



## What is Control Unleashed?

Simply put: Helping dogs who are reactive, fearful, anxious, easily distracted or lack impulse control. CU focuses on communication to change behaviour. ***Rather than a training program, CU will become a way of life!***

Originally designed for sports dogs, struggling to maintain focus while waiting their turn, or becoming frantic, and 'out of control' in sports rings, known as 'problem dogs', CU soon became a global phenomenon, for dogs of all breeds, shapes, sizes and vocations...including pet dogs.

At its core, Control Unleashed takes the conflict out of training. Most of us perceive traditional dog training as a battle of wills, to be won, by 'getting' our dogs to do as we ask, when we ask, every time we ask, AS SOON AS we ask.

In truth, these are also the reasons that much dog training either doesn't take or becomes a struggle. What if I told you that, by turning everything on its head, we could make a success out of training, in fact we could go as far as making it **FUN**?

Leslie McDevitt, the creator of Control Unleashed, calls this ***"re-framing the picture"***. By thinking about this training as a study of one (your dog), of teamwork, and a conversation between you, and your dog, instead of just getting from point A to point B, by telling them to sit, lie down, walk, etc, you will begin to truly understand **your dog**. How your dog looks, behaves, how his body language talks to you, ALL the time, will become second nature. As a result, you'll build trust and have a dog that knows he can rely on you to have his back, while also building his own confidence, at the same time. This course is about two, fundamental, things:

- **Giving dogs choices:** letting them decide to take part, or not, in the games, and making it okay for them to opt out, provides an amazing result...they WANT to work with us more!
- **Removing the 'conflict':** through Premack principle aka the "you scratch my back, and I'll scratch yours" school of dog training, you'll soon find that your, once runaway, dog becomes almost glued to your side.

## How Does it Work?

- ✓ The program consists of a combination of foundation behaviours, and pattern games
- ✓ This, **level 1**, course will teach you all of the Foundation Behaviours, including: Take a Breath, Default Behaviour, Look at That!, Mat Feelings, Thinking in arousal (Off-Switch Game), and focus through orientation to handler (looking at you).
- ✓ In addition, you'll learn key pattern games; simple, repetitive, activities that provide rule structures for anxious, or fearful dogs, and have real-life applications, including Up/Down, Ping Pong, Whiplash Turn, 123 walking pattern, Two-steps treat, and others
- ✓ By combining the behaviours, and patterns, you will help your dog navigate the world in a completely different way.
- ✓ Through the art of conversation, rather than prescriptive instruction, your relationship with your dog will blossom into something you never knew, you never had before!

## Control Unleashed is perfect for dogs who:

- Bark and lunge on leash
- Struggle to focus in busy/distracting environments
- Ignore you the second the leash is off
- Are nervous or reactive around new dogs or people
- Are easily excited, anxious, or stressed
- Lack impulse control (door-rushing, demand/attention barking, jumping up, snatch or grab at treats etc.)

## Control Unleashed is not right for dogs who:

- Are under 6 months of age – see the Puppy Program
- Have moderate to severe aggression toward other dogs or people e.g. display overt aggression, difficult to manage or control by handler
- Have a bite history (applicable to either dogs or other humans)

**Cost: £145:** payable prior to classes commencing (possible payment plans available)

## **Class Outline: 7-Week Course (In-person)**

**Week 1:** Zoom/Webex Orientation, lasting around an hour

**Weeks 2 – 7:** 6 x 1 hour in-person classes:

- **Week 2: Connecting with your dog**
  - Playing with stimulation/arousal levels.
  - Release cues
  - Leash exercises
  - Leave It
  - Targeting
  - Management
  - Leash comes off...toy comes out!
  - Orientation Exercises – doorways, crates, cars, thresholds
- **Week 3: Building focus while changing attitudes**
  - Look at That! – changing the conversation (or starting it!)
  - Go to Place (mat) – **the sacred space**
  - Parallel Games – giving dogs something to focus on while other dogs are around
  - Parallel Racing games
  - Adding motivational cues
- **Week 4: Increasing enthusiasm and focus in a distracting environment**
  - Give me a Break Game (GMAB)
  - Off-switch game – teaching your dog to think in arousal
  - Combining Off-Switch game with other games
- **Week 5: Working up to working loosely**
  - There's a dog in your face game!
  - Targeting to work loosely around other moving dogs
  - 'But he only plays at home'
- **Week 6: Raising criteria – faster, more distracting, still focused**
  - Distance work
  - Working in tight proximity (Car crash game)
- **Week 7: Next Steps – applying CU to real life contexts**
  - Think inside the box
  - Guidelines for integrating CU into real life
  - Dealing with distractions
  - Coping with stress
  - Combining games to reduce stress

## Training Equipment Needed

- 6-foot leash (retractable leashes not accepted)
- Flat collar and/or harness (no prong collars, choke chains or shock collars allowed)
- Lots of your dog's favourite treats, cut into small pieces
- A treat holder you can attach to your clothes for easy access
- Towel or mat for your dog to lie on
- Stuffed Kong, bone, or other, long-lasting, chew (**to be eaten in crate or on mat, especially if resource guarding is a challenge for your dog**)
- Tug toy
- Water bowl
- Clicker (*optional*)
- Crate—can be soft-sided, plastic, or wire mesh (*optional*)

\*Don't have everything on the list? Don't worry! We have extras you can borrow if needed, so just let us know.

**NB: Even the best class in the world, won't make any difference, unless you're willing to commit your time and effort, outside of the class environment, to really make change happen.** I truly appreciate that life is busy, and often hectic. Training, even for 10 minutes, twice a day, can deliver significant benefits. Oddly, there's a direct correlation between input and output. Who knew?! Even taking the time it takes for the kettle to boil, can help. Add up the number of cups of tea/coffee you drink, in a day. If you were to do some quick training, each time you put the kettle, on, how many minutes would that be, every day? Amazing, right?!

### Prior to the course beginning:

You'll be given a login to the online portal. Inside, you'll find videos for the exercises we'll be covering, each week. Please take some time to watch the videos, prior to coming along to class. You don't have to practice or try to do the exercises, before class (though you're free to do so, if you wish!)

In addition, you'll also be able to download a class breakdown, so you know what to expect, before you get here, each week. We know your dogs don't love surprises, so why would we expect you to? 😊