

Training Between the Ears (TBTE)

Informational Package

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Mark McCabe's Training Between the Ears (TBTE) handouts, workshops, videos & comments.
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Introduction

TBTE is an easy to use method that aligns yours and your dog's agenda, avoiding conflict in training. The main focus of TBTE is to teach dogs how to self regulate and change their emotions by putting relaxation on cue and getting the dog to become an optimist instead of a pessimist about life.

TBTE cares about the experience your dog is having during training. The training teaches them to be relaxed, neutral or even to enjoy events that were once stressful like loud noises, seeing dogs & people, socialization, nail clipping or vet visits to name a few.

Dogs trained with TBTE have a much more positive attitude about life.

TBTE uses a lot of food in training because it's incredibly versatile and easy to use. Consumption of food is also very calming and rewarding for dogs making it an excellent tool to use for teaching & rewarding dogs for calming down and calmer behavior.

Food can also act as a gauge for how our dogs are feeling in any situation since most dogs stop consuming food when too stressed.

TBTE focuses less on obedience (obedience should never be used to overcome behavioral problems) and more on teaching dogs how to regulate their emotions through calming activities because relaxation is the key to getting along in the world and realigning the brain.

Clients using the TBTE method find their dogs manage their emotions instead of owners having to manage them constantly.

Forms of relaxation like exercise facilitated relaxation (running, walking or hiking with your dog) tires dogs out **but**, because it was never a conscious choice, they never learned the process to relax (and thus can't access it). Dogs can become irritable if you only use exercise as a way to relax them and then can't take them out. Exercise programs to calm dogs only make them worse.

Differential reinforcement for relaxation (DRR) or free shaping relaxation, verbal punishers, location facilitated, position facilitate, behavioral downs and condition relaxation teach your dog the process of learning how to relax and help to put it on cue.

Different forms of relaxation are:

Exercise facilitated (mental and physical activities like outdoor activity or learning new tricks and behaviors)

Location Facilitated crate training, putting a dog in a car to relax or a room, place bed, holding a position through obedience (location facilitated is forced relaxation)

Position Facilitated (Behavioral Down aka meditation for dogs! - you'll be learning this week 1)

Touch Facilitated (Conditioned Relaxation - a purposeful massage for dogs that puts relaxation on cue)

Differential Reinforcement for Relaxation (DRR - free shaping relaxation. This is a learned relaxation exercise)

Punishment facilitated (corrections)

You will learn how to use calming techniques like massage, free shaping, reward based training, and some leash training to help teach your dogs to self regulate their emotions. It also goes over TBTE's strong communication system that gives dogs ample information to feel secure in their world as well as help them perceive the things around them as interesting and exciting instead of scary.

The handouts provided in your program will break down how to start some of the exercises and build up to using them to solve your dog's behavior problem. It will explain when and how to use corrections and punishment humanely and why we never start at the source of the problem but instead in the safety of your home.