications.

Chapter 1: Tools

e-collar

In life, one should not attempt to save money on 4 things.

1. Q-tips
2. Birth control
3. e-collars
4. A child's car seat

With the tremendous growth of online marketplaces like www.amazon.com, the sheer number of e-collars the average dog owner can buy is astounding. If you've yet to buy an e-collar, think long and hard about this decision before you invest money into something that may turn out to be utterly useless. I can't stress how important it is to purchase a quality e-collar. Certainly all e-collars are not made equally. Let's explore some of the options you'll want to navigate before buying your e-collar, and read along if you already own an e-collar to be sure that you have the right e-collar for your dog. Personally, I only use e-collar Technologies products, but you can also find good options from Dogtra and a few other notable brands. Sticking to these brands is important because of the different levels available.

You might be tempted to cut corners and buy a cheap knock-off that's made in China that has one hundred levels, and I would discourage you from doing that. Trust me when I say you get what you pay for. e-collars you can buy in most big box stores are also rarely going to be what you want to buy. If you don't buy from a reputable company, you won't have access to aftermarket accessories like different contact points, replacement batteries, repairs, and you will likely not have a warranty. If you can't change the contact points on your e-collar and own a thick-haired dog, you may as well throw your e-collar in the garbage because it will not work on your dog.

Level selection

I highly recommend only training your dog with an e-collar that has one hundred or more levels of intensity. Without a large selection of levels to choose from your training will prove to be overbearing. The only two high-quality brands who sell e-collars capable of one hundred levels are e-collar Technologies and Dogtra. Other notable brands who have shown a long history of producing well-made, reliable e-collars are Sportdog, DT Systems, Garmin, Tritronics. However, I don't suggest these e-collars as they don't have the flexibility of one hundred levels. You can do e-collar training with fewer level selections, but I do not recommend it. Training with e-collars that have six or even sixteen levels is like trying to ride a bike cross country on a single speed bike. Sure it can be done, but I would much rather take that journey on a bike with more gearing options. Some dogs are very sensitive to the e-collar stimulation, and if your e-collar only has 6 levels you will quickly find the e-collar to be too intense for those dogs. Level 1/6 may be too low, and 2/6 may be too high.

Tone or Vibrate

Many e-collars are capable of emitting an audible tone or a collar vibration. We'll discuss these features in later chapters, but you can do training without either option. The vibration feature is not typically something I use with clients, but the tone can be a great benefit during the training process. Most e-collar units don't have both tone and vibrate, so I would generally suggest purchasing an e-collar with tone rather than vibrate if you have the option.

Distance

A quarter mile is the absolute minimum that you'll want in an e-collar. Half mile is the standard for high-quality e-collars.

¼ mile = 1320 feet, 402 meters, 440 yards

½ mile = 2640 feet, 804 meters, 880 yards

¾ mile = 3960 feet, 1207 meters, 1320 yards

1 mile = 5280 feet, 1609 meters, 1760 yards

Power output

A common misconception about e-collars is that the size of your dog will determine what level they will work with on the e-collar. I've trained hundreds of dogs that weighed more than one hundred pounds, yet they worked at low levels. I've also seen some small dogs that worked at much higher levels.

As a general rule, e-collars come in two output formats: low-medium and high-extra. Take the e-collar Technologies model mini 300 for example. It's rated as a low-medium output model and is a great choice for small and medium sized dogs. Dogtra 280C is also a good option for small and medium sized dogs. Keep in mind that even though many big dogs can be worked at relatively low e-collar levels, some dogs who have high prey drives (the strong urge to chase) can disregard the low-medium output e-collars when they are in a predatory mode. It's for this reason that I suggest high-extra output e-collars like the Dogtra 1900S or the e-collar Technologies ET-800 for dogs over fifty pounds who have a history of aggression or have a propensity to chase animals. Bear in mind that the high-extra output models have one hundred or more levels so they can still be used just as subtly as the low-medium models previously suggested. This extra output will likely never be used on your dog, but it's nice to know that it's there in case you need it. Unfortunately, you will not know if you need the extra output until at least three weeks into the training process, so buying a low-medium output model might be a waste of money if your dog needs a higher output model.

Expanding for multiple dog households

Most e-collar manufacturers offer e-collars that are expandable for multiple dog households. Some are sold as single dog units that have the capability to add an additional receiver and others come in the box as 2,3, or 4 dog units. Many of my clients decide to get another dog after our training is done and they love the ability to expand their e-collar when they open their hearts and homes to a new dog. If you're considering getting another dog in the future it may be advisable to buy an e-collar that has the capacity to expand. When training multiple dogs with an e-collar, I highly suggest that you train each dog separately until both dogs are doing extremely well before working with two or more dogs at the same time. Remember that e-collars are designed to only deliver stimulation to one collar at a time which means you cannot press two or more stimulation buttons at the same time because the radio frequency will block both signals. In the event that both of your dogs are running away from you and you need to call them both back at the same time, you'll need to correct the dog who is leading the chase and then tap the other if applicable. If you are using the e-collar because you have a multiple dog home and your dogs are fighting, I highly recommend bringing in a professional dog trainer who can help you with this extremely advanced issue because it's very dangerous and if not done perfectly the outcome could be catastrophic. In the event that you bring in a qualified trainer and you are using the e-collar, you will want to purchase two separate e-collars in the event that both dogs need to be corrected at the same time.

Accessories

Purchasing an e-collar from a reputable company like e-collar Technologies will give you the ability to have long-lasting rechargeable batteries and purchase different collar

styles. Most important you'll have access to a variety of contact points. Buying an e-collar that has rechargeable batteries is a must. Some lower-priced options are powered by batteries that you need to replace on an almost daily basis. Often, these batteries are specialty batteries that you can't buy at local stores. It can't be overstated how much extra money these e-collar units will cost you over the long-term, so they are to be avoided at all cost. A quality e-collar unit will have rechargeable batteries in both the remote and the collar.

Bungee collars are a fabulous upgrade that you can buy for the majority of e-collars and allow the collar to stretch. 100% of e-collars will either use a $\frac{3}{4}$ inch or 1-inch width collar so it's easy to find bungee collars for any e-collar. Your dog's neck will increase in size slightly as your dog's temperature rises from exercise. These collars also make putting on your e-collar fast and easy while still providing a proper snug fit.

Having access to several different contact points for your dog is essential to consistent e-collar training. Over the years I've had countless dog owners come in asking for help with their dog who were convinced that their dog had such a high pain threshold that they would not feel the e-collar. This is not the case, and it's always a contact point issue that can be easily solved if you own a quality e-collar with different contact points for dogs with short, medium, long, and extra-thick coats. With short-medium haired dogs you'll probably be fine with the stock contact points that come with your e-collar out of the box.



From left to right: short, medium, long, thick coat, extra long coat, extreme wings

Short contact points can be a great option for bully breed dogs, bull terriers, french bulldogs, english bulldogs, boxers, great danes, and some hunting dogs with short coats like vizslas and weimaraners. I use the medium on breeds like goldendoodles, labrador retrievers, border collies, and most mixed breeds. Long contact points are a great option for german shepherds, rottweilers, golden retrievers, and portuguese water dogs. Thick coat contact are used on akitas, bernese mountain dogs, great pyrenees, and even some german shepherds with extra dense undercoats. Extra long coat is a good option for newfoundland dogs and grizzly bears. Extreme wings are also a good solution for thick coated dogs and dog with extra long coats. Most e-collar contact points are made out of surgical grade stainless steel which prevents corrosion and rust even in salt water conditions. If it appears that your dog's neck is irritated by the e-collar be sure

that the contact points are made of stainless steel; if they are and you're still having issues, you should purchase a pair of hypoallergenic contact points that are made out of titanium. This issue is extremely rare, but some dogs are allergic to the small amount of Nickel (5%) in the stainless steel.

Fitting the e-collar

The two most common mistakes dog owners make when starting e-collar training are not using the proper e-collar contact points and not fitting the e-collar appropriately. The stimulation that the e-collar delivers feels similar to a Tens unit commonly used by physiotherapists and chiropractors for muscle rehabilitation. If your e-collar is not getting good contact with your dog's muscle, the stimulation will be inconsistent.

It's common for dog trainers to comb the neck area of dogs who have long or thick coats a few times a week with a deshedding tool like a furminator. This step can be skipped with dogs who have shorter coats. As a general rule, I suggest fitting the collar to be snug. You'll want to be sure to tighten the collar as high on your dog's neck as possible. The left side or right side is ok. Don't place the e-collar on the back of the neck as gravity will force it to rotate toward the bottom of your dog's neck after a few minutes of use. We avoid the middle of the neck to avoid your dog's trachea.



Proper placement of the e-collar on BB's neck

Another common mistake is to put the collar too low on your dog's neck; this is not advised since most dogs necks are shaped like a traffic cone. They are bigger at the base then they are at the top. If you place the e-collar at the base of the neck, as your dog is playing around outside the collar will work its way up your dog's neck and will no

longer have a snug fit. A good frame of reference is to cinch the collar down so that you are able to slip two of your fingers underneath the collar strap on the back of your dog's neck.



Here is a recap of how to fit and operate the e-collar properly.

- Be sure that you have the correct contact points on your e-collar
- De-shed your dog's neck if they have a thick coat
- Place the e-collar high on your dog's neck
- Do not place on the top of your dog's neck, the left or right sides are fine
- Tighten to a snug fit, use two fingers to gauge the fit
- Be sure to rotate the e-collar every 2 hours of use to prevent any irritation
- Do not attach a leash to the e-collar

We never attach a leash to the e-collar. Martingale collars are a great collar that we often use during training. They are inexpensive to purchase and can be commonly found at any pet store. Any collar or harness that you want to use to attach your leash is fine. However, they must be the proper size for your dog and tightly fitted to your dog's neck. If your dog can back out of his collar, you'll need to get a martingale collar to eliminate the chance of this happening during the training process.

Safety

If you ever allow your dog to wear the e-collar for more than a few hours you'll want to rotate the collar to another part of your dog's neck. Some dogs' necks are perfectly fine with the e-collar for long periods and others are more sensitive. Also, as a general rule, if your dog swims you'll want to take the e-collar off and allow their necks to dry before putting the collar back on and be sure to wash the e-collar in warm soapy water.

Check out the step by step e-collar training video series at

www.ecollar101.com/book

Chapter 2: Off leash training

What your dog needs to know

Before transitioning off leash every dog owner needs to teach the four pillars.

1. Where the stimulation is coming from
2. How to turn on the stimulation
3. How to turn off the stimulation
4. How to avoid the stimulation

All too often, I hear of well-meaning dog owners who rush the e-collar training process without doing the foundation training properly. Rushing this process may seem like a viable option but trust me when I say that it's going to be a bad decision over the long term. Owners that rush this process are almost always incredibly frustrated with their dogs and feel as if they can't wait any longer. It will be tempting to skip some things as we progress, but let's do right by your dog and remember that this training is not just for your dog but also for you.

For the first three days, you'll be doing just two quick sessions per day: one in the morning and one in the evening, inside your home or apartment. Your lessons are to be no more than five minutes. Yes, you read that correctly. If your dog has a strong desire to eat his/her dog food you can use their meals for training. If this is the case, give your dog a small handful of food each repetition during your training sessions until you are done with the meal. If you feel that treats are going to be a better motivation, you can use those. Dehydrated beef liver treats are always a favorite with clients' dogs and they are low in calories.

First, we'll need to determine what method you will use to prompt for your dog's attention with the e-collar, the tone or the vibration. When we progress off leash and work at long distances, this step will prove to be of benefit and will be paired with your recall command (come). The method of prompting will typically depend on your e-collar manufacturer and model. If you have an e-collar that is capable of giving an audible tone you will use the tone, if your e-collar has a vibration we'll use that. If your e-collar has both options I would highly suggest using the tone because I have seen dogs that quickly become afraid of the vibrate setting. There is something about the vibration that can scare some dogs and so if you are going to do it be sure to only use it outside with lots of distraction for the first session which will decrease the likelihood of your dog being scared of it. If your collar does not have a tone or vibrate, you can use a come command instead. The tone/vibration will be referred to as T/V as we progress in this book.

You can start by turning on your e-collar and remote and fitting the collar on your dog's neck. You'll begin inside the house with a regular six to eight foot leash on your dog. Say come and tap the T/V button as you walk away from your dog. Say Yes and give them food/treat and praise when your dog comes to you. You should notice your dog following you around the room and that's ok, just walk backwards. If they are already walking toward you, you can still give them the commands and tap the T/V button. This is actually a good thing to see, think of it like an employee who's arriving for a work shift early. You'll do this for five minutes and then end the session. If your dog seems slightly perplexed by the tone/vibrate, help them by calling them with their favorite nickname, giving them some praise. Don't be afraid to shower your dog with praise when they come to you. Holding a treat in your hand as you call them can also help, don't be afraid

to look silly when you do this because you want your dog to think the T/V is something that brings good things.

What these lessons are teaching:

- Come and T/V are coming from you
- Come and T/V are essentially the same command
- Yes means good things are coming

It's essential that you only use the e-collar for these lessons for the first 1-3 days.

For days 3-7 you'll be doing just two quick sessions per day. One in the morning and one in the evening, these lessons will be done outside in your yard or on your leash walks. Your lessons are to be no more than five to seven minutes. It's no longer required to do your lessons from days 1-3. What you are teaching this week will cover many different teaching points that will prepare your dog for the off leash control that's soon to come. It will also teach your dog all four of the pillars of e-collar training. Where the stimulation is coming from, how to turn on the stimulation, how to turn off the stimulation, and how to avoid the stimulation.

You'll need to start each lesson by finding your dog's e-collar working level. Think of the working level as the lowest level your dog will feel and show you a slight response that they are feeling the stimulation. Take your time during this step. Keep in mind that your e-collar should be using the continuous stimulation mode when finding the e-collar working level. Continuous stimulation means that when you tap the button it gives just a quick stimulation, but if you hold the button down it will give continuous stimulation until you release the button. More on that in future lessons.

Finding the initial e-collar level

There are dozens of behaviors that dogs will show when they start to feel the e-collar stimulation. The most common response is to see your dog looking around like a bug just landed on their neck or head. Other dogs will just stop what they are doing and look a little bit confused. Some dogs will not show you a behavioral change but you will spot a little muscle twitch on your dog's neck. This is most common with bully breeds as they have very muscular necks and short coats. Others will show even more subtle signs like quickly licking their lips. Think of it like this, if you were walking down a busy street in your town or city and someone tapped you on the shoulder from behind and then disappeared, what would you do? You would likely look around with a confused look on your face. This is the typical response we see with most dogs.

Start at level 1/100, tap the continuous button once quickly and watch for a slight change in your dog's behavior. Continue by going up to level 2, tapping once, then going to level 3 and so on until your dog shows one of the subtle responses listed above. When you've found that level, this is the level we will start our lesson at. The key to finding the right e-collar working level is to give yourself time to find it. The first time I do this with each dog I typically will take four to five minutes just to find the right level. If you find yourself going over 20/100 it's very likely that your e-collar is not getting proper contact on your dog's neck and you'll want to turn the level back down to zero, and tighten the strap and start again or change the contact points that came with your e-collar. Each e-collar is different, of course, as is each dog, so it's hard to give a general level that your dog will work at. I've seen dogs feel as low as a level 1/100 which for me is inconceivable because I feel a level 12/100 on my neck with most e-collars that I have used. Never assume that your dog is going to work high on the

e-collar until training proves that point. If your dog is visibly uncomfortable when you press the continuous button, the level is too high, the response should be incredibly subtle.

Start walking your dog in the yard or on the sidewalk outside of your house. The moment your dog gets fixated on something in front of you and starts to get close to the end of the leash you should stop, say come and tap the T/V button. If they look a little confused you'll want to encourage your dog to come to you and walk away while enticing them with a treat. Be sure to give your dog some food/treats and some praise when they come in your direction.

You might find that your dog is too distracted by the sights and smells of the outdoors and so you'll need to tap the continuous stimulation button at the level we just found to be the e-collar working level.

The moment your dog gets fixated on something in front of you and starts to get close to the end of the leash you should stop, say come and tap the T/V button, If your dog doesn't change directions and come with you right away, hold down the continuous button for about one to two seconds and walk in the opposite direction. You can give food/treat or praise regardless of how your dog does. Continue to practice this for five to seven minutes, and you're done until your next session. Your dog should quickly learn that they can avoid the e-collar stimulation by focusing on turning when you turn. This simple exercise teaches a few concepts we'll need later in training.

As you progress in your training lessons you may find the need to increase the e-collar stimulation level, this is very common. Increase your level one level at a time until you

start to see your dog becoming more focused on turning when you turn. **If your dog turns with you, you do not need to press the continuous button.**

What these lessons are teaching:

1. The tone/vibrate/e-collar stimulation is coming from you.
2. Ignoring our come command turns on the stimulation.
3. Following our come command will turn off the stimulation.
4. Your dog can avoid the subtle e-collar stimulation by making turns with you.

If you are doing these lessons in your yard, I suggest walking in straight lines and making tight 180 degree turns. If you are doing these lessons on your walks, you'll do a 180 degree turn on the sidewalk and then add another 180 turn so that you can continue with your walk. These sessions will also help your dog slow down while walking if they love to pull you down the road.

For days 7-12 You will be working on essentially the same homework that you focused on in days 3-7 however your recalls will become increasingly difficult by incrementally adding more distance and distraction. You'll use a long leash for your homework, fifteen to twenty-five feet is ideal. If the end goal is to have your dog off leash they will need to pass some tests before you can be sure that you'll have the control you desire when going off leash. These sessions will be done outside. You can increase the session time to ten to thirty minutes as desired, again two sessions each day.

Be sure to properly fit your dog's e-collar, turn it on, attach your long leash and have food/treats ready. Start your dog out with an easy lesson by putting some hotdogs or cheese out in your yard before your session when your dog is inside. You can do this

just the same if you live in a busy city by planting some hotdogs in places your dog will be able to see and smell when you take them out. Plant four to five hotdogs in different areas, then take your dog out for a walk and allow your dog to smell the hotdogs but don't allow them enough room on the long leash to get to them. Say come and tap the T/V button, if they don't come toward you right away, hold down the continuous button for about 1-2 seconds and walk in the opposite direction. You can give food/treat or praise regardless of when your dog comes to you. You might find that your dog ignores the first come command and T/V and then also ignores the continuous button, if that's the case, increase your e-collar level gradually until your dog avoids the hotdogs and starts walking with you. Shower them with praise and give them food/treats when they come back to you. Move onto the next hotdog distraction and do the same thing. Continue to practice this for 15-30 minutes setting up 4-5 hotdog distractions and you're done until your next session. Your dog should quickly learn that they can avoid the e-collar stimulation by focusing on coming to you when they hear the Tone or feel the Vibrate. To that point, they will also be given praise and something tasty if they come to you.

If you find that your dog comes nicely with a level 10/100 but need to increase to a level 15 or 20/100 to follow you when the hotdogs are out that's normal. Your dog might need to be increased 1 extra level, or dozens of levels, you won't know until you try. If you know that after setting up the hotdog distraction you need to increase to 20/100 every time, you can start to assume that level in the future by increasing your level in anticipation, I call this pattern levels.

Pattern levels

Every client will notice pattern levels, some dogs will need slight increases and others will need bigger jumps in the levels depending on the distraction. The important part is to remember that you need to take the time to figure out these pattern levels, never assuming too quickly. Please take care to remember to turn your e-collar level down after a higher pattern level. I use an e-collar Technologies pro educator on my Labrador retriever when we are doing retriever work in the water because she likes to cheat and retrieve the closest retrieve instead of the one I tell her to retrieve. When she's in the water the e-collar stimulation is going to be less intense than if she was not swimming and she's very driven when she's working so her pattern level jumps from a 16/100 regular working level to a 30/100 every time. Look for patterns in your dog's levels as you train.

Why it's ok to give multiple commands

Have you ever heard a dog trainer say "You never repeat a command because then your dogs will learn to ignore you?" This phrase is common among trainers who don't use e-collars. It's absolutely correct for those who are not using an e-collar, but completely false in regards to clients and trainers who are using e-collars. Giving multiple commands can actually produce a dog who comes to you much quicker because of the way commands are reinforced.

1. The first command is easy and rewarding
2. The second command is annoying and rewarding
3. The third command is uncomfortable and rewarding

The first command is easy because they avoid any potential correction and are rewarded for coming. The second command is annoying by adding a low level

continuous e-collar stimulation and then rewarding when your dog comes to you. The third command is uncomfortable when your dog is clearly ignoring two commands they hear or feel and they are still rewarded when they come to you. So why do I give food/treats or praise every time during the training phase? Because I want my dog to expect good things when they come back to me. Never get angry with your dog even if they didn't come perfectly like you had expected. If you were a dog, you would be less likely to come if you knew your owner was mad at you. You want your dog to rush back to you like a kid running downstairs on Christmas morning.

For days 12-18. Off leash training should always start on a regular length leash, then transition to your long leash, then dropping the long leash, and finally removing it completely. At this stage in training, you should have much more control over your dog while out on walks, in your yard, and at the park but you'll still be confined to your long leash. You can make your final transitions to off leash freedom over the next few days using two different training protocols.

You'll want to keep your sessions to ten to twenty minutes. For the field protocol, you'll want to find a fenced-in area where you can work. The size of the area is not important; it could be a fenced-in backyard, baseball field, or tennis court. You'll also need a person or a dog or both to act as distractions. This training protocol works equally well if your dog is social with other dogs and just fine if they are not social because either way your dog will see the dog as a distraction. Allow your dog to run in the field or yard with their e-collar on while dragging their long leash. Walk with your dog as far away from the gate as you can. Have one of your friends approach the gate with a dog on a leash after you have been there for about five minutes practicing your recall, they will stay on the other side of the fence. When they approach the gate or fence you will tell your dog

to go and say hello. Allow your dog to run over to the fence and do as they like. If your dog is not dog social it will be common for them to bark at the other dog and that is fine at the moment. If your dog wants to sniff the other dog through the fence or say hello to your friend that's fine too.

Allow the sniffing or barking for about five seconds and then say come and tap the T/V button. If your dog starts coming to you be sure to praise them as they come toward you and give them some praise and a treat when they reach you. If your dog stays at the fence and ignores the command, you'll give the command again and then hold down your continuous button and release it when they start coming toward you. If your dog is still not coming, repeat the come command and increase the level enough to get your dog to stop what they are doing and come toward you. If you lose control and are not able to salvage the recall, go to your longline to help your dog. Just a slight amount of pressure on the leash paired with the continuous e-collar stimulation will help them every time.

If you find that your dog is struggling with these recalls, moving in closer to your dog can also help as your dog is likely struggling with the distance change. Practice this protocol a few times a day for the next three days until you have it mastered. The fence in this protocol serves four purposes.

1. It keeps your dog from running away if you lose control
2. It helps you, the owner, stay calm because nothing bad can happen
3. It helps you, the owner, build confidence
4. It adds not only safety to the protocol but frustration which is something we want when starting to push our dogs in high distraction scenarios

When your dog is able to recall away from dogs and people at the fence they are ready to go to the next step which is the transition protocol.

The transition protocol is much like what you did in the last three days of training however now you are in the park with your dog or out for a hike and your dog is dragging the long leash. Take all the time you need with this step. Most dogs only need two to three days of dragging the leash before the owners feel comfortable taking the leash off completely.

Your dog should be coming back nicely but you may notice that your dog is running past you or running in your general direction and then wandering off. These are normal things to see at this stage in training and are easily fixed. You'll want to go back to the long leash for a few sessions so that you can step on the leash if needed when they run past you. When calling your dog back to you, if your dog comes toward you and starts to walk off, step on the long leash and hold the continuous button down on the e-collar, pick up the leash and help them back toward you. Release the button when they are right next to you. This little tweak will clean up the sloppiest of dogs because it creates some urgency for them to turn off the stimulation. When you have mastered this process, do the same but add a sit command ensuring that they feel the stimulation until they come to you and sit in front of you. You should now be able to take the long leash off and your dog should be much more responsive to coming directly to you instead of coming in your general area.



In this photo, you'll see one of my clients calling her dog away from myself and three dogs on the other side of the fence.

Another simple tweak that I like to do with clients is to take out the leash periodically during a walk or hike and attach it, and then take it off again right away. The reason we do this is to prevent dogs from avoiding the leash at the end of the walk. Some dogs will run away when they see the leash come out at the end of the walk, and this little tweak will help prevent your dog from thinking that when the leash comes out, we are going home.

Chapter 3: Perimeter training

As with any other type of training, perimeter training must be done after the initial foundation training period has been completed. Many of my clients ask if we can do perimeter training if they have property that's not fenced. Let's begin with outlining some of the strengths and weaknesses of perimeter training when done with the e-collar and also with the use of a perimeter containment system.

Perimeter training with e-collar

Strengths:

- *No additional system needs to be purchased if you already have an e-collar*
- *The ability to be more subtle with the training if you're using an e-collar with 100 levels*
- *The ability to correct dirty thoughts if your dog is thinking about challenging the boundary*
- *The ability to quickly stop the stimulation if your dog challenges the boundary and is confused about how to turn off the stimulation*
- *The ability to perimeter train your dog on multiple properties easily*

Weaknesses:

- *You'll need to watch your dog more during the training period because you are the one responsible for turning on the stimulation if your dog tests the line*

Perimeter training with a perimeter containment system

Strengths:

- *100% consistency because the machine will turn the stimulation on and off for you*

- *The ability to utilize more of your property like the sides of your property that can be hard to self-monitor*

Weaknesses:

- *An additional unit is needed and must be installed*
- *Most perimeter containment systems don't have many levels of stimulation they can deliver. The average unit only has 3-6 levels, this makes subtle training much more challenging*
- *No ability to correct your dog for dirty thoughts if needed*
- *Difficult to move if you have more than one property*

To start perimeter training with your e-collar you will need to set up a visual boundary on your property to indicate where you want your dog to be free to enjoy and where you don't want them to go. A thin piece of rope or flags are commonly used for this purpose, I've even seen aerosol spray chalk used to indicate the boundary. Be strategic about how much property you perimeter train, more is not always better. If you have a front yard and a backyard, you can do both yards if you want, but I don't suggest the sides of your property because these are usually the areas that dogs will try and leave the yard if they gain the insight that they are not being watched constantly.

It's recommended to perimeter train the yard that overlooks the area of your home that you spend the most time in. For example, my home has a yard in both front and back but we would only perimeter train the backyard because the kitchen and bedrooms where we spend the majority of our time when we are home are toward the rear of the house. You'll need to watch your dog during the training period and this is why it's not suggested to allow the boundary into the sides of the property.

When using a rope, position it at about the same height as your dog's eye level. Many of my clients will use a tree line by threading the rope throughout the trees. On properties without tree lines, you can drive some wooden stakes into the ground and thread the rope through the wooden stakes. **If utilizing the front yard be sure to leave at least 20-25 feet of buffer zone from the boundary to the road or sidewalk.** See the photo below for a suggested perimeter on this home.



In the photo above the white dotted line indicates a good boundary for this property because it's overlooking plenty of windows which will make it easier to watch your dog. Also notice how the side yard was not utilized because those areas tend to be the places where dogs will challenge the boundary when you are not looking.

Days 1-3 of perimeter training

Your first step is to put your dog's e-collar on and attach a standard six to eight foot leash. Find the working level on the e-collar and begin by walking your dog up to the rope. As you walk past the line, most dogs will jump over the rope to continue walking with you. If that happens, hold down continuous button and walk your dog back onto into the perimeter and then release the button. You'll likely find that for the first few repetitions your dog will need help with the leash to go back into the perimeter.

Continue ten to fifteen times. Don't say anything when your dog passes the line or goes back, this is critical. We want our dog to believe that the stimulation turned on because they passed the line. Again, don't verbally correct your dog for passing the line because if you do you'll likely have a dog later in training who challenges the line when you go inside the home if he thinks no one is watching him.

When your dog understands the concept and will not go past the line even if you do, you can move to the next step in training. If you are not yet at this level and have been practicing for a few days, you may need to increase the e-collar level slightly and try again five to ten times. Before moving onto the next step, we should be able to walk across the line with your dog on a leash and have them stop at the line every time without any commands. Now you can take your dog to other areas of the yard and follow the same process. Switch to your long leash and allow your dog to drag it. If your dog follows you, hold down the continuous button, then release the button when he goes back behind the line. Always be willing to help with the leash if your dog has gotten confused. Do this five to ten times in all areas of the yard.

Days 4-7 of perimeter training

At this stage, you can add distractions outside of the boundary. Start with lower distractions and work your way up to other dogs walking past your property. Start with a low e-collar working level and increase the level as needed depending on the distraction. It's still valuable to allow your dog to drag a long leash at this stage in training if you need to help them. It's important that during this entire process no commands are given when your dog is crossing the boundary.

After about three weeks you can remove the visual boundary if you desire to. When your dog is doing a great job, take the long leash off and continue to add more distractions to ensure your dog's reliability. If you find that your dog is running up to the line and is thinking about running past the line when they see another dog across the street you can use the e-collar tone or continuous button to stop the progression of those dirty thoughts. Be sure to take your time because it's not an overnight process, but with some patience and training, you'll have a reliably trained dog who can enjoy your property in just a few weeks.

Chapter 4: The importance of using and not using commands

At this stage in the training, you'll want to be sure to have your e-collar on your dog a lot more so that you can begin to stop any bad behaviors your dog has, such as excessive barking, jumping up on people, or pulling on the leash.

Previous chapters in this book have focused on properly communicating with your dog by teaching the concepts of the four pillars.

1. Where the stimulation is coming from
2. How to turn on the stimulation
3. How to turn off the stimulation
4. How to avoid the stimulation

At this point, it may seem counterintuitive to suggest that you are now going to break away from the four pillars slightly but you'll have to trust me if you want to take your training to the next level.

Good dog training works when the owner is present, great dog training works even if the owner is not present.

Let's unpack the commands and behaviors we will want to use a vocal command for. Commands like come, heel, sit, down, leave it, drop it, or go-to-bed are used to indicate something that you want your dog to do. Let's call these commands "action commands." These commands will always be given with a vocal command so that our dog understands the thing that we want them to do.

On the other side of the spectrum, we have moments where we will not give commands like no, get down, stop jumping, and don't eat that. Let's call these behaviors "automatic avoidance behaviors." When dogs commit these deadly sins, I don't give any verbal cues, because they already know that when they feel a continuous stimulation that they can stop that stimulation by doing the exact opposite behavior. They already know that they can avoid stimulation by not doing specific behaviors.

When we use commands to stop these behaviors, some dogs will start to cheat when we are not around to watch. For example, if you tell your dog to not jump on people at the door, even if you use the e-collar to correct their behavior, it's likely that the moment your grandmother walks in the door two hours early for Christmas dinner, your dog is going to jump on her because you are in the bathroom taking a shower and your dog is waiting for you to say NO JUMPING.

Using commands when stopping bad behaviors does work, but trust me when I say it works better when you don't use commands because your dog associates their behavior with the correction. I don't want to have to constantly watch my dogs, I want them to not do these bad behaviors because they think that it's in their best interest regardless of whether I am present or not. More on this topic in the frequently asked question section, see *jumping on people* and *dogs eating poop*.

Chapter 5: Three forms of correction and the concept of punishment

Think of correction as a way for you to correct the course your dog is on when your dog is running across your front yard about to jump on someone or your dog is ignoring a command that you've given. Corrections can be verbal in nature, however, they tend to be most effective when they are paired with a physical reminder and the e-collar is a great way to usher in that reminder. Your e-collar level for corrections will commonly be at low/medium levels. However, there may be times where you need to increase the intensity drastically. Let's unpack the three types of correction and investigate the concept of punishment.

1. Low-level suggestions
2. Medium-level nudges
3. High-level deterrents
4. Punishment

Here is the simple method that I use to conclude what level intensity I should be working with. Be sure that you've done adequate foundation work to be sure that your dog understands the four pillars listed above. If the low-level stimulation is being ignored or your dog fixes their behavior and then quickly goes back to the unwanted behavior, you'll want to start to increase your level. When working at medium levels you should notice your dog avoiding the behaviors that you are indicating to them that you don't want them to do. If your dog is persistently committing unwanted behaviors you might need to jump up to the higher levels; these levels should not only change your dog's behavior in the short term but often they will also decrease the likelihood that your dog will misbehave in the future.

Many trainers like to promote the concept of low-level e-collar training, and I can sympathize with that terminology because it's easy to sell the concept to dog owners but that's not the entire story. Some dogs will need higher level corrections and if they are done to improve a dog's quality of life and keep that dog out of trouble, they are fine with me. The high levels are rarely used on most pet dogs and should never be used until other options have been given ample time to work first.

I think that the higher levels can be incredibly beneficial for some dogs because if your dog never discovers that the e-collar can deliver more than a slight tingle of stimulation, they may be more resistant and stubborn. A few weeks ago I had a husky mix in for

training, he's a nice dog but very persistent, and if you know anything about huskies, they like to run away. We did three weeks of training with him which included thousands of repetitions of recall. Then we took him down to a lake with my dogs. The moment he saw the lake he went wild, running as fast as he could to the end of the long leash trying to get to the water. We stopped so that we could use the lake as a distraction as it was clear that he wanted nothing more than to run into the water and play. This dog's normal working level is around a 6-7/100 on the e-collar Technologies EZ900. We started him in the lower levels but when he clearly brushed that off we started training in the medium level territory, at this point the e-collar would stop him from lunging for about ten seconds and then he would start again. So I increased the level to high levels and he needed to go all the way up to 72/100. After just a few repetitions, he was really starting to get it. You could see a change in his behavior but also it was as though he learned that day that the e-collar can get rather uncomfortable if he continued to ignore what his owners wanted. A few days later, we met for another lesson and he was a completely different dog. Dash matured that day at the lake, and I'm excited to report that he's an off leash superstar now and the most reliable dog at the dog park. High-level corrections are useful for significantly decreasing the likelihood of reoffending with a behavior that you don't want.

Punishment is rarely used in dog training because it's only good for extreme situations when nothing else has worked or when there are serious implications for your dog's health and safety if they do not listen to your commands. You'll most often see punishment used in situations like dogs running toward a busy road, chasing deer, getting into porcupines, and rattlesnake avoidance training. Punishment is designed to stop your dog in one stimulation from ever doing a specific behavior again. You don't get one failed repetition with rattlesnake avoidance training.

Last summer, two dogs died when hit by cars in the same week outside of a local dog park in my city. One dog was about to get into his owner's car and decided to bolt toward the road; sadly, that was his last run. The other dog chased a deer across that same road and was hit and killed instantly. These dogs were not e-collar trained, but in any case, if you find yourself with a 99% reliable dog, don't hesitate to safely set up training scenarios to make them safe because it could save your dog's life. A punishment is a high-level continuous e-collar stimulation in which the button is typically held down for several seconds.

The difference between a high-level correction and a punishment is the duration of the stimulation.

A high-level correction is typically a quick press on a high level and a punishment is a high level for at least two to three seconds. It's imperative that high-level corrections and punishments are not used prematurely. It's very rare that I have to implement either of these techniques with the dogs that I train, so you should assume you never will with your dog.

Low levels help guide, medium levels suggest, high levels decrease, and punishments stop behaviors forever.

Chapter 6: Distractions

Reliability is paramount when we are training our dogs for obvious reasons. e-collar training can be an incredible way to develop the trust that only seeing can make you believe. Trust is developed each time you watch your dog make better choices. I'll never forget the first time I called my dog Phoenix back with the e-collar when he saw a red fox and started running after it. Saying that the feeling was incredible would be an understatement. I felt like I finally had control. Here is the uncomfortable truth about building that trust, it requires that you put your dog into positions where they will want to ignore your commands.

What's the perfect e-collar level when you are working around distractions? This is the million dollar question, and I'll answer it the way I've heard many other e-collar trainers explain the topic. **There are only three e-collar levels, not enough, just right, and too high.** Not enough, just right and too high are all subjective numbers on your e-collar because they entirely depend on the dog that you are working with. To make things even more complicated, not enough, just right, and too high change not only because of the dog that you are working with but also because of the distractions you are working your dog around. If you get up in the middle of the night to go to the bathroom and you stub your toe, it hurts really badly. If you get up in the middle of the night because you hear someone breaking into your house and on your way to the back door you stub your toe, you won't feel the pain to the same degree. Your dog's pain threshold will change from inside to outside, from low distraction to high distraction, and you'll want to be ok with increasing your e-collar level once your dog has done all of the preliminary training outlined in the previous chapters.

Recently, I had a former client call me about his two female dogs. He had done training with me a few years prior, and the dogs had done very well. His dogs were again completely out of control and he couldn't take it anymore. I told him to bring the dogs in

as soon as possible and he did just that. When his dogs came out of the car, it was like an army was invading a new land. These dogs were even more out of control than they were before starting to train them. I couldn't get anywhere near them without them trying to bite me, so I told him to throw me the e-collar remote and we would go for a walk. He said that the dogs had been lunging and barking at every person and dog they saw, so he was apprehensive about going for a walk.

As we started to walk, I noticed that the e-collar was set to 15/100 so I turned it all the way down to 1/100 and started to find the dogs' e-collar working levels. By the time I had reached 34/100 both dogs were walking nicely by his side, not pulling, not barking, perfect. They were completely changed, and I was able to pet them without any lunging or aggression. He turned around and looked at me with amazement as he asked, "what did you do?" I told him that I started at 1/100 and went up until I got to level 34/100. He stopped walking, and you could see that he seemed somewhat stunned. "34/100, really" he said. It was easy to spot his inability to understand what had just happened so I asked him if he had ever gone up to 34/100 before on the e-collar. He said no, and that he had never been past 22/100. When asking him why 22/100 he told me that 22/100 was the highest level I had gone up to in our private lessons that we had years ago. As you are training remember to watch out for that maximum level that you mentally develop.

The moral of this story is simple. After foundation training is done, use the level that you need to use. **Some dogs are master manipulators and they will test you every way they can if they feel that you will not increase the level or if they see you hesitate to press the button.**

Chapter 7: Frequently asked questions

Before utilizing the suggestions in this next section, please be sure to have fully completed the requested foundation work.

-Will my dog get collar smart?

Some trainers would say that if you do some preliminary work for starting to use the e-collar, your dog will not figure out that the e-collar is where the stimulation is coming from. Here's the thing, even if you put the e-collar on your dog randomly for three weeks before even turning on the unit, your dog will still get collar smart. If your dog can't figure that out, they are a few fries short of a happy meal if you know what I mean. It's inevitable that your dog will get collar smart. It's to be expected that your dog will figure out that the e-collar is providing this new tone, vibration, or stimulation. It's my job as a dog trainer to teach my clients how to get a reliable dog with or without dog training tools. More on that topic in the next two frequently asked questions.

-How long will my dog need to wear the e-collar?

The timeline hinges on two key factors, the age of your dog and the amount of consistency that you provide. Younger dogs tend to need longer term use with the e-collar because the world is so much more interesting to them. These dogs have yet to pee on every tree, say hello to every dog, and smell every blade of grass. As they

mature in age, they generally become less interested in new things and so they need less prompting with the e-collar.

The other key factor is the amount of consistency you will provide. When looking back at all of my clients over the years, I can draw a direct correlation between the clients who hesitated to use the e-collar and the dogs that required the e-collar over the long term. When you hesitate to backup your commands with the e-collar, you are teaching your dog that they can manipulate you. My method of e-collar training allows the dog a chance to ignore the first command without a consequence. This opportunity is provided by our T/V prompt and followed up with a correction when our dog does not comply. If you allow for multiple commands without a correction your dog will learn to ignore your commands and will test you because of your history of giving too many chances. Without consistency, your training will fall apart and will require long-term e-collar use.

-How do I transition off of the e-collar?

The vast majority of dog owners will transition off the e-collar too soon which can be detrimental to your goal of having a reliable dog. I've seen clients get to a place where they thought they were ready to transition off the e-collar who would then stop having their dog wear the e-collar. These clients would have reliable dogs when wearing the e-collar but they would make the mistake of putting the e-collar in the closet when progressing off the e-collar. The cold turkey method may work if you're quitting smoking but is a terrible idea in e-collar training; instead, we'll use the 10+15 day method outlined below.

If your dog is not wearing the e-collar, you can't guarantee reliability in compliance with your commands. You'll be tempted to wean off of the e-collar before your dog is ready, but you'll need to be 100% consistent with your training for at least six weeks before thinking about transitioning off the e-collar. After six weeks have passed and you think your dog is ready, you will continue to allow them to wear the e-collar for the transitioning period. For the next ten days, you'll be only giving the T/V with your commands. If your dog is able to go ten days wearing the e-collar and you've not needed to follow those T/V commands with a correction, you can progress to the next fifteen days. If during the ten-day period you need to follow up your T/V commands with corrections you are not ready to transition off the e-collar.

If all went perfectly in the first ten days, you can progress to the next fifteen days. In this stage, you'll continue to have your dog wear the e-collar and eliminate the T/V commands. If your dog can do fifteen days without the need of T/V or correction when given commands, you are ready to leave your e-collar unit in the closet. If your dog needs T/V or correction in this stage, you'll need to go back to using the e-collar for some time until your dog is able to pass the 10+15 day method test.

-How do I use an e-collar if my dog has already worn a bark collar or perimeter fence collar before?

Dogs with previous bark collar or perimeter collar use will require additional steps in the training process that should be done before you start your e-collar training. Some dogs who have had previous bark collar or perimeter training will be apprehensive about e-collar training because of their previous experience with a collar that looks like this new tool you are putting on their neck. Remember that there is nothing inherently

positive about bark collars, so most dogs hate them. With perimeter training, the dogs are less likely to shy away from the collar itself because most of these dogs associate the freedom of going outside with the collar.

Let's unpack a few things you can do to make the e-collar process a positive one for these dogs. Always put a leash on your dog before putting the e-collar on and always give your dog a treat and some praise when putting on the e-collar. When you start your e-collar training, you will take an extra week of training before starting the above outlined foundation period. This additional week is designed to convince your dog that the e-collar is not a bad thing. Because of your dog's previous bark collar or perimeter training, they will be expecting the low-level e-collar stimulation to quickly get more uncomfortable because they have that association from the previous tools. This is why we do this additional step. This step cannot be done with an e-collar with less than 100 levels because if you have an e-collar with only 10 levels, each additional level will prove to be too large of a jump in stimulation. The key here is to use an incredibly subtle level that your dog will hardly show you that they feel it. I often tell clients doing this training that if they think they might be able to see their dog noticing the e-collar, that's the right level.

To begin this additional step you can start by finding the most subtle e-collar working level on your dog; when you've found that level say your dog's name and then tap the continuous stimulation once. Directly after this, you'll give your dog his favorite treat and give him some praise. It's suggested to do this process outside when you are on walks. You can continue on your walk and do this about five to ten times on your walk. Practice this twice a day for seven days, then start your e-collar foundation training as described in Chapter 2.

-Stealing food from the counter

I know you love your dog, but that pork chop should stay on your counter. It's vital to remember that when tackling this issue, you'll not be giving any commands as we want our dog to avoid stealing food both when you are present and when you are absent.

1. Put your dog in a room like a bathroom for two minutes while you setup the protocol. We don't want our dog to see what we are about to do.
2. Put your dog's e-collar on, and be sure that it's turned on.
3. Take a small-medium sized spoon on the edge of your counter and bait it with something delicious. It's best to use an aromatic bait like peanut butter or a piece of hot dog.
4. Select the correct e-collar level, by setting your e-collar level to whatever your general working level is inside the home and adding ten levels. For example, if my dog's e-collar working level in the home was 13/100, the level for this protocol would start at 23/100. If you have a dog who's extremely sensitive to the e-collar stimulation, then feel free to determine the appropriate level for your dog.
5. Let your dog out of the bathroom, take the remote with you when you go into another room, and do something like watch a movie or work on your laptop.
6. When you hear the spoon hit the ground, you'll hold the continuous button for about 1 second and not say anything.
7. After the first correction, wait fifteen to thirty minutes to go get the spoon and add some more bait. Increase your level by 10 every time you have to set up the protocol again.



No commands are needed here because it could create a dog that still steals food when you have left the home. Your dog already knows that stealing food is something you loathe, so now you're simply following through with your ability to correct your dog when they think you can't. Why would we start at a level that is ten levels above the normal working level? Because this is one of the very few situations where your dog will

actually be given the opportunity to get something they want. A gentle correction at the working level will not deter dogs from stealing food as the level of positive motivation the food offers is higher than the subtle negative motivation from the e-collar. You should see rapid results by using this protocol. It's normal for clients to be able to stop counter surfing for the rest of their dog's life in just one day of training.

It must be noted that if you have more than one dog, you'll want to add a camera so that you can determine which dog should be corrected. You'll need a camera on the counter and a monitor that you can take with you to another area of your home or apartment. Often my clients will use a tablet and a smartphone linked with skype or facetime. If you use a camera be sure to put your camera on mute so that you don't tip off the dog that you're watching.

-Dogs eating poop

Please be sure to consult with your Veterinarian to check for things like diabetes, cushings, thyroid issues, incomplete diets, and parasites. If your Veterinarian has eliminated any potential medical reasons for the feces eating and you have done your e-collar foundation training, you can now move on to stopping this detestable behavior.

In 2010, a female labrador retriever named Dax came into our lives. At the time she loved to eat feces. Rabbit, horse, cow, dog, cat, you name the animal and she was game. She was incredible at sniffing the stuff out, and much to my discontent with her behavior she was really talented at it. On many off leash hikes, she could be found digging up prehistoric tyrannosaurus poop from 73 million years ago. She wasn't picky.

After her e-collar foundation training was done we got straight to work on her taboo love affair. I'm happy to announce that she's not eaten a piece in eight years thanks to e-collar training.

After completing your e-collar foundation training, you can get started. This training protocol does not require any treats or praise or even a command to not eat feces because it's an implied behavior. Don't eat poop... ever. Start with your dog on a long leash. Take your dog out to an area where you know your dog will find feces. Start at ten levels above your regular e-collar working level. When your dog smells some feces and starts to hone in on the scent and is about one foot from the feces hold down the continuous button on the e-collar. Allow 2 seconds, and if your dog is undeterred, you can increase the level. I much prefer a quality e-collar here like models by e-collar Technologies because they have the versatility to hold down the continuous button and increase the level all at the same time. As you continue to hold down the button, increase the level rather quickly until your dog stops. Do not use a command here like "no eating poop" because we want our dog to assume the action of eating poop or even sniffing feces is the mechanism that turns on the stimulation. If your e-collar is not able to increase the level without releasing the continuous button, release the button and increase the level by 10 and re-apply. When your dog walks away from the feces, act like nothing has happened as you keep walking down the street or trail. Typically I will turn down the level of the e-collar slightly before approaching the next pile of distraction because I want my dog to see that the e-collar stimulation gets more intense the closer they get to the poop.

When you're seeing your dog start to avoid the feces, you can allow them off leash as you continue to watch them. I usually allow for three to four corrections on the leash

before progressing off leash. If your dog is still trying to take advantage of opportunities, you can progress by starting at a higher level. It should be noted that after just a few days of this training, I don't like to allow dogs to smell the feces even if they don't eat it because this often leads to them starting to eat again in the future.

-Jumping up on people

This is one of the most common behavioral issues that I help my clients with. The e-collar is an exceptional tool to use for this issue because it's a tool that can be used at a distance and because it's a non-emotional tool. If your dog eats poop and we use the e-collar, it doesn't matter if your dog likes poop after the training, in fact, we don't want your dog to like poop if they are a feces eater. Stopping a dog from jumping up, however, is solved in a similar fashion, but the training is much more nuanced because we do want our dog to continue to be social with people when the training is done. You'll want to take extra time during this process and remember that we will also be reinforcing your dog for not jumping with treats and praise.

Inside the home or outside off leash, the training protocol is the same. Start by setting your level to the working level and add just a few additional levels. For example, if your dog's e-collar working level is typically 12/100 inside the house, set your e-collar to 14-15/100. Allow a friend or family member to come into the home and instruct them to ignore your dog for the first few repetitions. If your dog jumps on them, you'll hold down the continuous button when they jump and release it when they stop jumping. Neither you or the person coming into your home should give a command when this is happening as it's an implied behavior, and we want our dog to think that the stimulation is coming from the act of jumping, not from the person entering the door.

Some dogs are quick jumpers. They jump up without notice, and before you can say son-of-a-gun, they've stopped jumping. With this type of jumper, you'll need to have your finger on the continuous button ready to press for a quick jump. These dogs will typically need you to increase the level a little more because a quick tap at a low level is often not enough to stop them from jumping. For the dogs that jump and stay up, the process is done in much the same way, nonetheless, you'll need to hold the button down for longer, and I typically suggest a lower level for these sustained jumps and hugs. In either case, if you find that your dog is ignoring these lower levels, you can increase the level as needed, but be sure to remember that if you increase the level too much this can cause your dog to not want to approach people, so be sure to take your time.

When your dog is excelling at the training, you can instruct your friends and family to be more animated with your dog, at the same time you can put a bowl of treats outside your door for friends to have access to some tasty tidbits for the times they enter and your dog does not jump on them. If they don't jump, your friend or family member can pull out a treat and throw it on the floor for them as they tell them, good boy or good girl. People should not have to train your dog when they come to your home. You'll be doing that part, they should not have to completely avoid your dog and ignore them when they come to your home. When people come to my home, they can get my dogs as excited as they want and my dogs will not jump.

-Pulling on the leash

Pulling on the leash is an issue the majority of my clients' dogs have when we start training. Often, we will see this issue disappear in the first few weeks because my clients are working on their homework while going out for walks. If you've done the foundation work and are still struggling with this issue you can try a few more techniques. The technique I use the most for these persistent pullers is the stop and pop method. In this method you will take your dog for a walk with a six to eight foot leash; it's good to give them a little more room while working on this technique. At the moment just before your dog starts to pull, you'll stop quickly and tap the continuous button at the same time. I always set the level at least 10 levels higher than the working level. If your dog persists you can increase the level some more until you have a dog who is walking with slack on the leash. Another technique I use is the pressure/release technique. In this technique, you will add low/medium level continuous pressure every time your dog starts to pull and release the button when they stop pulling. Always start your sessions at a low level and increase as needed. I have a book focusing on this very issue called *Prong Collar Training for Pet Dogs*. If you are interested in that book, it's available on Amazon and www.tedsbooks.com.

-Working with two dogs at the same time

When training multiple dogs with an e-collar, I highly suggest that you train each dog separately until both dogs are doing extremely well before working with two or more dogs at the same time. Remember that e-collars are designed to only deliver stimulation

to one collar at a time which means you can not press two or more stimulation buttons at the same time because the radio frequency will block both signals. If both of your dogs are running away from you and you need to call them both back at the same time, you'll need to correct the dog who is leading the chase and then tap the other if necessary.

-Predatory chasing

This process is simple, but many trainers overcomplicate it with unnecessary complex protocols. Start by determining which animals you will allow your dog to chase and which animals they should not chase. Many of my clients will allow chasing of squirrels and birds but not allow chasing of deer, raccoons, porcupines, etc.

When your dog sees an animal that they are not supposed to chase, say come, wait for one second and if they don't come running back to you, hold down the continuous button. I typically have my e-collar set to a normal working level. If your dog is still ignoring the command, increase the level while still holding the continuous button. I tend to dial up the e-collar really quickly when doing this. More times than not you will hear your dog vocalize and then stop. Immediately release the button and call your dog back without any e-collar help. Turn down your e-collar level and keep going on your walk, or put your dog back on the leash if you feel the need.

This process is best done with an e-collar that has the versatility to hold down the continuous button and increase the level all at the same time. It's best if you can continue to hold down the button, increase the level rather quickly until your dog stops. If your e-collar is not able to increase the level without releasing the continuous button,

you will need to give the command, hold down the button, release the button, increase the level and then re-apply.

-How far should my dog range away from me?

You should find that your dog does not range too far away from you at this point in your training, most dogs keep within fifty to one hundred feet. In general, I don't allow dogs to be out of sight because they could find a porcupine or a similar animal without you knowing until it's too late.

Check out the step by step e-collar training video series at

www.ecollar101.com/book

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