



Evolution of BAT 2.0
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GrishaStewart.com

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Agenda Overview

- **Philosophy**
 - **BAT Leash Skills**
 - **What BAT 2.0 Looks Like**
 - **Evolution of BAT**
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Philosophy

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Safety Allows Social Skills to Emerge

Gather Information

- What is this place?
- How can I move around here?
- What's interesting here?
- What is safe/dangerous here?
- How do I control my safety?

Form Relationships

- Will I be rejected?
- How do I interact?
- I belong
- This is fun!

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BAT lets dogs practice
prosocial and safety
assessment skills.

NEUROCEPTION: process
through which the nervous
system evaluates risk
outside of conscious
awareness

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Exploration

Social
Engagement

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- **Environment**
 - Something to explore
 - Physical safety
 - Emotional safety
 - Low arousal response to trigger
 - **Healthy behavior emerges**
 - **Naturally Occurring Reinforcement**
- What does healthy mean?

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"To effectively switch from defensive to social engagement strategies, the mammalian nervous system needs to perform two important adaptive tasks:

- (1) assess risk, and
- (2) if the environment is perceived as safe, inhibit the more primitive limbic structures that control fight, flight, or freeze behaviors.

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Porges (2008, p. 13)
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Increasing a sense of safety recruits

"the evolutionarily more advanced neural circuits that support the prosocial behaviors of the social engagement system."

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What is BAT 2.0?

- Safe experiences
 - Activate social engagement system
 - Increase exploration
 - Practice neuroception
 - Change/maintain the positive valence of the trigger ☺
- Leash skills for safety, freedom, and control
- Dog: behaves more 'off leash' & controls exposure
- Handler: relaxed & connected, but not distracting
- Survival Skills: Mark and Move, also usual management on walks, calling dog back if over threshold

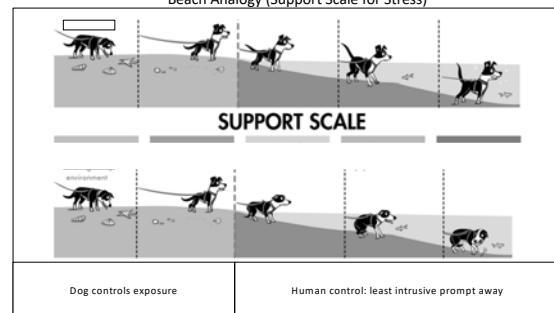
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Active, not passive

Beach Analogy (Support Scale for Stress)



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"The degree of control that an organism has over a stressor potentially modulates the impact of the stressor,

with **uncontrollable stressors producing a constellation of outcomes** that do not occur if the stressor is behaviorally controllable."

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Maier, et. al (2006)
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Example of Sensory Experiences Reducing Arousal: Sensory Rooms

- Offered in human mental health units
- Adaptive regulation of arousal and emotion
- Patients can ask to visit the sensory room when needed
- Facilitated a calm state
- Supported self-management (agency)

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BAT Leash Skills

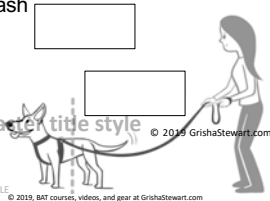
Use whenever you can do them safely!

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BAT Leash Skills

- ✖ Body Bubble – Stop when the dog stops
- ✖ Basic Position – Handle & Braking Distance
- ✖ Using a Long Leash
 - ✖ Shorter
 - ✖ Longer
- ✖ Slide
- ✖ Slow Stop
- ✖ Click to edit Master title style
- ✖ Mime Pulling



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What BAT 2.0 Looks Like

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Simple Set-Up Instructions

- Let dog explore environment
- Slow stop or curve if dog walks straight at helper
- Call away if excitement goes up



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Behavior Adjustment Training



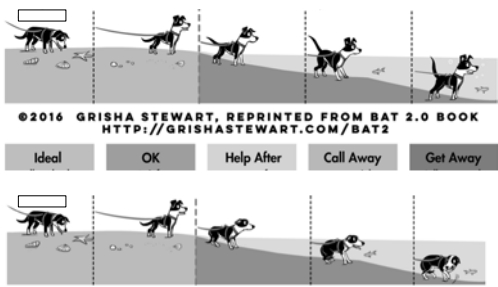
What Does a Helper Do?

Helper * Decoy * Trigger
Stooge * SP for reactivity

- Positive social experience
- Natural, calm, friendly (or reactive)
- Helper does a BAT walk
- Helper dog may need training mode
 - If student dog can't handle helper being free to look
 - Boredom / stress
- Fun Factor at end? (play, activity)

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Ideal

OK

Help After

Call Away

Get Away

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Green Zone: Low Risk

- Dog: Relaxed (normal outdoor heart rate)
- Handler: Connected*, but out of dog's way
- Dog: Exploring the space
 - Moving around, loose body
 - Sniffing
 - Barely notices the trigger (not avoiding)

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Blue Zone: Guarded

- Dog: Relaxed (heart rate slightly elevated)
- Handler: Connected, out of dog's way
- Dog: Gathers information about trigger
 - Glances at trigger
 - Stops to look, body curved and loose
 - Sniffs while looking
 - Turns away and moves on
 - Could offer pro-social behavior (loose wag, lean in for petting, etc.)

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Shoreline of Blue Zone

- Dog:
 - Looks at trigger while walking at it
 - Sniffs in a straight line at trigger
 - Walks faster when following
- Handler: Slow Stop & Relax Leash
- Dog:
 - Gathers info
 - Turns away within a few seconds (no prompt)
- Handler: (Click to edit Master title style directly at trigger)

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Yellow, Orange, Red: Rescue!

- Try to stay out of the 'water'!
- Help as needed - Don't get too stuck splitting the three colors apart.
- Use the right prompt, for example:
 - Sigh
 - Shift of body weight
 - Move trigger farther away
 - Verbal 'this way'
 - Recall cue
 - Mime pulling
 - Actually pulling dog away (or teleportation!)

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How Directive Should You Be?

- Be a safe, secure base
- For check ins: test directions
- How do you know dog needs help?
 - Minimal movement
 - Lots of checking in
- When dog is stuck, provide structure.
 - Arc around the trigger to maintain distance
 - Follow dog asap
- Practice wandering walks / nose games
- Build confidence with random cues

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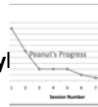
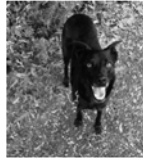
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Survival Skills for Real Life or Smaller Spaces

BEHAVIOR	MARK & MOVE	CONSEQUENCE
least distracting		
If dog moves away from the trigger...	DONE?	Calm Praise GOOD CHOICE
If dog looks at you...	YES	Food on the ground
If dog looks away from the trigger...	CLICK!	Food to the mouth
	FIND IT	Toys to find/play with

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Evolution of BAT 2.0



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What Inspired BAT 1.0?

Peanut & my clients

Open Bar Counterconditioning

Systematic Desensitization

Shaping Interaction with a Clicker

Click to Calm

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TTouch

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What was the BAT 1.0 Protocol?

- Discrete Trials
- Approach the trigger to alerting
- Wait for disengagement
- Mark and Move away
 - Stage 1: Click for engagement, move, treat
 - Stage 2: Click for **disengagement**, move, treat
 - Stage 3: Yes for disengagement, move

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Catalysts for Change

- Misinterpretations & mistakes
 - Training without treats = aversive
 - R- is always, always a bad thing
 - Over threshold, too much Stage 1 (treats)
- My reactions
 - Cognitive dissonance
 - Observations
 - Sabbatical
- Thoughtful questions
 - Why is your leash so short?
 - What do you think about head collars?
 - Will walking away be reinforcing or punishing?

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'Upgrades' from BAT 1.0

- Help people keep dog below threshold
 - No more leading toward trigger
 - No more straight lines
 - Less handler reinforcement for surfing the threshold
- More natural for dogs, remove specific trainer-applied R-
- Simplify
- Long leash skills
- More natural for dogs, remove specific trainer-applied R-

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Early Evolution of BAT: CAT Practice



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BAT 1.0
Session 1 with
Peanut & Kids

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BAT 1.0
Session 5 with
Peanut & Kids

Peanut & Kids
BAT Session 5
1st session with these kids

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Post-BAT 1.0
Behavior of with
Peanut & Kids

Post-BAT Behavior

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Why BAT 2.0?

- **Positive experience with and information about trigger** drove emotional valence change in BAT 1.0
 - Gathering information
 - Control of safety
 - Social interaction with trigger
- Maximize that by:
 - Working even farther away at first
 - Giving dog **more control** over movement
 - Teaching specific soft leash handling skills

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Ethics

- BAT lives in the **less intrusive** parts of the Humane Hierarchy (Friedman)
 - "Antecedent Arrangements" (Mark & Move has R+ too)
 - BAT strives to maximize learner control
 - Operant learning from natural conditions
- Should we worry about any Naturally Occurring Negative Reinforcement?
 - No! Would likely be inhumane to prevent it
 - NOR of both kinds are part of social interaction
 - Dog gets practice assessing safety and affecting change

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BECOME
MORE
AWARE OF
WHAT'S
REALLY
WORTH
YOUR
ENERGY.

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BAT is a "Caninistic Therapy"

- Humanistic therapies looks at the whole person
- Viewpoint of individuals observing their own behavior
- Emphasis on positive traits and behavior
- Trust individual's instincts to find healing and healthy ways to satisfy needs

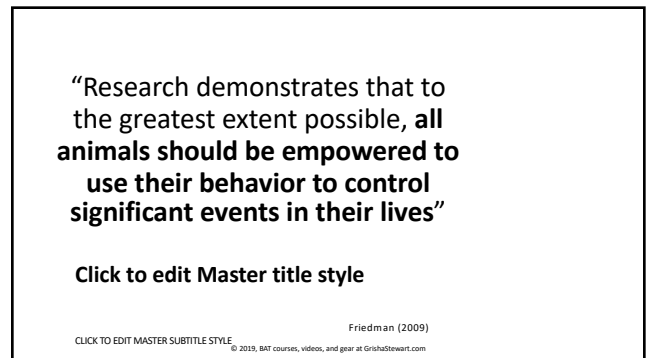
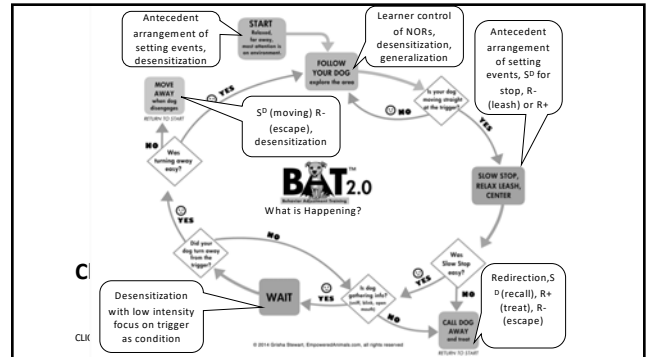
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What are the Ingredients of BAT 2.0?

- Consent Training / Opt-In
- Humanistic therapy
- Systematic desensitization
- Naturally Occurring Reinforcement
- Polyvagal Theory
- Clicker training
- Mindfulness & breathwork
- Functional Analysis
- Counterconditioning (but not with food)
- Clicker Training
- Management solutions
- Return of Fear research
- Expectancy violation

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