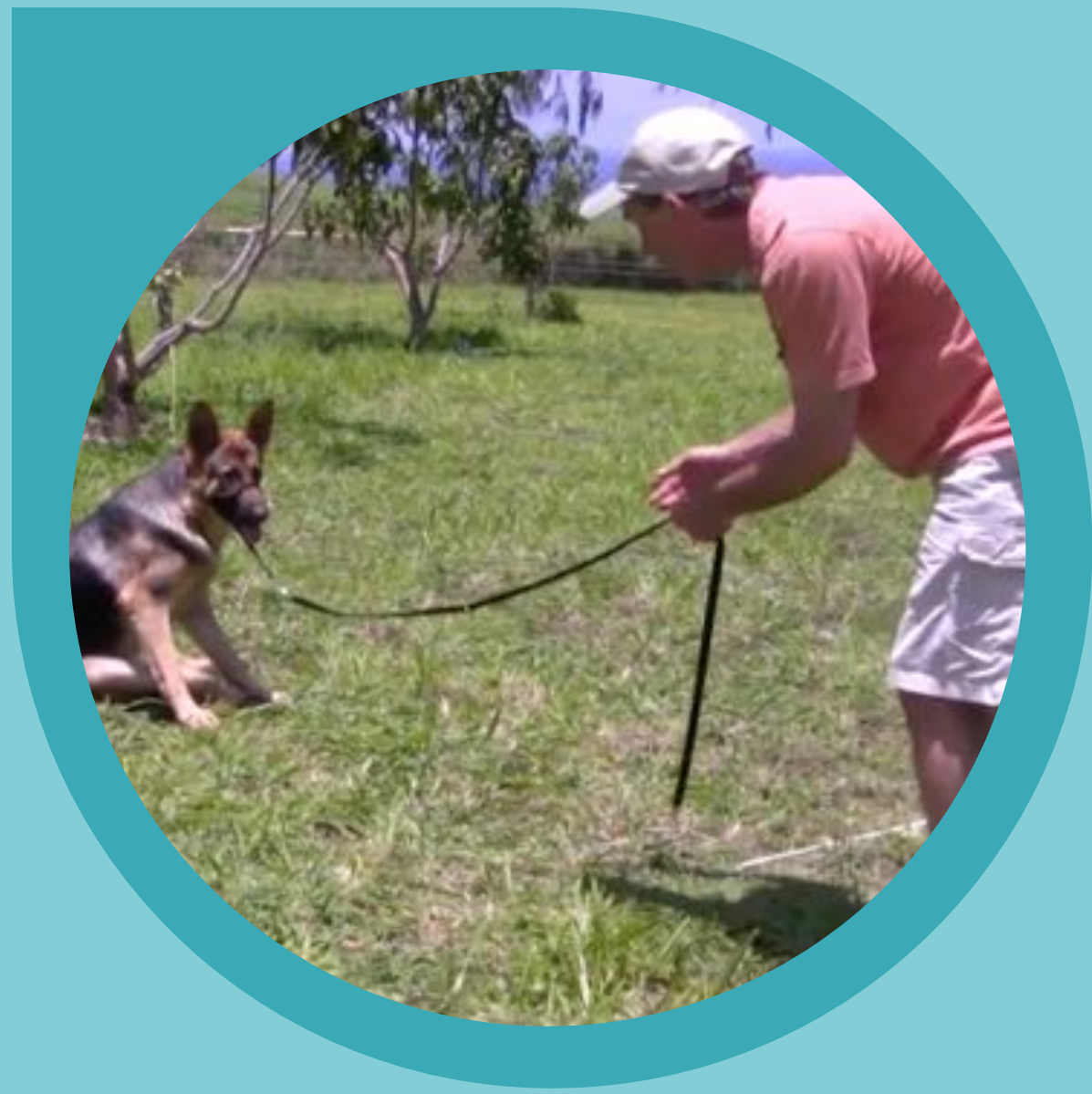


Tom Mitchell

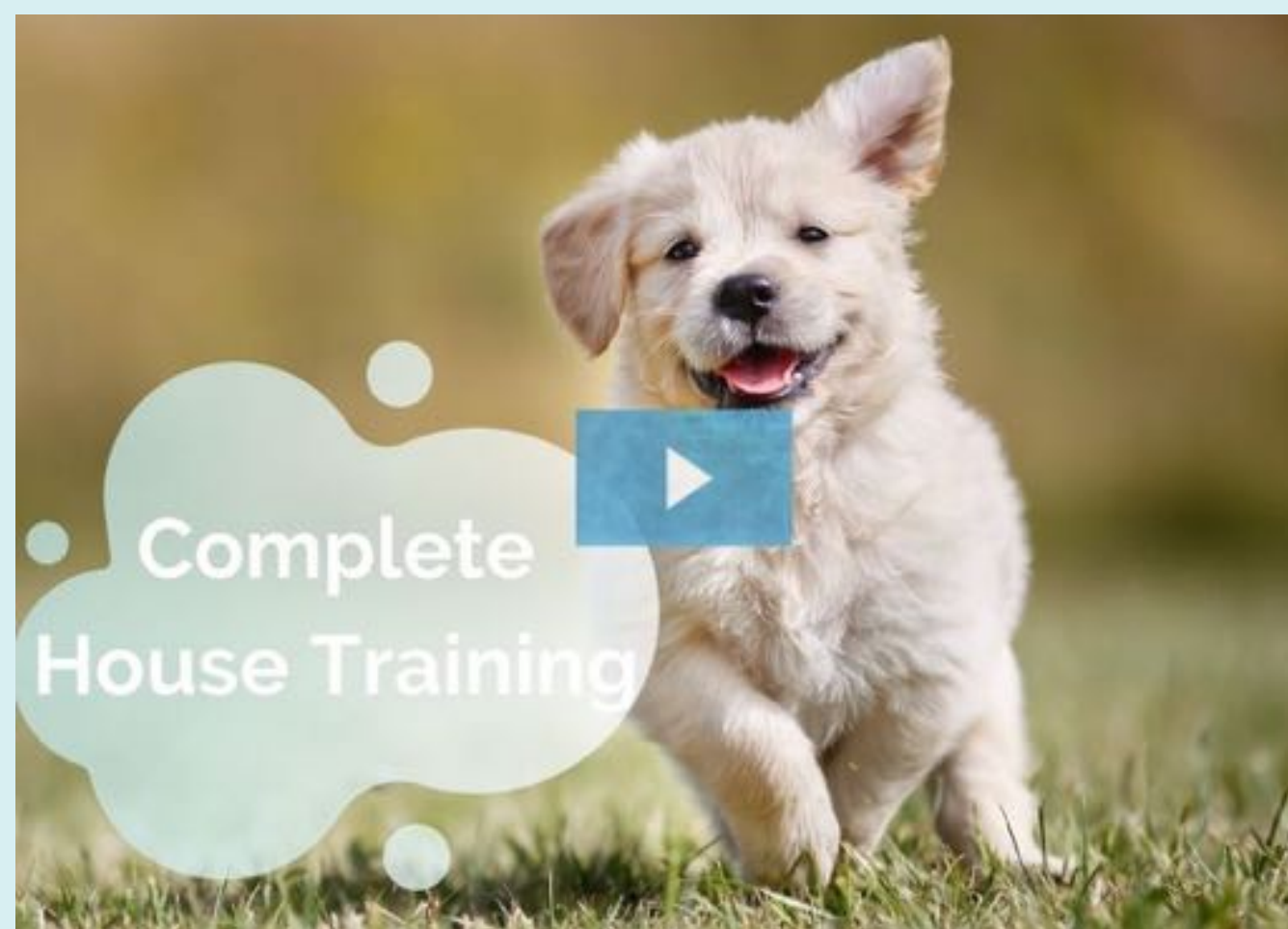
# 1 Minute Dog Video Transcripts





Tom Mitchell

# Video 1: Complete House Training



Video 1

# Video 1:

## Complete House Training

**Tom:** Hi, Tom Mitchell, the 1 Minute Dog Trainer. We're here today to talk about house training. There's a concept that has been put out into the world. It's called housebreaking. And it's an interesting difference between house training and housebreaking, and we'd like to train our puppy to live inside the house as opposed to breaking our puppy of bad habits before they develop them.

The difference is ideological or actually conceptual, but the way you approach it will be very different if you're working from the house training perspective, as you'll find in other videos that you're watching in this series, we're talking a lot about doing these very specific TTouches developed by Linda Tellington-Jones. We're going to use that as well as the one minute concept in our house training efforts.

To start with, I'd like to go into another concept that is in the media quite a bit, and that's the concept of being the leader of the pack alpha dog versus training with wisdom and leading your dog into what it is that you want. There are many trainers out there that suggest you choke your dog, growl at your dog, yell at your dog and other methods that are somewhat aggressive. And these methods have been proven time and time again to actually cause or create more aggression in your puppy or your dog. So in the same way that we wouldn't ask somebody to come into our house. And then we would yell at them or choke them or our children was training our puppies in the same way.

We're going to focus primarily on crate training in this. There are other methods, puppy potty pad training and using litter boxes. There's a lot of good information available on the internet. If you live in an apartment, you may want to explore. And I'll touch briefly on it using a little puppy pad, or even better yet, using a little place.

If you have a small lanai, creating a small grassy area on your little patio or lanai, even if you're up on the 20th story, you can just get a little box and build a little like 4 by 4 foot box, fill it with some dirt, plant some grass there, and teach your dog to go right out onto that. And then you can use the crate training method inside and use that as your outside.

As far as crate training goes, there are a lot of different kinds of crates. You can get the plastic hard shell crates, you can get the wired crates, you can get soft crates. Usually I'd like to work with either the wire crates or the hard plastic crates.

The most important thing is to make sure that the size of the crate is right for the size of your puppy. It'll be a different size crate if you're dealing with a chihuahua, then if you're dealing with a bullmastiff. I mean, these are very different sized puppies that are going to grow at very different speeds. So you want to have a crate that's just large enough for them to comfortably lay down and move around, but not large enough so that they could find a spot in that crate that they felt was far enough away from their bed area to eliminate inside the crate. OK.

One of the most important things that you will have to do is use ample supervision and really watch out for your puppy, and this is where the one minute training technique really comes in. And what do I mean by that? I mean, you need to check in with your puppy, especially a new puppy. And let's just take for example, you've gotten a young puppy. It's eight or nine weeks old. And depending on where it came from, it may already have some understanding or concept of eliminating outside. If it came from a really good breeder, they kept those areas that they raised their puppies in cleaned and puppies weren't used to living in their own soiled areas. On the other hand, if you got a puppy from a pet shop or what's commonly known as a puppy mill, that puppy may have been raised in an area that was contaminated with a lot of feces, that a lot of urine. And they just grew up thinking that they live that way. If that's the case, and either way, we can work with these dogs. But if that's the case, it may take you a little longer to help them understand exactly what it is that you want them to do.

I've been working with dogs for a long time, over 25 years. And what I know is, is that they're smart. If you give them a chance and you teach them what you want with love and kindness and understanding and wisdom, they'll give back to you everything they have.

And they'll learn this crate training method or other methods of elimination really fast. Again, the 1 minute sessions you look to see, how is my puppy doing now? There are some people that recommend and it depends on the kind of dog you have and the kind of lifestyle you have, attaching to the puppy, to you at all times. For the first two or three weeks in the house, they're on a leash, 6 foot, you attach it to your belt. And you make sure they're with you all the time. So that you can keep an eye on them. The one thing that you really want to be careful of is that the puppy does not eliminate inside the house..

Now, for most people, this will happen. One time or another, and then if that is the case, you need to clean it up really well. There's some great products on the market. Nature's miracle is one of them. That is the odor eliminator. And it actually goes in and it's got an enzyme in it that helps eliminate the odor. That being said, puppies can smell their own urine in three parts per million of water. So, you know, you just have to be really diligent. You absolutely do not want to clean with ammonia or vinegar. Those things will encourage the puppy maybe to come back to those spots. But if an accident does happen, you want to thoroughly clean it up. If the accident happens inside the crate, you want to make sure that you change that bedding quite frequently. And you want to do that anyway.

So let's talk about the crate a little bit. First off, you've gotten a crate that's the right size for the kind of dog are the size of dog that you have now. Where does that crate go? Well, during the day, you want that crate near you. And what do I mean by during the day? What I mean is if you got a new puppy and you're planning on going to work the next day and leaving that puppy inside the crate for eight hours, you're in for some, you know, some problems. And the puppy is not going to be very appreciative if you decided to get a puppy.

It's really a good idea that somebody is going to be there unless the puppy is going to live outside the full time that you're trying to create train or a house train this puppy. What do I mean by that? I mean, that puppy is going to need to go outside really regularly. You're going to find a spot in the yard. You're going to take them to that spot every time you're going to ask them to eliminate. And what do I mean? You're going to say, "please go potty." "Go potty." Or use whatever language you want to indicate that this is what the puppy is going to do, and then when the puppy does do that, you praise them heartily and you do the touches.

So back to the size of the crate you've got to create. That's the right size. You've put some proper bedding in it. If it came from a really reputable breeder or somebody, you know, maybe you came home with a little piece of cloth or something that'll help the first few days of transition from its littermates and its mother to your house, and that can be in there. A nice little bedding area again. Remember, it's something that you may have to clean regularly. So you don't want to have a bed in there, but some sheets or some towels, maybe a tiny little pillow of some kind, not too large.

Feeding, your puppy's going to need to eat quite regularly. So to start with, when we introduce the puppy to the crate, what we want to do is make it as simple and easy and non-threatening for the puppy as possible. So what you can do is if it's one of the hard shelled crates, take it apart. So it's in two halves. So that the puppy can walk in to this crate area, and it doesn't feel like an enclosed crate.

A lot of people talk about crates in the sense that they're den's. I'm not opposed to the fact that they are the canine species and wolves are also the canine species, and I do believe that they still have denning instincts, although dogs have been domesticated for 10,000 years or more. And some of that is really no longer relevant in what we're trying to do in crate training a puppy. There are certain things that, wolf mothers do do they keep their dens very clean. They push their puppies out to make sure they go outside, just like we're going to encourage our puppy to do. So you've brought your puppy home. You have your crate. The bedding's there. You have your nice little bowl for water and food. You've talked to the breeder. What kind of food this puppy has been eating. Hopefully the puppies at least eight weeks old because they should stay with their mother up until that period of time. You've got your little scented maybe scrap of cloth or clothes or whatever that came from that that area. And if none of that's true, it's all OK.

You want to stop in the other videos in this series, you'll see exactly how to do these little circular TTouches where we make a circle and a quarter about the size of a quarter, and then we move to another spot. Why don't we first feed the puppy in the crate that's open now, if it's a wire crate again, we can take the top off or we can just even use the basin, or the tray of the crate and build the sides up, put two sides up and then three sides up and let them get used to walking in and out. You can put a chew toy in there. Anything you can do that will make this puppy feel comfortable and welcome in your new home all the time observing the puppies behavior.

Now, when puppies eat or drink, what do you think? First thing they're going to have to do within 15 to 30 minutes is go outside and pee or poop. If you don't keep a really strict eye on your puppy, then you'll have accidents. What you want to do is 1 minute at a time. You check in regularly, set a little alarm clock, get an egg timer, do anything you can do so that every 5 to 10 minutes.

And this is especially important in the first week or two that you have your puppy, that you're always checking in for a minute. You go over and you talk to the puppy. Maybe you do a little of the touches you do some tail work, you do some ear work. And if you want, you can go outside. Now, there's a difference between going outside to eliminate and going outside to play. And we want to make sure that we keep that in mind. We don't want to go outside with a young puppy and distract them with play when what we're hoping to teach them is to go and eliminate. It's really great to pick one spot in your yard and then take that puppy to the same spot over and over again.

Now, let's just say, for example, that there was a little mistake in the house and you puppy pooped in the house. OK, so do we just kind of quickly clean that up and throw it away? No, we take that little poop. We let the puppy watch us. We pick it up, we take it outside to the area. We carry our puppy or have the puppy come out with us on a leash. We show them, this is where I want you to go potty, go potty here and let the puppy sniff it and leave that little poop there for a while. So that they get the understanding that that's where it is that they should go. And you take them to that same spot every time.

All right. So we've got our crate, our bedding, our dishes. We're slowly building the crate, getting the puppy used to it. Maybe we've got a toy in there. Now, puppies have a tendency to kind of chew on things, and they also have very sharp teeth. And so you want to take care that you're not training them early on to play tug of war. I think it's a really bad idea. And it encourages chewing on things that you don't want them to chew on. You want them to chew on Kong toys, other hard toys, pig's ears, little soft bones, other things that are good for puppies to chew on. And we'll have some updated information on our website. And there'll be some more written information that can come along with this series for you on exactly what this is like.

So we've got all these things in place. We're keeping an eye on our puppy. We're taking him outside. Any time that that puppy has eaten or drink some water, we know that we're going to take him outside within 15 to 20 minutes and we keep an eye on them looking for the signs of elimination. Now, what would that be? They start to sniff. Their tail goes up a little bit. They start to kind of get a little antsy. They might whine a little bit. You'll notice if you start to pay attention and you spend some time. And it's really important to spend that first two, three, four or five days, a lot of time with your puppy, welcome them to your home. It'll pay you back over the next 10 years. It'll pay you back.

So timing is really important, as we've been talking about making sure that if your puppy but what are the other times, the other times when he wakes up in the morning, last thing at night, you know, when you're out playing, make sure you go outside and have the elimination area be part of the routine that you just walk by and say, you know, Sadie, do want to go see if you have to go potty?

And as you know, you'll see in watching the other videos that I'm a big fan of, speaking to dogs in full sentences using, please and thank you. Treating the dog as a member of the family with the same respect you'd give any member of the family. And at the same time, making sure that the dog understands our puppy, that we expect things of it. It has jobs.

And that can depend on your family or what kind of dog you have as to what type of jobs or, you know, are you looking for a puppy that grows up to be a little bit more watchful of your home and your property? Do you have a golden retriever that's just going to be the friend to your three and five year old? I mean, kind of different concepts and how you're going to train your dog as you go down the road, but starting off with the proper elimination and developing the proper rapport, that's key.

So first thing in the morning, any time, there's been food or water, any time they've been in the crate for more than a couple hours. And we'll talk about that in just a minute. Last thing at night. And let's talk about night for a second. Nighttime, OK, so you're an eight week old puppy and you've just come you've just left your littermates or you've just come from someplace else where you've lived and now you've been brought into a home and they're going to put you in this little container called a crate. And, you know, it's not that much different than having a young child. I'm greatly fortunate to have a two-year-old, and an almost five-year-old. And I have to tell you, training a puppy is way easier than dealing with a young baby.

Within a couple of weeks, your puppy should really learn where to eliminate and where to go. And in many cases, if you pay attention, you use these 1 minute sessions where you go over and you talk to them, you check in, you do the touches and you do that 10, 15 times a day. For the first two or three days, you'll have an extraordinarily well trained puppy. And then when you go through and you use the techniques in the 1 minute training where you just start to work with the sit, stay, come 1 minute at a time, and you really don't want to start that until the puppies, at least 12, 13 weeks old, something in there. I mean, you can as long as it's fun and not laborious for you are the puppy.

So it's nighttime. This puppy is a little afraid you're going to put them in a crate. Maybe they're whimpering. A couple of things you can do. First of all, you want to have that crate in a family area or a well trafficked area during the day. If you decide that you can't watch the puppy and you want to put it in there for 20, 30 minutes, that's OK. Or half an hour or an hour or whatever it is, you can put the puppy in there and talk to him and come back getting used to staying in there for short periods. And gradually increase it.

It's very unlikely that a puppy, a young puppy under 12 weeks is going to be able to hold its bladder for more than an hour or two. And you really got to be aware of that. So if you need to go someplace and you're going to leave the puppy in the crate, maybe a neighbor can come by and check on him or take them outside every hour or so, or try and arrange your life for the first week or two. So that you can spend the maximum amount of time with your puppy.

Nighttime, OK, so we take the crate just the right size. And let's move it into our bedroom and maybe you're thinking, you know, I got to have a good night's sleep tonight. And I thought that plenty of nights with our daughters, I need a good night's sleep tonight. But for the first few nights, you know that puppy's going to wake up and you're going to need to take it outside because it's going to want to go potty and you don't want it to go in its crate. So what we do is we bring the crate in and maybe the puppy will have the ability to hold it here. And for some period of time, last thing at night before you go to bed, you go out and you take the puppy to its area and you wait until it goes potty. I mean, it takes however long it takes, but you want to make sure that it goes you bring it inside.

I wouldn't necessarily feed it just before you put it into the crate. But one of the reasons many puppies will wake up in the middle of the night is that they didn't eat enough earlier in the evening, and they wake up a little hungry or they wake up lonely. You know, be prepared that you want to take the puppy outside a few times in the middle of the night, maybe only once, and just know that that may be the case. One of the things you can do if it's close to your bed, you can try and just talk to the puppy if it's whimpering. But once you put them in the crate, you pretty much want to leave them in there, do some of the little touches before you put them in, make sure they're not afraid. Introduce them to that crate slowly, make sure that they eat their meals in there. And then you can always place a little sheet or some kind of a blanket over. It might help them feel a little more secure inside the crate and give you a few more hours sleep.

Ok, consistency. Now, I've said this enough times that you probably have the understanding of this already, but consistency will be the key. Watching your puppy, praising him exuberantly when he goes potty outside. Scolding a puppy for going inside will only generally confuse them if you're catching them in the act many times, you can stop them and move them outside quickly and you just do that silently, move them outside, even though it may be your inclination to go no, no, no, no. But you don't want to. Yeah you don't want to have fear associated with the act of elimination with the puppy.

They're really young. So take them outside, take them to their spot, go back in thoroughly, clean up the area and just, you know, if you want to roll up a newspaper, which a lot of people have done, and whack the puppy a few times where you can roll up the newspaper and whack yourself a few times for not paying attention, that's the thing you could do with newspapers. Never rub your puppy's nose in it, never really yell at your puppy for elimination, be kind, be understanding and wise with this.

So that's the foundation. It sounds pretty easy. It just takes consistency and time and understanding the different times of day to take them out. Now, if you have a puppy that's six or eight weeks old, they need to go out every hour. If you've got a puppy that's 12 weeks old, 10 to 12, maybe they can be OK every couple hours, 16 weeks old. Now we're at a four month puppy. They may be able to hold it three, four hours, five-month-old puppy, probably they can hold it all night easily.

And please don't think that I'm saying that you have to get up in the middle of the night every night for five months. That will not be the case. It'll be breed specific the size of the dog, kind of the dog where they came from, how they were raised as young puppies. All these things will play an important role in this. But just know that it's going to go by pretty quickly. And that at a certain period of time, the dog will be able to easily hold their urine all night.

Now, do you continue to use the crate? Many people like to have a crate in their house and they keep their dogs sleeping in it and they lock them in there. I'm not a huge fan of it. I'm actually a big fan of dogs sleeping outside. But where we live, it's warm most of the time. And so it's easier to keep our animals outside. If you live where it's cold or you want your dog inside, I'd recommend that dog does not sleep on the bed with you. But that's totally up to you. You know, people have different reasons that they have dogs and animals. And if that feels appropriate, then that would be the thing that you would do.

If you want to keep your dog in the crate, you're going to have to probably buy a bigger crate. So that'll be a decision that you'll get to make along the line. You know, one of the fun things you can do with your puppy is when you're going to go outside. If you want to teach your dog to be able to tell you that it needs to go outside without necessarily barking, which is one of the reasons dogs will tell us that they want to go out side by giving us a little "woof" or they'll be wiggling or running to the door. Some people will actually hang a little bell on the door and they'll teach their dog to go over and ring the bell when they need to go outside. Now, I think that's a fun thing to do. If you like the sound of a bell. One of the things that happens on occasion, though, is the dog learns that, oh, every time I ring the bell, I get to go outside, and they ring the bell a lot during the day because they want to go outside and play. It's a fun thing if it's something that is of interest to you, you can go ahead and try that.

So let's recap now. So the important things that you need to do, get a crate that the right size, make sure that you get some bedding and some other things inside the crate to make it comfortable for your puppy. Have our crate open so that we can introduce the crate to the puppy that's non-threatening to the little TTouches. And the TTouches are so much more important than you can probably understand if this is a new concept to you. We have literally tens of thousands of people around the world that have done these specific touches now on animals.

And I've worked on a large variety of animals, whether it be dogs and cats, wolves, camels, all different kinds of horses. It's just remarkable how well and how much smarter they make animals.

So pay specific attention to that. Pay specific attention to consistency. One minute check ins all the time during the day for the first two or three weeks. Make sure that you're very much aware of how your puppy is responding to its environment, whether or not it looks like it has to go outside, whether or not you have fed it recently or whether or not it's had some water. Make sure all those things are in place, I wish you the best of luck with your puppy and we here it 1 minute dog training would like to hear back from you on your specific needs and wishes. Thanks very much for listening.

So we wish you the best of luck with your new puppy. It's such an exciting thing and a wonderful adventure to have a new dog and a puppy in your life here at the 1 minute dog training. We'd like to help you. Please stay in touch with us. You can write me directly, [info@1minutedog.com](mailto:info@1minutedog.com). That's [info@1minutedog.com](mailto:info@1minutedog.com), I may not always be able to get back to you right away, but we'll do our best to answer your questions and help you whenever we can. And again, we wish you the best of luck. And thank you so much for trying our product.



Tom Mitchell

# Video 2: Young Puppy Sit Stay Come 1



Video 2

# Video 2:

## Young Puppy Sit Stay Come 1

**Tom:** Hi there, I'm Tom Mitchell, the 1 Minute Dog Trainer. And we are here today with Bill and Char and Scratchy. And Scratchy is a, how old is Scratchy?

**Bill:** He's 17 weeks.

**Tom:** 17 week old Australian Shepherd mix. So one of the things we know about Aussie Shepherds is they have a lot of energy and these dogs were actually bred to work. And so we'll be talking about that and how we work with a dog who has a high metabolism and a high propensity to have jobs. And what we can do if that isn't the case in this household.

So, you've had Scratchy for how long?

**Bill:** About nine weeks now.

**Tom:** Nine weeks. And when you got him, so he was, what, ten weeks old, which is a good amount of time for him to have stayed with his litter mates and his mother. That's always a really great thing if a dog can stay with the litter for at least 8 to 10 weeks.

One of the things that we want to talk about is with puppies, how we train them in little short segments. Now Scratchy is already, he showed up today with a gentle leader on. And we really appreciate that. You know, coming in with a gentle leader or a halti, which we'll look at a little later, instead of a collar. Very few dogs really respond well, and when I say well I mean positively, from being choked. So, have you guys had dogs before?

**Bill:** Yes.

**Char:** Yeah.

**Tom:** Yeah. And you picked this kind of dog for what reason?

**Bill:** Well, we had a Belgium Sheepdog before.

**Tom:** Oh, nice.

**Bill:** And he was very smart, high energy dog. And we just like the working breeds.

**Tom:** Yeah, that's great.

**Char:** And our son picked him.

**Tom:** And I understand your son also named him.

**B & C:** Yes.

**Tom:** Is that correct?

**Char:** Yes.

**Tom:** And, so his name is Scratchy and how did he get his name?

**Bill:** The book.

**Char:** Oh.

**Bill:** Our former next door neighbor wrote a children's book about, called the Pirates of Paradise Cove, and in it is a cat called Scratch. And he liked that cat a lot and so...

**Tom:** Here we are.

**Bill:** Here we are with Scratchy.

**Tom:** Alright, well it's good. Names actually play an important role in animal's lives. And, I one time worked with a couple aggressive cats at a very wealthy family's home in Salsalito. I got called in. They had six cats, all who lived inside. But two of the cats wouldn't get along. They always fought. And all the other cats, they liked the other cats. The other cats liked them. But these two particular cats always fought. So when I sat down with them for the first time, I said "So, what are these cats' names?" And they said "Oh, this one is Bronson and this one is Eastwood." And, you know, the first image that came up in my mind was two gunslingers that were out duking it out. So, you know, no matter what the name of your dog is, it's always interesting to take a look and see how it is that dogs got their name and the images that we kind of hold in relationship to them.

So, if you were to say, you know, I mean Scratchy's lying here right now and very calm and listening and that's a great thing for a young puppy like this. He seems to be pretty well mannered. What are the things that you'd like to work with on Scratchy? What are the things that are your biggest challenges?

**Bill:** Well, consistency with the basic commands.

**Tom:** Okay.

**Char:** Nipping.

**Bill:** Nipping. And, he gets in moods where he's trying to actually dominate us by jumping up on us, trying to pull our clothes and stuff like that.

**Tom:** Uh huh.

**Char:** And aggression with our little boy.

**Bill:** Yeah.

**Tom:** So we have nipping and aggression. Kind of play aggression or is it, he goes at him pretty hard?

**Bill:** It can start out as play aggression but it can intensify.

**Tom:** Okay. And we noticed earlier on when Scratchy first got here that he doesn't always come when he's called.

**B & C:** No.

**Tom:** So we have some aggression and nipping going on. We've got some, you know, challenges with basic commands. And command's a really interesting word. In our system we don't use that word very often. I feel that the foundation of a really good dog training system is three basic elements, or three basic requests that we have for our dog. And that's, you know, the obvious ones, sit, stay and come. And, from my perspective, in my experience, if you can master those three things, everything else easily comes from that. So then it's "okay, well how do we get him to sit and stay, and how do we get him to come?" You know, it really comes down to being that simple. And even the aggression can have a very distinct play with those three elements.

So when we look at the word 'command', and we take a look at how that makes us feel using that word, we use, when we say the word 'command', we're here and we're telling our dog to do something. And what I'd like to do is just offer the opportunity to say Scratchy is actually a member of your family. You know. And we use in our system 'please' and 'thank you' a lot. We say 'please' and 'thank you' and speak to dogs in full sentences versus one word commands.

By doing that, what we've found is that we're able to really help them become more grounded and more intelligent. So that will be one of the first things that we start to do is work with him in a way that he feels that we're on the same level, that we honor and respect him as a member of the family, and at the same point, we have certain jobs and requirements of him as a family member. One of those things would be to come when he's called. Because that's a really important thing. You know, you know. Of all the things that we can look at with dogs. Come when they're called.

And dogs really, we talked a little earlier about this, and they said "Well, if you've got a treat in your hand, then Scratchy will come". And that's the foundation of many dog training systems. They teach the dog to come from a treat, and there's nothing wrong with that in the beginning. But the reason dogs come is because they want to come. It's not because of food, or if you don't have food and your dog doesn't come, he's not really trained. It doesn't really, you know, it's not working. Unless, you know, he's on the other side of the street and a car's coming, you know, where are you going to find the treat in four seconds? He's got to come when you ask him to come. And again, the reason that dogs will do that most efficiently over and over again is because they can't think of any better place to be than with you at that point.

So we're going to work with the basic training of sit, stay and come. And then we'll show how to interject that with the aggression. And with the aggression, we're going to say "you know what, it's about stopping it before it really gets going". Laithe, their son, isn't here with us today but maybe we'll do a session with Laithe in the near future. And we'll help him understand that certain ways of being, tug of war, kind of pushing him around. I mean, it can be fun for a little while, but it does lead to these other challenges.

Now, is Scratchy neutered yet?

**Bill:** Not yet.

**Tom:** Not yet. So that's another element that, unless somebody has a very comprehensive breeding program in mind, and really understands and wants to do that, you know, by the time he's six months old, probably a good idea to help him along there.

**Bill:** Yeah, our vet wants to wait until all his adult teeth have come in.

**Tom:** That's great, yeah. Okay well, Scratchy, could you come over here please? Okay, so now we can see Scratchy. Want to take a look at Scratchy down there so we can see, we'll see who Scratchy is. Scratchy's just sitting there and he's kind of in his own world right now. Very comfortable. Very happy.

And, you know, in some ways we all live in our own worlds, you know, humans, animals. And, what we have to do is learn interspecies communication. So how do we do that? Does Scratchy speak English? Do we speak Dog? No. So we have to find a common element that allows us to communicate with each other. And the simplest element that we can use is touch. So we're going to use a technique that was developed by a brilliant trainer named Linda Tellington-Jones. She developed a technique called the TTouch. And I had the great good fortune to work with Linda for many years. And there's probably oh 2, 3 dozen different kinds of touches, but in a case like this, we're working with Scratchy as a young puppy, we'll just concentrate on 3 or 4 different touches and how they impact him and how they'll help him focus.

So, we'll turn off the camera here for a second, we're going to set up, and we'll be back in just a minute.



Tom Mitchell

# Video 3: Young Puppy Teaching It To Come 2



Video 3

# Video 3:

## Young Puppy Teaching It To Come 2

**Tom:** Hi, Tom Mitchell, the 1 Minute Dog Trainer, we're back here with Scratchy. OK, so as you can see, Scratchy sitting there very calmly and now he thinks he just kind of go over and check things out.

One of the things and this is, again, one of the most important elements that we have is that a dog comes when he's called, hey, Scratchy. And you can see you can see that Scratchy is like, what? I'm got something else to do here, so. Come on, buddy. Please come on back, so we're going to talk to him in a pretty simple, gentle way and we're going to ask him to learn these three things. Now, Scratchy has already been. Thank you. That was so well done. That was so well done. Thank you. He's already been to a simple dog training class a few times. And Char and Bill was telling me that it was good except for the fact that they didn't have time to do their homework. So, here we go. OK, so we're going to just now you can see that he's a little unsure and he's starting to mouth me a little bit. And this is fairly common. Now, when we ask a dog to sit in, I'm really big on asking a dog to do something once many dogs think their names are no stop or sit because people say it over and over again. No, No. Stop, Stop. Sit, Sit. OK, so when what we want him to do is to learn to pay attention. And by doing that, if we have respect for them, they'll learn respect for us.

Now, one of the interesting things about learning, Bill, is, is that as a doctor, an M.D., and had to go to school 18 years long?

**Bill:** A long time.

**Tom:** A long time to become a doctor, we take our dog to a four week, six week training class and we expect them to learn everything we need them to learn in that period of time. And in many cases they do. And so that's a remarkable thing that just shows how smart dogs really are.

Now, we're going to go over first the sit stay, and come. As far as I'm concerned, sit and lie down. That's pretty much the same thing. Whatever, whatever they're most comfortable doing. One of the things that I'd like to also recommend that you teach Scratchy is that whenever he comes up to you or someone that he does learn to sit down, that's his first. His first thought is, I come up, I sit down and I wait and we go from that perspective.

Now, here we are. He's he's playing with the bugs and everything's OK. And we know that he doesn't necessarily come when he's called. So what we want to start to do is help Scratchy come into his body a little more, because right now he's just sort of focused on this as a new place. And so we're going to one of the little touches that we've learned from Linda is a little ear strokes, ok?

And so and he wants to just like anything that's new, especially anything that's new, that brings change, there will be resistance. And that's not just with dogs, that's with human beings. Any time we see the opportunity for change, if we're not ready for that change, we're going to resist it.

So the touches have their foundation in making a complete circle with our fingers and a quarter so that we complete the circle and we do the circle about the size of a quarter with relatively light pressure, enough pressure to move the skin, and then we move to another spot. So we do this with our hand kind of soft like this. And our fingers slightly bent and many people two things happen to them when they first try to do the touches, first thing they'll do is they tend to stiffen their fingers. And the second thing they tend to do, and we all do this when we're learning something new is hold their breath. And so we want to make sure that we're paying attention, that we have a soft paw, nice soft hand. And you can see I'm just making these circles here just helping bring Scratchy into a little bit of focus. And there's many different touches. And with the system, you'll see that there will be little cards that come with it that will teach you how to do this also.

And so we're going to concentrate today on this simple little circular touch, which is called the raccoon touch. And then we're going to focus on the ears and then we're going to particularly right now, focus on the mouth and the mouth is because Scratchy is starting to kind of nip and chew on my hands. And we know that we have a problem with nipping and biting. So I'm going to gently hold his mouth here. Now, if he starts to roll over into a submissive position, I want him to remain conscious.

I don't want him to roll over and go totally submissive. And what we're going to do is we're going to learn how to do these things as soon as Scratchy gets the basic concept 1 minute at a time, we work with them for a minute and then we let them go and we let him rest. And they can do this at home because of the basic problem of don't have enough time. If we stop for 1 minute at a time, five times a day, three times a day, even 2 times a day, you'll get a lot further than trying to stop once or twice a month for 20 or 30 minutes.

OK, so what I'm going to do now. And we didn't ask how Scratchy is about food, is he does he kind of gobble his food? Will he take food from your hand gently?

Char: Oh, he's good at that.

Tom: That's great, because that's another common problem with young puppies that haven't really learned is that they'll learn to take food fast. OK, I need you. Thank you. I need you to just focus focus here. We're going to close his mouth. We're going to come back now. I'm going to go right up inside his mouth. And I'm going to work on his gum and I'm going to do these tiny little circles right up in his gum. And I'm going to go up inside his cheek. And the reason we're doing this is to bring awareness to the mouth, because what he does is he gets into habitual patterns. And what has been proven with these little touches is that they help re-educate the cellular memory, that he can learn this, he can learn to do this quicker and easier. We are doing the outside of his mouth now. We're only going to do it for a second.

And again, change is happening. There he goes. He's rolling over and he just wants to play. So we'll just bring him back. Could you please sit up? Thank you, Scratchy. OK, thank you. Now, we're only going to do the now you can see he's not getting his way and right there he got a little more aggressive. It wasn't just a tiny little nip. He went from my hand a little harder there, so. We need to just help him understand that the somebody that's totally unacceptable. OK so we need to create some change here. Now, we're going to do this for another little bit. And we'll start working with something else and then we'll come back to this.

Please sit down, please sit down. Thank you. Now, we could see that Scratchy got a little more aggressive, thank you. There are a lot of training methods out there that emphasize being the alpha dog or being the top dog. Like I could get down on him, you know, as if he were in a wolf pack, that I would let him know that I'm the leader of the pack. You know, there's a certain oh, I didn't even notice because of all his fur that he has another little collar on that's actually pretty tight. So we're going to take that off right now. OK, there you go, buddy. Let's loosen that up. There we go.

You know, I've worked with wolves and I've worked with Wolf puppies and wolf packs, and they're very different animals than dogs. There's a totally different awareness. And I just don't think that there's a commonality like we don't dominate our children, you know? Well, maybe some people do, but wait to help people learn domination is not the best approach, helping them understand what it is that we want, teaching them with patience and kindness that will bring us to the next place.

OK, so he's gotten the introduction to the mouth touch. So we're going to stop that for a few minutes. Just take this. We don't want him to be too distracted right now. We're going to work with sit, stay and come. OK, so the reason he'll come is because we're so happy that he comes. So when he comes and we'll get him to. Come when he's called and if we have to, we'll put an extension on the leash. We'll teach him to stay and then we'll ask him to come. Actually, I think I'll do that right now. Could you hold him while I go get an extension, please? Thank you.

OK, this is another kind of leash that we use. We may or may not use this with Scratchy right now. It's got swivel snaps on both ends. And what it allows us to do is hook one end up to the gentle leader or a halter and the other lead to either a harness or a collar. And that way we can give them gentle signals on both sides at the same time. So we can just give them small little signals when we're teaching them to lead and when we work with dogs, especially with leading. And we'll get into this in a little bit. We use these training wands and we have three basic elements that we use. We use our voice telling them what we want. We have the leads and we want to give them the slightest signal possible. And we also use the wands as a visual cue. So we'll come back to that in a few minutes.

OK, so the next thing we're going to do now is we'll work with Scratchy on just the basic request to come when he is called. All right, well, I'll just do this like this. OK, Scratchy, so we're going to set you down just a little away from us and we're going to ask you to come when you're call buddy, ok? We'll just keep that, why don't you guys be right. Come here Scratchy, come on bud. Very good. OK, here's what we need now. We need you to sit down, please. And you're noticing again, I'm using the word please, and give them a little slack on this and maybe come down to his level. OK, Scratchy, I need you to stay, please. Now, he's already been to dog training class a little bit, so he understands this. The thing he doesn't understand so much is coming when he's called. So there he goes. Scratchy, come on. Come on, come on. Yay! Now he sits down when he comes up. Yay! Now we're going to do these little touches, a little circular touches. Thank you. And we want him to stay seated in an upright position so that he doesn't go into submission and he keeps thinking, thank you so much. That was so good. OK, let's do that again. Now, again, given that he's a puppy, you know, we'll do this a few times. Come on. Let's go back and do this again, and we're going to make this fun for him.

Sit down, please. Very good. Thank you so much. Thank you so much. That was such a good boy. I need you to stay, please. And now you notice I'm giving him a slight hand signal. Now we'll just give it an extra second or two. We'll count to five one two. Oh, that was too much. OK, so I'm going to go back. Come here buddy, that's a good boy. Come on back over and I'll help him just so he understands what it is that we want. Please sit down Scratch.

Now if a dog doesn't sit down and he sits down pretty easily instead of pushing on their hindquarters, better to come in right behind the back of the legs and just push a little there. They'll go down easy and it doesn't have to be a lot of force. Now you can see that he wants to lay down. That's OK. We'll just leave him like this for a second. Now, could you stay, please? Now we've got some distraction noise in the background. OK, one, two, three, four, five, let's call him.

**Everyone:** Come on Scratchy! Come on! Come! Yay!!

**Tom:** Yes we sit down, we sit down right here in front. There we go. Thank you so much. Now, we're going to go back just now he's starting to mouth. So we're going to go back and we're just going to bring awareness to the mouth area here, doing these little circles right inside the mouth. And this may seem a little weird, but I promise you, this is one of the most important things that you can do to help a dog understand about nipping and biting tiny little circles here. We're going to do on both sides. And I'm just gently holding his mouth. Now, we're going to do this one more time with the sit, stay and come. OK, let's go back. And sit down, please. Thank you so much. Thank you, Scratchy. OK, I need you to stay. Again, when he comes now, we want to just give him as much praises we can, we want him to come up and sit down in front and then we tell him how happy and how much we appreciate him listening. OK, and you guys call him.

**Bill and Char:** Come on.

**Tom:** OK, one time we call him one time because he doesn't even understand what that means, really. Or if he does, he doesn't much care. So we help him understand. And what we're doing is we're helping him to understand that while being over here is way better than being over there by himself. OK, let's try it again. Just call him one time and then we'll give him a little assistance with the leash.

**Bill and Char:** Come! Yay!

**Tom:** That's so good! Sit down. Thank you so much. OK, so much. OK, so this is the basic sit, stay and come. Now, if you do this session that we just did, even 1 minute at a time, three or four times a day, and you gradually increase the distance. Scratchy, please come back, buddy. Come on back over. Come on. OK, now, interesting. Just as we are getting to wrap up here, Scratchy says I'm going to go lay in the shade and I really don't want to come anymore. Now, there's a point where you kind of push a little and maybe you can help them learn just that much faster, or there's a point where you let them rest, because a lot of times with puppies and this is a really important element, there's a lot of times when they have to integrate and you'll see that what you've taught them really starts to take place in a day or two. So we're just going to let Scratchy sit over there by himself. And thank you very much for listening. Tom Mitchell, the 1 Minute Dog Trainer.



# Video 4: Young Puppy Questions and the TTouch 3



Video 4

# Video 4:

## Young Puppy Questions and the TTouch 3

**Tom:** So Char has some questions, so we're going to take those questions and see if we have anything that might be of value to you out there

**Char:** Scratchy nips and when he is nipping at us, we weren't really sure what to do. We would grab him by the scruff and put his head down. I mean, is there a different method we can use to get him to stop nipping?

**Tom:** Sure, that's a great question, huh? Because that's a big problem for a lot of people, especially with puppies. And as we all know, puppies teeth can be really sharp. And I've heard that they bring Scratchy to the schoolyard sometimes where their son goes to school. And at first the children like playing with him, but now they're a little afraid of him because he has nipped a few children. So instead of grabbing him, because he's doing what's kind of sort of coming natural to him.

**Char:** Yeah

**Tom:** On the other hand, it's unacceptable because we can't have him biting because it hurts and you know, could lead to something much more severe in the future. So what we want to do again is bring his awareness to that moment coming back to this sit, stay and come. So we put him into a sit. And usually when they've sort of gotten excited and they're in that place, he will not want to sit here. So that's where our practice 1 minute at a time. And you can see if you just do this two or three minutes a day at the end of a month, you've done 60, 70, 80, 100 times. And all of a sudden it's starting to really become part of his natural beingness.

**Char:** Yeah

**Tom:** So you want to ask him, Scratchy, please sit and he sits down and then you hold his hand with your if he's like all over the place, you can hook your finger into his collar, a little bit to hold him down if he's like really. But he's not he's not the floppy fish kind of dog. From what I've seen so far, he doesn't like struggle and try and get away a lot. But you sit him down, you hold his mouth closed, you tell him what you do want. And this is a really important element is what do you want, not what you don't want. Many times we say no to our dogs, don't do that.

And what you really want to do is tell him what you do, what we need you to leave your hands alone. We need you to keep your mouth off of our body. We tell him we really need you to be gentle with your mouth, because what that does is start to create the relationship of what you want, your mental picture of what you want. And then we can force that, reinforce that with the mouth touch. You can pick it up. And again, if he's like sort of really going quickly and nipping and you can kind of work a little faster and then start to slow it down, slow it down, go right up inside his mouth, right up inside the gum area here. Get your fingers up inside, start to bring awareness to the mouth, start to work up in the gum a little bit that he's being really good right now because he's very tired from the work that we've done. So it doesn't stop, you know, bothering him at all to do this. But I promise you that if you try that half a dozen times, he's nipping and barking and you have to be consistent with it.

Char: Yeah

Tom: You can't let him run off with your son and get into a tug of wars and play in that kind of and then expect him to wait. Why is that OK to do it out there, but not when I'm nipping and chewing? There has to be consistency, particularly at this age with him for him to learn. And there's really no experience that I can think of where it's important to have a dog nip, bite, bark, pull, you know, that kind of behavior. It's way better to teach him how to do that right now, bring awareness to the mouth, do some of the ear work you need to get him to slow down. And then lastly, work the tail, bring awareness into the body.

Now he's laying here kind of comfortably. You'll notice when I pull on the tail and have gone in circles in both directions. Watch how much I'm pulling on his body. And then I'm still making sure I'm breathing and then I gently release. Pulling, gently release, this brings him into a state of being comfortable with his entire body and awareness, and that's all it is about. He gets into habitual pattern and tendency. That's how he interacts and that sort of fun. We just have to help him understand that that's not the way we want to communicate. OK, all right. So we'll try that for a week or two and we'll see how it works out. And if it's working great, if not, we'll work with a couple other ideas on how to deal with that.

Hi we're going to talk a little bit about how to do these touches in a couple of the things that I want to emphasize from the training that we just did was, a, when you speak to Scratchy, hi Scratchy, you when you speak to Scratchy, that you speak in complete sentences with him instead of one word, quote, commands, we speak in complete sentences and help him learn.

By doing that, it engages different parts of his brain and it really will help you become much smarter, much faster. So in doing the touches, you can kind of see what Bill is doing there. And we all do this with our animals. You know, we just sort of pet them and we'll find a place and we'll just keep on doing it over and over again. And that's great. You know, we want to have that kind of relationship with animals. At the same time, we want to be able to make conscious choices about how we touch our animals. And the reason we do is so that when we're training, we can use that as an element of communication. So when we do these simple little touches again and I'm going to show this on Bill. You want to support one hand somewhere on the dog or in this case with Bill, the one hand behind the place, the finger here at 6 o'clock or all the way around back to 6 o'clock and up to nine. That's the basic little raccoon touch using the first pad of the fingers, fingers, soft breathing, just a circle and 1/4. And then we move to another spot circle in a quarter, move to another spot.

Now working with the little puppy mouth or puppy teeth, we might just use one finger circling in a quarter, move to another spot, circle and a quarter, move to another spot, or we might just gently rub back and forth that gums up in his mouth. Another thing that we want to in the reason we have this hand behind, if I did this circle behind Bill on his back, he has to sort of brace himself a little bit. He has to tighten his body. But if I put my hand here, and do this touch behind him, there's a different sense of awareness. I don't have to do it as hard because there's connection on both sides. So when you're doing it with the dog, you want to have a hand witnessing and a hand touching. Now, scratchy laying down. It's OK just to have the hand witness, even if he was sitting up scratching, could you sit up first? And he's had a big day here so far. He's kind of asleep, buddy do you mind sitting up for one more second? Just for one more second, I'm sorry to ask you this. Please sit up for my right. Sit up. And he's kind of tired, but even though he's just lying here, OK, I've got my hand here below his mouth and I'm just doing the little touches on his head. Here we go. Now, if you've got a dog that's kind of antsy or moving around or is really excited, you can do the touches like on their body a little faster like this and then start to slow them down. And that will help mirror. What is that you're asking him to do.

And lastly, in talking about this and we talked about speaking to our dogs in full sentences, the intention with which we do this work again, we're going to be talking in future trainings about visual cues and auditory cues and little cues on leashes or training devices. But it's also having nonverbal communication, dogs read each other really well. And if we are holding a very clear image of what it is that we want, whether it's sitting staying coming, if we visualize him coming to us, that will help him because he'll pick that up from us. He'll pick that up in our body language. In a way, you were looking at it and he'll feel that that emotion that comes from us. So it's really important to connect with him on multiple levels.

# Video 5: Working with the Mouth 4



Video 5



# Video 5:

## Working with the Mouth 4

**Tom:** Now, we've taken off Scratchy's little gentle leader. We're just going to get some close ups here of how I'm doing the touches. I'm gently holding his mouth. I'm not clamping down. I'm just gently holding his mouth. Right now I'm just using one finger, doing this circle about the size of a dime. Making sure my hand is soft and that I'm completing one circle. So if it was a clock, we'd start at 6 o'clock. Go all the way around back to 6, and then up to 9 o'clock, and we finish that. When I hold him here. I'm going to open his mouth, put my finger right up inside his mouth. Because he has been nipping at other little children and we want to bring awareness to this mouth area.

Now, it may seem silly to you, if you've never heard of anything like this before, how doing little touches inside the mouth will make a difference. I can just promise you, there are thousands of other people out there in the world that have done this with all different kinds of animals, including zoo animals at the San Diego Zoo. It was featured on Unsolved Mysteries with a Siberian Tiger. Many horses, lots of celebrities and, for whatever reason, it helps change the cellular memory and allows animals to learn about nipping, biting, chewing, and their relationships with humans and the mouth much easier. So, I'm just doing the little touches on the gums. I'm rubbing back and forth, coming up into the cheek. Do it on the other side. We don't have to do this for a long time, we're just doing it with awareness. Thank you, Scratchy.

**Bill:** He looks like he's enjoying that more.

**Tom:** He is enjoying it. They come to understand this quite quickly. All right, gentle, gentle, flat of the hand. Little circles. Please, stay. Now, the reason he's trying to get away is I have him out here in the sun. So, I'm going to let him go so he can go over and find a shady spot and sit down.  
Tom Mitchell, the 1 Minute Dog Trainer.

Tom Mitchell

# Video 6: Younger Puppy Basic Training 5



Video 6

# Video 6:

## Younger Puppy Basic Training 5

**Tom:** Hi. Tom Mitchell, the 1 Minute Dog Trainer.

We're back again with Scratchy, and Char and Bill. This is our good friend, Kayalani, in the background. Kaya, you know what, for right now, okay, you can come over and say hi. Kaya has been with us for a long time. She's our older good girl dog. She's been kind of in the background, there. We'll ask her to just not distract Scratchy too much. We'll just ask her to kind of go find a spot. Okay. Could you go find a spot please? Thank you Kaya. She's such a good girl and she listens really well after many years of training. No actually, it only took her a few months.

Okay, we'll just leave her there and see how that works out. Because Scratchy may be a little more interested in Kaya, but it's all right that we have this distraction. What we're going to do this time. Hey Kaya, honey, I'm really sorry, baby. Could you please go find a spot somewhere? Thank you. Just someplace, not so close. Just a little bit further away. Thank you. She got whacked in the ear by a cat the other day, so her ear's bothering her a little bit. She smells the treats there that we have brought out for Scratchy. Because we're going to help inspire Scratchy to come a few times with food. We'll just let Kaya stand there, for the time being. It will be all right.

Okay Scratchy, come on. We're going to do just another couple one minute sessions. The reason we're going to use food is we want to start to associate, and they've been using food along the way, is associate food with coming. But what we really want, is Scratchy to come because he wants to and because it's pleasurable for him to come, not because there's food there.

Okay buddy. Thank you so much. That was really well done, the way you sat down. You notice... Ah, excuse me, excuse me. Please sit down. Thank you so much. That is so good. Okay, I need you to stay please. Again, we're using the "please" and "thank you". Now, you may think that that's kind of silly, using "please" and "thank you" with your dog. The reason that it really works, is because it evokes an emotion inside you that's softer and allows nonverbal communication. A lot of dog training is about our nonverbal signals. Both the things we do with our body and our facial structure, and how we feel inside and what we're thinking in our minds, makes a huge difference in the way... Dogs, dogs have, do you know that puppies, and this is going to come up in housebreaking sessions, puppies can smell their own urine in, I think it's, 2 parts per million in water.

Bill: Wow.

Tom: It's incredible. Thus... Hey Kaya, Kaya.

Bill: So much for the treats.

Tom: It's all gone? All right. All right. So, what we're going to have to do now, is we're going to have to train our own dog. Kaya, honey, go find a spot. Go on. Thank you. Okay, our treats have been taken away, so we're not going to use them. You know what, when things come up in training, you want to have a flexible attitude about things. You want to just say, "Okay well, that's the way that turned out. What can we learn from that and how can we go forward right now?" So instead of stopping, we're just going to go forward with Scratchy.

Okay. We'll just give him a little more love. Please sit down. Thank you. We're just looking for 1 or 2 wins here, and then we're going to stop. Please stay. That's an important element. Okay, you guys. Ready and...

Bill: Scratchy, come.

Char: Come.

Tom: Yayyy. Now, could you see the difference in Scratchy that time, how he came? Now, let's have him come... Now, one could easily make the case that Scratchy came because there was food over here. That's okay, just let him smell that. That's okay.

Bill: There's a couple of little crumbs left.

Tom: Come on up here. Come right up here. What we want him to do is come up and sit down. Now, he's really excited about this. Sit down, please. Thank you. Very good. He can have that little napkin, we'll let him smell that.

gain, this is not exactly what we had in mind. That was very good. But this is the way it turned out, so let's just go with it. All right, good enough. So we'll just crumple that up, you want to shove that in your pocket. We'll do that again. What we want to do is superimpose the touches into the food so that Scratchy... I'm just doing these little touches with him. You know, this leader's a little tight too. We'll loosen that up in just a second. Thank you so much.

You see I'm just doing these tiny little circular touches. We're going to add one last touch in for this session, and that's the tail work. One of the things that we were talking about while we had the camera off is Scratchy's tail carriage, when he tends to walk, is up a little higher. I was telling Bill and Char that when I worked with guide dogs for the blind, they would never select a service dog that had a tail carriage that came up beyond the height of its haunches. Scratchy tends to be a little bit more dominant and a little bit more "I want it to be my way". So, that'll just give us a greater opportunity to love him in a more concentrated method.

Okay, so we're going to come back over. Scratchy, come on. Sit down, please. Thank you so much. You can see that: "sit down", "thank you". Please wait. Thank you, please wait. Now we're looking for one more win and then we'll stop.

Bill: Come.

Char: Come.

**Tom:** Yayyy. You could see how Scratchy kind of jumped up a little bit that time and he came. Now, it's okay that he thinks that maybe there's a little food here. What we're going to do, bring him back up here, do some of those touches, work on the ears. Sit down, please. Sit down, please. Thank you. Just do some little strokes on his ears, bring awareness to his body. Do some of these little mouth touches, like this. Do some touches on the body.



As we get on with this a little bit longer, we'll do some touches with the paws that will help with nail trimming. We're also going to just, one time here, show this tail work. We're just holding his tail and we're rotating it in this direction, and then this direction.

Then we're actually going to pull on the tail. You can see, I'm giving quite a little effort on the tail, and then we're just going to gently release that tail. What that does, is helps bring awareness and integration to his body and everything we've been working on.

So, the homework. The homework is to just work with the "sit", "stay", and "come", one minute at a time. Just have him even one session. Look for little wins and then build on that. You have him sit, you walk away, and you want to get as far away as you can over time, 4 feet, 5 feet, 10 feet, 20 feet. You want to get to the point where you can have him go into a sit/stay in another room, if you're inside the house, (Thank you, Scratchy. That was really well done. Thank you, buddy.) and he would wait in that room by himself until he's called. Then, when we comes, he's going to feel the pride of being able to do that. It'll no longer be about food, or even coming because he wants to be with you, but because he really feels a sense of accomplishment within himself.

Again, this element within working dogs, like Scratchy, this dog was bred to run 20, 30, 40 miles a day herding sheep or cattle. So we have to keep that in mind, when we understand that this dog is going to need exercise and a job. You need to, you know, regularly give him things to do that'll keep him occupied. That can be toys. That can be, you can just take him around the property with you. Bill and Char already take Scratchy many places that they go. Would you do me the big favor of sitting down, please? Thank you so much. That is so great. We really appreciate your help today and we'll see you again really soon.

# Video 7: Young Puppy with Child 6



Video 7

# Video 7:

## Younger Puppy with Child 6

**Tom:** Hi. Tom Mitchell, the 1 Minute Dog Trainer.

We're here today with Lathe and Bill and Scratchy. Now, we've had a session or two with Scratchy in the past. What we're going to talk about is basic training elements, here. In the 1 Minute Dog Training session, we will have the "sit", the "stay", and the "come". Sit, please, wait, and come. If you can get those 3 elements down, just those 3 things, everything else in this training system is an offshoot of that and will come very easily. The problem most people have is, even if they go to a traditional dog training class or they learn oh, you know, these different things and what we should do with our dogs, it's finding time to train.

Now, we all go to school for, what, 12 years for high school? There's a couple thousand hours. Another 4 years for college, there's another, you know, 1,500 hours. What we do, is we expect our dogs to go to a 6 week dog training class, an hour at a time, 6 hours, and maybe give them 4 or 5 hours of training at home for a total of 10 or 12 hours, and we expect our dogs to have perfect manners. What we've done is we've developed a technique to allow you to work at home in one minute segments. If you will just stop, one minute at a time, and work with these basic training elements, you will have a great dog. All you have to do is stop 2, 3 times a day for a minute, even once a day for a minute. If you do that, collectively over time, you'll find you have a very well-trained dog.

So, Scratchy is wearing what is known as a gentle leader or a halter. This one's a new one for him. Scratchy, could you come here, please? We can see that this one's not fitting on him really well, so, and it's pulling on his eye. So, let's just let go here or a second, Lathe. Okay, thank you so much.

Yep. Okay, now. Could you please come, Scratchy? If you'll let go of the leash, just for a sec. Please come over here. Okay, so Scratchy doesn't really understand the request to come. Now, we can see that he's got the "lay down" and "wait" really, he's got that down. He's happy to wait.

**Bill:** Right now he does.

Tom: Right now he does, ah. So, before we go any further, why don't we just have a little bit of feedback from Bill and Lathe on Scratchy and maybe some of the problems or challenges they're having right now.

Bill: Well, he's a really sweet dog when he's asleep and when he's riding in the car.

Tom: Uh huh.

Bill: But, usually in the morning, especially when he first wakes up, we're not completely awake yet, and he's ready to go and is nipping at us and jumping on us.

Lathe: Yeah. Yeah, and he jumps on the bed too.

Tom: Oh, he jumps on the bed and you'd rather he doesn't jump on the bed?

Lathe: Yeah, he jumps on the side of the bed.

Tom: Uh huh. To wake you up? Or...

Lathe: Probably my mom.

Tom: Uh huh, yes. Of course.

Lathe: He gets on the side of my mom's.

Tom: Right. I understand that...

Lathe: And he steals shoes.

Tom: He steals shoes.

Lathe: And chews on them.

Tom: And he chews them up, ah.

Lathe: Until they break.

Tom: That's interesting, okay. So we have a dog that...

Lathe: Now he has his own shoes.

Tom: Ah, so Scratchy has his own shoe. We will talk about this in just a minute.

Lathe: No, two of his own shoes.

Tom: Two of his own shoes. All right, and I understand that when you play with Scratchy, sometimes, he nips at you, or scratches or bites at you a little bit?

Lathe: Yeah like, if you, like, are playing Frisbee you kind of have to throw it low for him.

Tom: Yeah, but I mean does he, is this like from Scratchy there? That little...

Lathe: I don't know.



**Tom:** Okay. Well I understand (from his parents) that yes, in fact, that this is the case. That Scratchy is a little, we wouldn't necessarily call it aggressive, but he roughhouses and plays pretty hard with Lathe.

So, what we'd like, then, is for Scratchy to learn to listen a little better, come when he's called. Now interestingly enough, they've said that Scratchy is an early riser and they may not be such an early riser. What we have here, in Scratchy, is a working dog. We have a dog that was initially bred to herd sheep and literally be able to run back and forth 20, 30, 40, maybe even 50 miles a day. What we've done is we've brought a dog like that inside our house and asked him to just kind of hang out with us. So, he has the capacity for great joy, great exercise, and really has the capacity to have a job.

So, what we need to do is, whether it's play, Frisbee, teaching him about the perimeter of your property and how to just understand that he can just kind of walk and...

Lathe: Yeah and he likes taking me to school. It's like his simple thing. He loves doing that. It's like his job.

Tom: To take you to school in the morning, all right. So Lathe, at 7 years old, already recognizes that Scratchy has a job. Do you think we could find some more jobs for Scratchy? Yeah? Well, why don't we think about that over the next week or so and we'll see if we can figure out some more things for him to do.

Bill: How about pick up all your toys?

Tom: Oh, that would be good, huh? Would you like that? Yeah. All right, so let's try with Scratchy again. Scratchy, could you come here, please? Okay, now. Okay, so, now Lathe, let's just, let's not push him, let's just let's just let him be for a second. Now, what we have here, in our training method, is we try to understand the perspective of the dog as opposed to having the dog understand the perspective of the human. Because, if we put ourselves in the 4 paws of the dog and say, "Wow, what's he thinking right now (she thinking right now)?" we might be able to get a lot further in our training.

We don't necessarily speak the same language. Dogs speak and smell in dog and we speak in English. So, what we need to do is find a commonality in our approach to training and being together as family members. When I say family member, I really like to approach training animals and being with animals as part of a family. We speak to them in full sentences. We don't use the word "command". In other words, if somebody came into your house, you wouldn't necessarily say "sit", you would say "please have a seat". In the same way with our dogs, if we speak to them in full sentences and we offer them respect, they generally will give it back to us. We need to expect that. That as we ask of them, we also expect them to have responsibilities.

So, Scratchy doesn't seem to be able to come too well. So I'm going to go over and see if I can make a little connection with Scratchy, now, with my hand. So, we're going to do some basic simple touches. These touches were developed by a woman named Linda Tellington Jones. I happen to have the good fortune to have been working with her when she developed these touches. It's called the TTouch; the Tellington "T" T-Touch.

What we have with them, is that the basic touch starts with this concept of a circle. You make a circle, complete the circle. So if it started at 6 o'clock on a clock face, goes all around back to 6, and then up to 9. So it's a circle and a quarter. We do that gently with our hand soft, but still moving the skin on the dog's body. So, now we can see that Scratchy's getting a little mouthy and this is normal for a puppy, so we make this circle with our fingertips. Hand soft, move to another spot. You want to try that?

Okay now, Lathe has his fingers kind of stiff and bent backwards. So, make it soft like this. That's nice. Use the tips of your fingers and make a circle and a quarter. Go the same direction as a clock would go. So, we go like this, around, back, and there. We make a complete circle. Let's move to his body. So we make a circle, perfect, and then we go to another spot.

Now, the other part of this is that we want to have a witnessing hand. Like, if I were just to do this on the back of Lathe, he has to sort of support himself. But, if I put my hand here, he doesn't have to support himself the same way. The same thing with Scratchy. Even though he's laying down, we just keep... This will help bring awareness to him and we're going to use this as part of our reward. It's not petting. It's not patting. It's not shaking. It's very specific circles.

Our intention, here, is to help make Scratchy smarter. This may sound a little esoteric to you. Yet, very comprehensive medical studies have been done on these touches. What it shows is that it activates the limbic portion of the brain and it allows that portion of the brain to be more aware and more open to learning.

So we're going to do these, and we'll just do them for a second. Thank you, Scratch. Now Scratchy's kind of going over into submissive and play behavior and we're going to not, we're going to ask him to just pay attention for another minute. Then, we'll go into some basic training.

We also want to just have a couple other simple things. One is simply working the ears. Gently (that's good, Lathe), gently pulling on the ears while supporting the head.

We're going to be working with Scratchy's mouth. I'm going to just gently close his mouth and we'll be doing more of this. Just go right up inside the gum and do tiny little circles on the gum and also back into his cheek. Now this is... He's not used to this. I'm going to actually move this off his mouth for a second. We're just going to work this, this is a really good thing to work with as far as nipping, biting, chewing, barking, anything to do with the mouth. We'll be detailing this more a little bit.

Then lastly, we're going to also work with his tail. We're going to circle the tail around in both directions. We're actually going to support his body and gently pull on his tail. This will help bring awareness to his body.

Now, let's talk just for a second about shoes and the fact that Scratchy has his own shoes.

**Lathe:** They're to chew on.

**Bill:** I can't do that.

**Tom:** Yes. Bill is saying, "Oh, I can't do that." Yes.

**Bill:** Tell them, Charlene and Lathe, that you can't do that.

**Tom:** Scratchy is so young, and yet we would expect him to understand, "Oh Scratchy, these are your shoes and those are our shoes and you should only chew on your shoes." So, that really doesn't need much more explanation than that.

All right, let's move into some basic training with Scratchy.

Tom Mitchell

# Video 8: Young Puppy Final Session 7



Video 8

# Video 8:

## Young Puppy Final Session 7

**Tom:** Hi. We're back with Scratchy. We're going to be working with the basic training of "sit", "stay", "come". We'll be using the leash, we'll be using our voice, and we'll be using either our hand or... Scratchy, could you please come? Now, you can see that Scratchy is not really paying too much attention. So, we're going to be using this, our magic wand. You don't need to have a wand like this; this is actually a dressage whip for horses. You can use little garden stakes, small PVC pipe, anything you want. Anything that will allow you, you know, to be able to use this as a visual cue and also as a touch.

So, I also wanted to mention one other thing. Lathe had said that Scratchy comes and jumps up on his bed. How do you tell a dog that you want to sleep until 7 o'clock and to please sleep that long? I had the experience, once, where a person called me about a cat. This cat used to come home, it would go out and be out at night, and the cat would come home at about 5 o'clock every morning. This gentleman called me on the phone and said, "You know, people tell me you know a lot about animals. Is there any way I can train my cat not to come home at 5 o'clock in the morning, because I don't like getting up then." So, I explained how to do a few of these basic touches and then I said, "And, I'd like you to have a conversation with your cat. Tell him that you'd like him to come home at what time?" He said 7 o'clock would be great. Literally, I got a call the next day from this gentleman. He said, "I did what you told me, for about 5 or 10 minutes. I worked on his ears, I worked his tail a little bit, and then I asked him if he please would come home at 7 a.m. instead of 5 a.m." He said, "I couldn't believe it, he came to the window at 7 a.m. this morning." This is just to, kind of, emphasize that our animals are way smarter than what we give them credit for many times. So, if you ask of them, and you have strong intention, a lot can happen very quickly.

Now, Scratchy is being mouthy and playing with the leash here. So, I'm going to just remove this from his mouth and I'm going to do some of these simple little touches on his mouth with awareness, to bring change. Again, it may seem a little odd to you that we do these little touches, this TTouch developed by Linda Tellington Jones. A little tail work, here, and we're only going to work with Scratchy for just a couple more minutes. What we're going to ask him to do is sit in a spot, wait, and then come to us.

Okay, now we know Scratchy doesn't come so well so we've put an extension on the leash to help him understand what it is that we want. Ok, buddy. So here's what we're going to do. Come on over here, please. Notice I'm saying "please" to Scratchy. Please sit down. Right there. Very good, very good. As far as I'm concerned, sitting or lying, they're both okay with me. But, this is not. This is in a different form of play and non paying attention. Excuse me, please. I need you to keep your mouth to yourself. Thank you so much. Now, could you sit up, please? Or, at least bring your head up, thank you. Now, Scratchy I need you to stay, please.

Oh. Lathe, if you could stop that with the wand. Because, that kind of distracts him. Please sit down. Very good, very good. Now, when Scratchy comes. Oops, come on. This is good, though. This is what's going to happen. You're right. Did you hear what Lathe said? Lathe said, "You said come." I did say that. I said "when Scratchy comes" and Scratchy heard come, and he came. That was good. That was my mistake.

Please come over this way, Scratch. Come on. Now, I'm a big proponent of only asking one time. So, he didn't come. So, I'm going to go back over, do a little few touches, okay. Help him up. Ah, here we are. Okay. Okay, let's go. Okay, here we go. Ah. Very good, thank you. Thank you so much. Now I need you to stay, please. When he comes, and I'm using a visual signal. When he does come, then we want to praise him and do the touches on him, okay? Are you ready, Lathe? You call.

Lathe: Come.

Tom: Yayyy. Now, we want him to come up and sit down.

Lathe: Whoa.

Tom: The first thing that we want to teach dogs is that when they come up to us, that they come up and they sit down. Because... Excuse me, that's unacceptable. Scratchy, I need you to keep your mouth closed. Thank you. Thank you. Okay. Because if they come up and they sit down first thing, then they're learning not to jump up. They're learning to keep their paws on the ground. So did he just nip at you?

Lathe: No, he scratched me on accident.

Tom: Scratched, by accident. Interesting story. This is actually another cat story. I was called, once, to work with a couple cats that were fighting each other. I went to a house, it was in a very exclusive neighborhood. Very wealthy family. Scratchy, I need you to, excuse me... Now he's being distracted right now. He's still a puppy, we want to take that into consideration. Thank you, buddy. Let's just sit now. We're just going to do a couple of touches. Now, I'm going to do these circular touches a little faster. Then I'm going to slow them down with the intention of slowing Scratchy down a little bit.

So, I'm going to do a few more of these circular touches and I'm going to do them a little fast and then I'm going to slow them down and mirror what I'm asking Scratchy to do, which is pay attention and slow down a little bit.

So I go into this house and I say... So they said, well we've got these 2 cats. We have a total of 6 cats, but (excuse me, thank you) 2 of them fight all the time. They took me to meet the 2 cats. They said, "These cats get along with all the other cats except for each other." I was like "okay". So, I'm explaining how to do the touches and I said, "So, what are these cats' names?" They said, "Oh, this one is Bronson and this one is Eastwood." I was like, "Oh man, you know. You guys got two gunslinger cats and you're wondering why they're fighting." In the same sense, here we have a dog whose name is Scratchy and what did he just do? Lathe said, "He scratched me by accident". But, it's really interesting the intention behind names. So, we just know that that's the case with Scratchy and we're not going to change his name. We just want to be aware of the fact of what pictures we have in our mind when we're working with him and when we're asking things of him.

So, I'm working with him here again. Now, we're going to do this one more time, where we're asking him to "sit", and "wait", and then "come", and that will be enough. Ok you guys, let's move down to the other side, here. You go first and I'll stay with him. Lathe, if you want to go down with your dad. Scratchy, we need you to wait, please. You know, you notice that before I said "stay" and this time I said "wait". It doesn't really matter. It's the intention behind it. People think dogs can't understand more than one word commands, that's absolutely not true. They learn better when you speak to them in full sentences.

Okay Scratchy. So, if you'll please wait. Thank you. Now when he does come over to you guys... That was good, thank you for waiting. Please sit down. Please sit down. You guys praise him and just feel the softness that's he's going to learn this really quickly. Excuse me.

Lathe: Sniper crawl.

Tom: That was a sniper crawl. Okay. Now, I may have to stay with him the first time here, or this time while we're doing this. Because I've only met Scratchy once or twice.

**Lathe:** Come, Scratchy.

**Tom:** Go, go.

**Bill:** Good boy.

**Tom:** Now, ohhh. Did you all see that? So, Scratchy ran up to Lathe and what's the first thing he did?

**Bill:** He jumped on him.

**Tom:** He jumped up on him. That was, oh now Lathe, let's not grab him hard like that. Let's teach Scratchy what we want. Now, Scratchy... Excuse me Lathe. Let's not do that please, buddy. Okay, because what Lathe has learned from, I mean, I'm sorry, what Scratchy has learned from Lathe, is how to play rough. As Scratchy gets older, that is absolutely something we will not want to have.

The reason that people give their dogs away or take them to the pound is because of aggression. It's not necessarily aggression that is mean spirited. It is the type of aggression that we're seeing right here, right now with Scratchy. Scratchy's only 4 months old and what happens when he's 8, 10 months old and he's now twice the size that he is. Please come here. Sit down. He hasn't been trained. Excuse me, I need you to sit now please. I need you to keep your mouth closed. Thank you very much.

Now you can see that my tonality is a little different with him. I'm not only Tom Mitchell, the kind dog trainer. I'm also Tom Mitchell, the direct dog trainer, but we do it with understanding and wisdom. So, what I'm asking of Scratchy is to learn to keep his mouth closed when he's around people. Now Lathe has taught him to play otherwise from the time he was a small puppy and now we have to sort of retrain and relearn. But at this age, and even as dogs get older, it's something that can be done with just some simple awareness, some touches, some intention, and one minute at a time.

So what we're going to teach him, and this is enough for right now, but in the next session, what we want to see is that they've worked with Scratchy, that he comes, we praise him, and he sits down right in front. And that if he starts to jump up, we just kind of, or mouth, like he's been mouthy with me, we gently keep his mouth closed. If we need to, we'll hook our thumb into his collar. We keep him down. We're going to do some of these tiny touches on his mouth. Stroke his ears. Tell him what we do want.

Many dogs think their name is "no". What we want is "please come", "sit down please", "wait", "thank you". When we use those, it'll take a little bit of time, but one minute at a time. If we train him, now Scratchy's only 4 and a half months old. What if we do this, every day, 2 or 3 times a day, for the next 2 or 3 months? What kind of dog are we going to have?  
Tom Mitchell, the 1 Minute Dog Trainer.



Tom Mitchell

# Video 9: 10 Month Old German Shepherd 1



Video 9

# Video 9:

## 10 Month Old German Shepherd 1

**Tom:** Hi. Tom Mitchell, the 1 Minute Dog Trainer.

We are here today with Deanne and Ohia. Now, Ohia is a type of wood or tree that grows here in the Hawaiian Islands. Strong, sturdy, big, powerful tree; known for its strength. People use it in home building all the time. Ohia lives up to her name. Tell us a little bit about her.

**Deanne:** Ohia is 10 months old.

**Tom:** 10 months old.

**Deanne:** She has a very strong herding instinct. She hasn't been around a lot of dogs, she's just starting to be around dogs. But, she could use to mind better, especially when it really counts. Also, to keep from jumping up on people so much because it scares them.

**Tom:** So we have a dog who's big, obviously, she's a German Shepherd. She doesn't always come when she's called and she jumps up on people. These are common problems. So, how do we work with those? Well first of all, Deanne said that the type of lead she usually uses is this kind of a lead, okay. Now, as far as choke collars go, this is a pretty gentle choke collar. It's a rope, it's not a chain. But nonetheless, no matter what, we have a dog who's being choked to be taught what it is that, you know, that's the indication how we tell her what it is that we want. So, we're going to fit her with a halter and we'll see how that works out.

Please come over here, Ohia. Okay, I need you to sit down please. Now, I have worked with Ohia once or twice before, but it's been a long time. I worked with her when she was, what maybe 4 months old?

**Deanne:** Yeah.

**Tom:** Something like that?

**Deanne:** It helped instantly, too. She had some other issues going on that just, in a minute it was over.

Tom: We had great success early on and then, as happens with many people, life got busy. Even though we talked about working one minute at a time, somehow we didn't find that minute. But, Deanne is committed, now, to working a little bit more.

Okay now, Ohia's struggling a little bit so I'm just going to support her mouth here. Do a little bit of mouth touch. Here we go. What a good girl. Huh, I'm going to go right up inside, work her mouth a little bit, bring some awareness to this area. Ohia, what we're going to do is we're going to put this on. It's going to be a new way to work with you. Okay? Now, I can hear people out there already saying, "Yeah right, great, you can do it, Tom. I would never get that on my dog." I promise you, just the way I put it on there, bringing a little awareness to the mouth area to start with, snapping it in.

Then we're going to look, we have another leash here someplace. Ah the black one please, yes. Then we'll start to work with Ohia. Now, we have the 3 basic (thank you, Rachel), we have the 3 basic things that we've been talking about through this whole series: "sit", "stay", and "come". When Ohia comes to be with people, and you can see... The interesting thing, we put the halter on her and look what happened. She instantly started to pay attention more and brought awareness to her body in a different way. That's really important. That's what the touches do, is they help bring awareness to the body in a different way. So, one of the most important elements in training, when a dog comes up to greet a person, we should teach them to sit down and wait. Yes, that's not exactly what I had in mind, though. Is it, Ohia? I don't think I like that. I like to run up and jump up on people because that's more fun.

So, how do we do that? Patience, one minute at a time. When somebody comes up to visit, then Deanne has to take the responsibility to be there, for the next few months. Just, just gently...Thank you, okay. I need you to please sit down. I know, you're a little impatient here. Thank you so much. Okay. Let's put this other lead on you. Okay, thank you. Thank you so much. Let's just see what we've got going on here. Okay?

Now, Ohia's a working dog. She needs jobs. She needs things to do, you know? If we don't give her a job, if we don't help her, like by training her... Yeah, instead of just rubbing her like this, I'm going to do little circles. I want to bring awareness to her body.

Little circles, very different. You know, if we're in a relationship with somebody and they're holding our hand and they rub back and forth like that it feels good for a minute and it's nice, but then all of a sudden, you know, like if they did it for like 30 seconds, a minute, 2 minutes, and we keep rubbing back and forth... But, people do it to dogs all the time. They just rub them back and forth in the same spot. I'm saying be aware on how you handle and touch your dogs and be with them.

Okay. Because she's a little anxious here, wants to play. Let's engage her, because that's what she needs. She's a working dog and she needs to have something to do here. Please take this out of your mouth. Okay. Ohia, thank you. I need you to stand, I need you to get up now, hon. Let's go. Okay, now. Sit down, please. Ohia.

Deanne: It may be easier [inaudible] the other leash, should I take that one?

Tom: No, we'll be okay just for a sec. But, if you'll move that bench out of the way, please. We'll just do a little bit of work here with her. Okay, thank you so much. Okay, now I'm going to have... Oh, we've got Ohia the, oh, that was great. Thank you. The floppy fish. There we go. Thank you so much. I'll bring a little more awareness to her head. Now, I'm just going to take... This halter is a little big for her, too. We need to just adjust it slightly. Thank you.

Now again, with these training concepts (it's fine)... Please sit down. Thank you. We're not going to push this. We're going to work with her just for a minute and then we'll let her rest. See if I can easily get this on her. If I can't, there we go. So, there we go. It was too hard for her for me to try and lead her right away. So, we're just going to introduce this to her right now, this way. I'm going to give her a little space and I'm going to ask her to come back on her own. Ohia, please. That's a good girl. Thank you so much. Thank you so much. Okay, let's just keep working with this. We'll do it for another minute or two, then we'll let her rest.

Now, this is unusual for her. She's never had one on before. This is exactly what you might experience at home. So, this is why. Now, when dogs roll over like this, on their back, feet up in the air, they kind of go into submission or unconscious thinking. So, I want her to come back over. Okay, thank you. Now, please sit down.

Okay now, I want to change her, what's going on for her. Please sit, and wait. Please sit and wait. Ok, now what we want her to do... Ohia, come. Come on. Ohhh, that's okay. Sit down. Sit down and wait. Thank you. That's okay. Shshshshsh, that's very good. Very good.

All right, we're going to stop this just for a minute. Come here. Come here. What I need you to do is just shshshsh, but before we do shhh. Now, she'd developed a way of being just by herself. Shshshsh, shhh. My hand is soft, bringing awareness to her mouth. Shhh. Shhhhhh. Now you can see, with a dog like this, (shhhhh, easy) a dog like this, if you don't train her, what she could become by the time she's a year or 2 years old. We just want to bring her into awareness. Shhhh. Thank you, Ohia. Thank you very much.

Now, a lot of trainers, they bop dogs, choke dogs, use pinch collars, these kind of things. I promise you, if you work with these techniques, one minute at a time, you can change this type of behavior quite quickly. Okay. You can lay down now. Sh. Thank you. Shhhh. Very good, thank you. Do a little ear touch with her, just for another minute. Then we'll come back and visit Ohia again in a few minutes.

Tom Mitchell, the 1 Minute Dog Trainer.

Tom Mitchell

# Video 10: Second Session Shepherd 2



Video 10



# Video 10:

## Second Session Shepherd 2

**Tom:** Hi, Tom Mitchell, the 1 minute dog trainer we are back with Ohia and Deann, and you can see now it's been about 10 minutes or 15 minutes since we first put the halter on Ohia. And she has learned to accept this pretty easily. We're not going to ask a lot more of her today. All we wanted to do is introduce this to her and get her so that she really felt comfortable with it, that she could sit here without trying to paw it off, without pulling on it, without chewing on it. And this is all we're going to ask of her today.

We just see that that she's, more accepting. We really appreciate that Ohia. We really appreciate the fact that you're helping us this way. Now, the important thing to work with Ohia over the next week until we get together again will be practicing the 1 minute segments, sit, stay and come and use the halter. Help her to understand, speak to her in full sentences. And now is the time. You said she's how old?

**Deann:** 10 months old.

**Tom:** OK, 10 months old. Much beyond this. Another two months, three months. It gets way more challenging. Certain personality traits develop where teaching dogs becomes... thank you... becomes way more interesting, let's put it that way. So if you can work with her now, even if it's only two or three, 1 minute sessions a day for the next two months, that'll be 60 or 70 sessions. It'll be enough to really help imprint these things. And she's a smart dog. We looked at her a little earlier. We noticed and I need you to sit, please. I need you to be right here with us and just pay attention. Thank you. Thank you very much.

Ohia's tail carriage. And before we leave, well, we'll show this to you is down low again. When we worked when I worked with guide dogs with the blind, that's how they would look for dogs like this because they had OK. Now dogs who talk like this, we go back to the tail on a second, dogs that talk like that, we want to bring a little bit of awareness to their mouth area. And a dog like this, we really want her comfortable with people, children, whatever halters around the mouth. So I've got my finger right up inside her, her cheek there. I'm working on the gum. We really want to bring awareness to this right here. Work the ear for a minute. Thank you.

They look for going back to the tail carriage, tail carriage that goes down lower behind the haunches and swoops down the kind of dog that's more interested in learning and less interested in being their own dog. So she has the propensity and the opportunity to become a very smart and a very listening and people type dog. We just have to help her along and we'll do that 1 minute at a time.

Thank you very much for listening. Tom Mitchell, the 1 Minute Dog Trainer.

# Video 11: Improvement for Shepherd 3



Video 11

# Video 11:

## Improvements for Shepherd 3

**Tom:** Hi, Tom Mitchell, the 1 minute dog trainer. We're back with Ohia. We have not done this before, so we're going to see how this works out. She's got the halter on. It's been a total of about maybe 15 or 20 minutes since she first got it on. And we were going to see if she wanted to lead through this. She wants to play. I'm bringing some awareness now. You see, she's gone into kind of a submissive state. OK, I need you to stay now Ohia. So we're going to work with the basic sit and she is sitting and stay.

Now, what I've done is we have one part of this lead hooked up to the halter. And I've just loosely put the other one around her neck. You can see that there's a whole hand's worth of width there. And this is just four little signals, not for controlling her. I'm using the wand here. She's super smart, but she's also very opinionated at this point. Now, Deann just a minute ago did something interesting come on in here Deann that is she wanted to tell Ohia something and she snapped her fingers at her. So OK, not a problem. And I know I've known Dan for a long time, she's a very sweet, gentle woman. She actually was the midwife at our daughter's birth. And yet we all learn when we grow up. That the way to work with dogs is with commands. And what we're offering here is the opportunity to work with dogs in a different way, in a way that is connected.

So we're going to ask you here to stay. He comes with me, Diane. Please stay now. We did this with her early on when she was four months old, and I haven't seen her now in the last five or six months now. OK, we're going to just come down to her level, ok? Oh, here, please come. Not much response. So I'm not going to ask her to come a number of times. Many people would just keep asking her over and over again. What I'm going to do is I'm going to go back because she doesn't understand. She's not sure what that means. She you don't know what that means to you. And so that's our challenge. The end is to work with her just in short segment. So what I'm going to do to help her understand this, I'm going to unhook this part of around her neck. I need you to stay. Oh, here. Thank you, honey.

And I'm going to stretch this out just a little bit when it come back down again. Ohia, please come. Come on. All right. So she's still not coming. She's happy she's staying, and that's fine. So we have to help her to the next level.

OK, so what we've decided to do now, we took the halter off her. And if you're having trouble with your training techniques, take a step back, make it easier for them. Today's the first day she's ever experienced this. Her whole life. She's only had a collar on today. We put something new one. We introduced it. She was comfortable, but she still doesn't understand. So we took it off. Thank you. Oh, here we just put this loose collar, loose wrap around her neck. It won't choke her. It's just loose. Now we're going to ask her to come again. Here we go. Yes and sit down. Sit down, sit down, please. And we ask her one time and then we sit down because that was so good. Thank you so much. Now we want to do conscious touches when we thank them. Work the years, the real circles. Thank you so much.

So did you see what happened there? We had a situation where we could have forced her or we could have pulled on her. But what we did is we gently would backward a step. We said, oh, maybe this is a little too much for her. And then she got it. And then she came. And this is how we'll work now. We'll introduce the halter again tomorrow. Deann can work with her at home and then we'll check in next week. Thanks a lot. Tom Mitchell, the 1 Minute Dog Trainer.

# Video 12: Shepherd and the Chicken 4



Video 12



# Video 12:

## Shepherd and the Chicken 4

**Tom:** Hi, it's Tom Mitchell, the 1 minute dog trainer we're here today with Deann and Ohia. This is the check in after two weeks. And we were chatting for just a minute or so. Ohia, honey could you sit down please. Thank you very much. That was really well done. Just as a refresher. Ohia is a 10-month-old German shepherd. I worked with her when she was four months old and then I hadn't seen her now for six months up until a couple of weeks ago. And she hadn't had a lot of training in that interim period of time.

So in the last two weeks, we've had the halti on her and come on over here on. And Deann has had company in town, so she hasn't had a chance to do a lot of training, but she has noticed some nice changes with Ohia one being. So the jumping up issue now Ohia is in heat, so we have to give her a little latitude from that perspective. She's a young German shepherd, just experiencing that for the first or second time. So what are the changes you've seen? Know you said that the jumping up is a little better?

**Deann:** Yeah before it was a big problem whenever someone would come on to just jump all over them like crazy stuff.

**Tom:** That's great. So in pulling on the leash, you've noticed a difference. What was it like before?

**Deann:** Well, before I was using the choke, I believe, and it was like to be taking me for a walk, pulling me along and with this new halter. She's much more right here with me now.

Tom: That's great, so we have her out here in the sun and we've had two situations since she got here. One is and we'll cut in a little bit of footage of this. When she first got here, a chicken came walking up on the porch area and Deann was a little like, oh, because she's been known to chase chickens before. And Ohia just sat quietly and listened. We said, Ohia we need you to please stay put. And she stayed really well and we're here today.

This is Tom Mitchell, the 1 minute dog trainer. And we're here today with our here and here is seeing a chicken here for the first after the first time. But we have a little chicken who is here right now who is walking in.

And you can see that Ohia is just watching and listening. And this is the effect now of the extraordinary training and her ability to have worked with, oh, here over the last several weeks. And she hasn't worked with her all that much. So we're seeing some of the good effects of both having the halter on and having Ohia do a little bit of practice and work. So we'll just pull back here a little bit. Let's see if we can just get a little bit better picture a little bit here. And she's just sitting quietly as our little Rhode Island red or whatever the chicken is that anyway, the chicken walks away. Thank you.

So Ohia, you did really well. Secondly, we have some sheep down the hill and we let Ohia just kind of wander over that way. And she took a look at the sheep and she's been known to chase sheep before. And we called her one time and she came right back. So we really want to thank you for that. Now, again, this is a dog who had a little basic training when she was a young puppy and had almost no training for the next six months and now has had just a very moderate or small amount of training over the last two weeks. She still needs more work. But what we're going to show right now is the difference in her pulling on the leash. And we have other footage that will cut in to hear of what it was like with Ohia prior to two weeks ago. OK, so we'll just move this out of the way. It would just set this right over.

Now, we could do this one of a couple of ways. I could use the wand and the ones very effective. You we can do it. You know, as I said before, you can use a bamboo stick or a little piece of PVC pipe or you can get something like this. And this is a good training aid. It's not something that we use to ever correct a dog. This is an extension of our hand to give confirmation of what it is that we want. Ohia, could you come here, please? Come on girl. Come on. Thank you. Now, I'm just going to have her sit down here. Sit down. Now, again, we're not looking that this is a perfectly trained dog. We're saying that this dog two weeks ago was pulling people down the street. And what we've got here, let's walk. You can see that she's just listening really well. And I'm using our visual aids. And when we stop, would you mind, please, sitting down. Thank you so much. That was really great. This is the kind of dog that really needs a job. And by teaching her, please come and walk slowly with me. Come on.

Now, did you see there? I gave her the opportunity to make the decision to come to me as opposed to giving her another little pull on the leash, I wanted her to make the decision to come. I didn't want to be the one to always tell her what to do. And would you please sit down?

Thank you so much. Now I'm going to ask her to stay. Now I have to give her a little space here. She wants to be over in the shade and I have her out in the sun. She has a fur coat out, coat on, and that's understandable. But I'm going to ask her to come back. Oh, come on. Come on, baby. I'm not I'm not doing that. All right. So you know what? I'm going to I'm going to take her over into the shade, over onto the grass. So we're not working right in the direct sun. OK, let's go, honey, because you know what life isn't always about... It being super convenient, now she has the halter on and I'm just going to hook another line up to her collar here. So we have two signals. OK, let's go. Thank you. And it's a little shady over here, so we'll just walk here. OK, let's go. Let's walk slowly. Thank you so much. Let's go back this way. And sit down, please. Thank you. And she wants to lay down. That's OK. OK, come here, come here, come. All right. All right, thank you. Let's try it again, ok?

Now, she doesn't want to come, if you want to go behind her there, we'll just give her a little bit of help. But OK, I'll stay here with her and you call it OK. OK go, go and have a come up and sit down. Thank you so much, that was so great, now it's really OK. She doesn't want to come to me. I don't have a problem with that at all. I'd much rather that she comes to Deann and so I'm going to go back and we'll do the same exercise again. Go ahead and go down. Sit down, please. Thank you.

Deann: Sit down.

Tom: Again, she has not had a lot of work, and yet you can see and if we cut in the footage from the last time she was here, that there's a difference in her enthusiasm when she comes. This is the kind of dog that really wants to learn and really wants to learn to come.

And so we have a dog who's a working dog who really wants to learn, who has been kind of ignored a little bit with her training up until 10 months, a little bit when she was young and then not so much. And now we've done a couple of weeks with even just a moderate amount of effort. And we've seen some very nice changes in her. And Deann was saying also that the touches have made a big difference doing that with her. Is that true?

Deann: Yeah, yeah. And and massaging the face just really relaxes in the teeth right out.

**Tom:** That's great. So we have the ear work, the mouth work, just doing some body work where if she's a little excited, we do the touches can with the whole hand and then we slow it down and try and mirror her to slow down and then working the tail.

Also, it's very nice with dogs to teach them that it's OK to work each individual paw, each individual toe, doing just little circles, actually rotating each toe a little bit so that they get used to that. That really helps with nail trimming any kind of issues when you're going to the vet or something happens where a paw gets injured and you need to do some first aid on it. They're already used to that kind of thing. A lot of applications here. The whole foundation, sit, stay, come, walking slowly behind and beside teaching them to utilize the head halters as opposed to choking them with the collar and using the touches.

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Tom Mitchell

# Video 13: Shepherd Questions and Answers 5



Video 13

# Video 13:

## Shepherd Questions and Answers 5

**Tom:** Hi, it's Tom Mitchell, the 1 minute dog trainer we're here today with Deann and Ohia. This is the check in after two weeks. And we were chatting for just a minute or so. Ohia, honey could you sit down please. Thank you very much. That was really well done. Just as a refresher. Ohia is a 10-month-old German shepherd. I worked with her when she was four months old and then I hadn't seen her now for six months up until a couple of weeks ago. And she hadn't had a lot of training in that interim period of time.

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