

*Take Your Training
Results Next Level
With*

**DR ED'S NEW
PARADIGM IN
BEHAVIOUR
MODIFICATION:
'TACTILE SOMATIC
TRAINING'**

**Using the Whole
Energy Body Balance™
Method**



#WHOLEENERGYBODYBALANCE





Whole Energy
Body Balance

Take Your Training Results Next Level With Dr Ed's New Paradigm in Behaviour Modification: **'Tactile Somatic Training'** Using the Whole Energy Body Balance™ Method

Imagine being able to help all kinds of anxious/over-excited dogs having behaviour issues to ground, calm, relax... and learn quickly and easily! (Or even more quickly and easily, if you are already getting good results)

You can accelerate the results you get with your dogs while building a deeper, stronger bond and relationship with them, so they easily understand what you are asking of them, and are inspired and more than willing to work with you. Specialised relaxing therapeutic touch is the magic medicine that empowers you to do this!

You can support your dogs to move into, and stay in, an optimum learning state where they are calm, responsive, connected, grounded, and eager to understand you - a partnership of deep understanding, mutual respect, and love.

it doesn't matter if you are:

- someone with their first pup ever and wondering how to train them,
- or someone who has had dogs all their life, but suddenly has a dog who is more of a 'problem child' when it comes to behaviour and training,
- or if you are a high-level competitor in dog sports of any kind,
- or if you are a professional trainer, vet nurse, vet, physio, groomer, rehab expert (or in any way working with dogs).

As soon as you learn how to use therapeutic touch to modulate your dog's arousal levels into healthy, focused relaxation, you'll be able to help your dogs to relax, ground, and be present and connected with you to a whole new level.

Then, it's like your training skills become turbocharged, because your dog is in an optimum learning state. You will suddenly get better results, no matter where your training skill level is at.

And if your dog edges (or jumps) up out of a healthy orange zone of arousal, you'll be able to help them quickly, gently, and kindly regulate back down into healthy relaxation with loving touch.

Not only this, you'll be able to support your dogs to be more and more calm, present, resilient in the face of triggers and stimulation, more connected with you, more responsive, and more able to engage their drive powerfully and intelligently.

If you are a vet, therapist or groomer, you'll be able to help dogs relax and bond with you, trust you, so you can work with them so much more deeply and beautifully, cooperatively.

I often have anxious dogs come to see me as a vet, and have them lying down, head on the ground, within 15-30 minutes - and an owner with their jaw hanging down, catching flies, and saying things like 'Wow, I don't think I've seen Buster that relaxed ever before, anywhere, let alone in a strange place with a strange man touching him!'.

With only 10 minutes a day of the Whole Energy Body Balance™ Somatic Relaxation Technique (which dogs LOVE to receive, by the way), most of my clients and students see significant positive shifts in their dog's behaviour within weeks. Sometimes dramatic improvements, even in dogs with severe behavioural problems and anxiety issues.

Imagine being able to help anxious, reactive or over-excited dogs be able to settle, right in the middle of your training sessions if you are a trainer, or whenever your dogs get triggered if you're a pet parent doing your best to help your dogs learn how to be well behaved and responsive! That's what this work gives you.

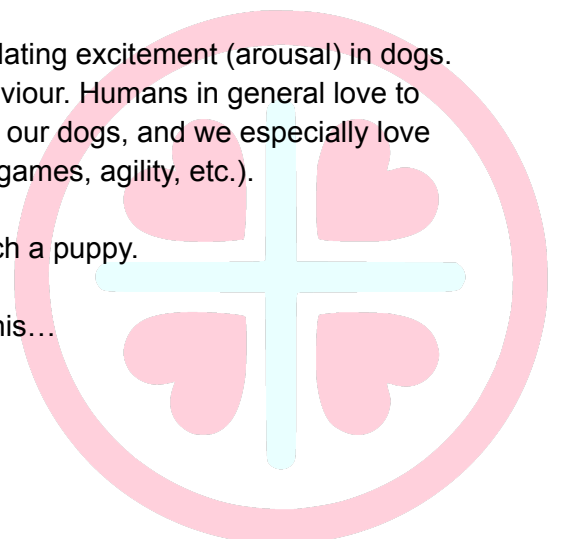
The primate factor - why humans tend to overstimulate and arouse their dogs (and why this is a problem!)

It's important to remember that we humans are really glorified monkeys - and so we have a core of deep behaviour patterns that are pure monkey or primate. Canines are a totally different kettle of fish. This is one of the reasons that dogs in general really don't like being hugged. Even by people they love and know well! And even though they love lying on or beside their humans heaps.

Another pattern I see all the time is one of humans stimulating excitement (arousal) in dogs. I believe that this, too, is a deep primate or monkey behaviour. Humans in general love to razz their dogs up, to stimulate them. We love to play with our dogs, and we especially love exciting, high-energy games (throwing ball, tug, chasing games, agility, etc.).

This is most obvious to me when I see someone approach a puppy.

I think back to my recent job in the vet hospital. Picture this...



A cute little puppy comes through the front door. The nurse comes out from behind the desk, bends over, looks right in the puppy's eyes, pats them with fast hand movements and squeals 'Oh look at you, aren't you so *cute*'.

The puppy was already excited, and now it goes off its little dial with happiness, bumping up into extreme levels of arousal, licking, jumping, and wagging until its little bum is about to fall right off - and what does the nurse do?

I'll tell you what they do. Every time, just about!

The nurse (mostly unconsciously, I believe) lifts the intensity of this connection and interaction even more, stimulating even more excitement, their voice gets higher, louder, and they engage more strongly.

The pup and the human tend to escalate each other. I also see this a hell of a lot with young kids and puppies.

I also see this tendency to stimulate dogs into more excited, active, aroused states of consciousness in the overall way that humans and dogs interact. The bias is often towards higher arousal types of activities, games, and dog sports. Most people believe that their dogs need a lot of high-energy activity to be a happy healthy dog. But they often don't realise that a balance of calm and relaxation is incredibly important.

Agility is the most popular dog sport. Numbers 2 and 3 are Canine Freestyle and Conformation Showing. Next on the top ten list are Disc Dog, Dock Jumping, Flyball, Herding Trials, and Lure Coursing. The top ten is filled out with Rally Obedience and Tracking. This again shows a strong bias towards dog sports that are very active and stimulating.

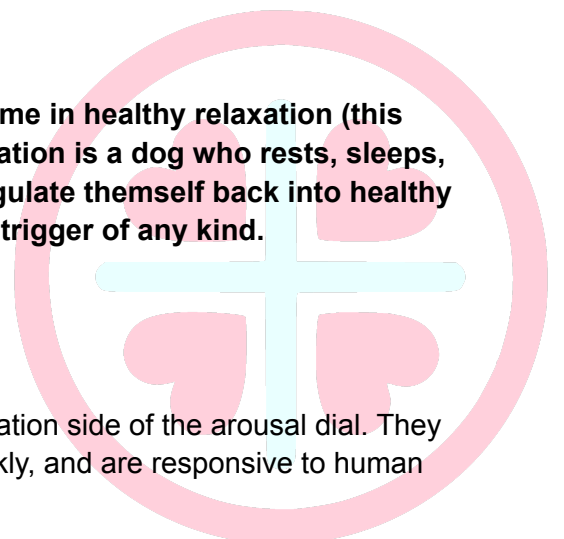
I see a lot of dogs with behaviour problems in my work as an integrative veterinarian, and teacher of the Whole Energy Body Balance™ work. Nearly all of these problems, at the root of it all, are because the dogs have an arousal bias, and have poor or awful ability to regulate from arousal into a state of healthy relaxation.

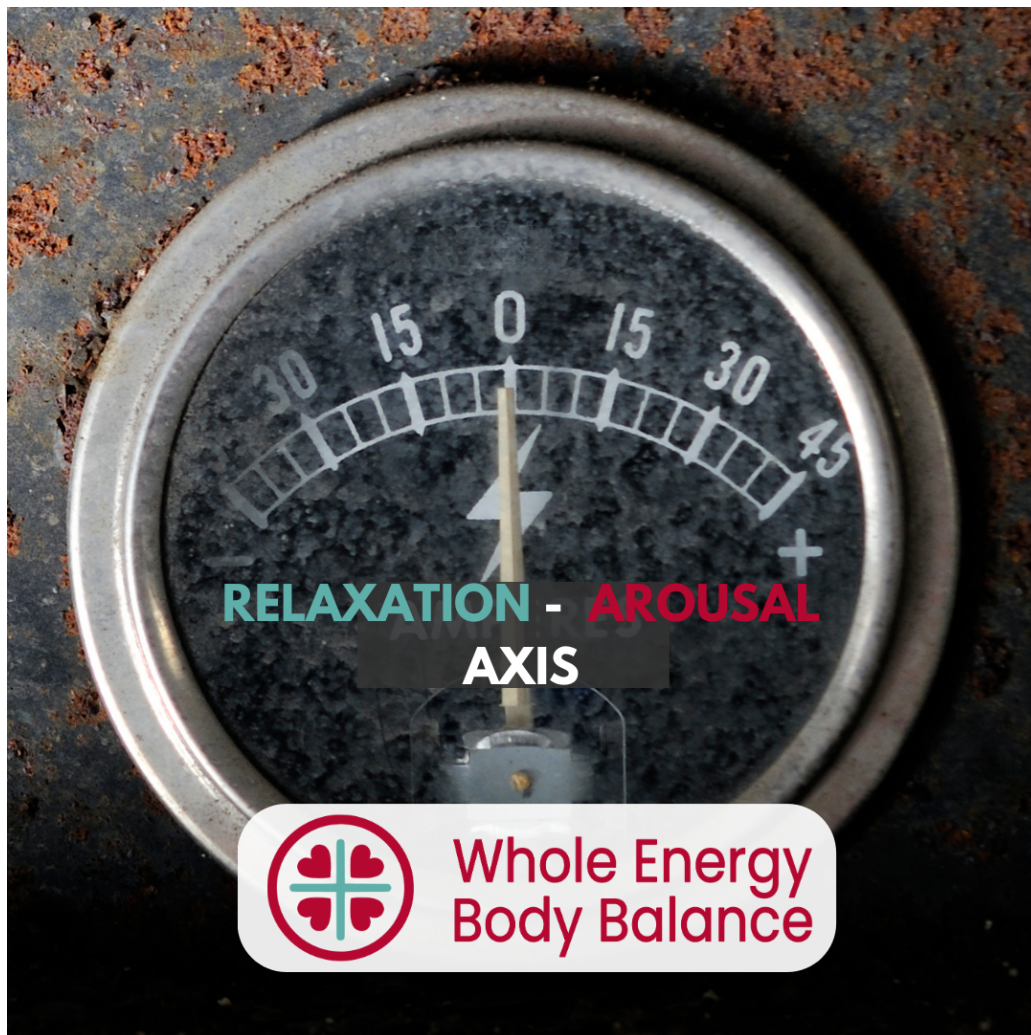
Out-of-control dogs nearly always have an 'Arousal Bias'

What's an arousal bias? First, let's look at what it's not!

A healthy, happy dog should spend 70-90% of their time in healthy relaxation (this includes sleep time over the 24 hours). Healthy relaxation is a dog who rests, sleeps, is calm, is not hypervigilant, and can very quickly regulate themselves back into healthy relaxation and calmness after an arousal/excitement trigger of any kind.

A healthy dog's average resting state will be on the relaxation side of the arousal dial. They learn easily, remember and can generalise well and quickly, and are responsive to human





communication and commands. They have all of their cognitive capacity online and available.

A dog with an arousal bias tends to be triggered into high arousal states very easily. Their resting state will often be in chronic low-grade arousal, rather than healthy relaxation. They may not sleep well or only sleep lightly. They tend to be hypervigilant, reacting strongly to light stimuli. They struggle to learn, are often very poor at generalising, tend to struggle with understanding humans (commands, communication), and are often characterised as 'stubborn' by their owners.

An arousal-biased dog, once they escalate into higher levels of arousal (**unhealthy orange** or **red zone**), often has little or no ability to self-regulate out of arousal, to de-escalate, to get themselves back into **healthy relaxation**. Truth is, arousal-biased dogs often tend to escalate more and more, or get stuck in a state of over-excitement rather than relaxing out of these unhealthy arousal states. Often, they are literally addicted to the aroused state and will keep pushing themselves into that state.

Many dogs with anxiety or over-excitement issues can only regulate well into relaxation with the help of their humans - through touch, interaction, or sometimes having to be literally sitting on top of them.

It's not well understood that dogs need to be taught how to regulate into relaxation from when you get them as a puppy. This can also be taught to adult dogs, though it takes a bit longer to do so.

Relaxation is a very teachable skill. And therapeutic touch is the most powerful way I have found to train this kind of behaviour modification. The work I teach comes directly from a lifetime of working with all kinds of animals and working hands-on with tens of thousands of dogs.

I have discovered simple, easy-to-apply qualities of therapeutic touch that cause a strong body-level relaxation response. Every time you perform this hands-on work with your dog, you are teaching their whole body/mind system how to regulate into relaxed states.

Reading, understanding, and calibrating your dog's arousal levels is the most important dog training skill there is (alongside using therapeutic touch to train dogs to relax)

Let's talk about arousal/relaxation zones - and where you need to keep your dog for them to have all of their cognitive capacity online, available to them, and engaged with you, the trainer. There is a spectrum of activation or relaxation from relaxation to arousal.

When dogs reach a certain level of arousal, they will start to lose cognitive capacity (the capacity to think, understand communication, learn, etc.). At a certain point which I call the 'red line' most or all cognitive capacity will be offline. Then dogs become unresponsive, and often potentially dangerous to themselves and others.

Heightened or increased levels of arousal can be due to a fight/flight/freeze/fidget (anxiety, fear/survival) response or due to healthy play. Healthy play is an activated, alert yet grounded, connected, and responsive state of consciousness.

The **green zone** of arousal is the sweet spot that you want to teach your dog how to live in for most of the time, especially when you are training or competing with them. This is healthy relaxation, with a spectrum from deep sleep to alert but relaxed activity.

The **healthy orange zone** is when your dogs are in a state of arousal, but with no fear or stress. This is healthy play, focused competition, or perhaps being on guard to a danger. The key criteria here is that your dog has a moderate-high activation of arousal without becoming reactive, and without any loss of cognitive capacity.

This is what you want for rapid, effective learning (successful training), and for competition dogs to be able to engage all the drive in the world while still being able to stay present, connected, and responsive to your communication as they are competing, e.g. running an agility course. Or if your dog is playing in the dog park, you'll still be able to call them, and have them alert to you and respond.

The **unhealthy orange zone** of arousal is moderately elevated levels of arousal with your dog experiencing fear or stress to at least some degree.

Unhealthy orange zone (potentially escalating into the **red zone**) can also occur when dogs are playing and escalate to higher levels of arousal without fear, but to the point where cognitive capacity is degraded or lost.

Your dogs will become less responsive to your communication and tend to continue to accelerate to yet higher levels of arousal if you don't intervene.

The **red zone** of arousal is when your dog has crossed the red line. This is very high levels of arousal, your dog will be in deep survival mode, their front brain will be completely switched off, and the hind or reptilian brain will be in full control of the dog's behaviour.

At this point, you'll usually have a minimally or totally unresponsive dog. Reactivity, aggression, and completely out-of-control behaviour may be exhibited.

Becoming aware of your dog's arousal levels, so you can then act to intervene when they escalate into unhealthy higher arousal states, is critically important.

Beyond this, training your dog to be resilient to triggers (play, competition, fearful/anxiety etc.), and to have a strong capacity to regulate themselves from arousal into the **green zone** in general, and also from **unhealthy orange zone** or even **red zone** into a solid, grounded **healthy orange zone** or **green zone** on the relaxation/arousal axis is tremendously beneficial.

The take-home message here is that keeping your dog in the green (or healthy orange) arousal zone accelerates their ability to learn exponentially.

Relaxing therapeutic touch, as I teach in the Whole Energy Body Balance™ Bodywork for Pets home or professional practitioner online trainings, is a novel and innovative training tool that gives you a powerful ability not only to modulate your dogs into the **green zone** (or the **healthy orange zone**), but also to train them how to gain more and more capacity to regulate themselves in this way over time.

Supporting your dogs to build greater and greater grounding, presence, and self-regulation capacity is literally the antidote to anxiety and over-arousal issues.

Like with Klyde - a Staffy who had severe separation anxiety, eating the house when left alone. Two weeks of WEBB bodywork (practiced at home, a skill that all certified WEBB Bodywork practitioners are qualified to teach their clients), and all the destructive behaviour was gone. He was so chilled that some days he wouldn't even get off his bed when his mum came home from work.

Or with Bella, a 7-year-old Rotti who got over-excited when the grandchildren visited - becoming uncontrollable and licking them non-stop. I taught her human the WEBB relaxation bodywork. Three days later she was so quiet they thought she was sick. (She was just in a state of healthy relaxation for possibly the first time in her life.) Within weeks, she was calm,

settled, sitting when asked, no licking of grandkids. A different dog. The owners also said 'It's like all of the training we had been doing for the last 6 years suddenly started working.' This is what can happen when you get the dog into the green zone.

Or with Jager, an extremely anxious dog belonging to one of our WEBB Bodywork for Pets students:

'Jager is a 3yr old mix breed from Alice Springs who had an extremely tough start to life. When he came to me he had a lot of serious medical issues and behavioural issues also. After lots of medical treatment and finally getting on top of his issues he was then suffering severe anxiety and was in a constant state of arousal which then triggered more health issues.'

'I tried all the prescription behavioural drugs to no avail. Things were looking hopeless. That's when I saw the Healing Vet on Facebook and I instantly did the Silent Pain masterclass and then the WEBB online training. I started working with Jager and though he didn't like being touched, with persistence he came round. Then the changes started to happen. Slowly he relaxed and his arousal was less every day. Within a couple of weeks he was constantly calm, no arousal and was happy and content. I was amazed at how quickly this helped him and now he lives a full happy life. If it wasn't for WEBB I don't know where he would be today it's changed his life and mine.' Gina Squire

Undiagnosed Silent Pain is a strong contributor to over-arousal and anxiety issues (as is trauma e.g. rescue dogs).

I started out primarily using bodywork to find and relieve undiagnosed Silent Pain (soft tissue or neck and back pain). Over the years, inspired by the research showing how deep pressure activates the parasympathetic nervous system (rest, digest and regenerate), I have developed a range of neuro-fascial bodywork skills that have a strong somatic relaxing effect.

I have also developed and teach in the WEBB Bodywork for Pets online trainings, a broad range of skills that empower you to be able to easily, accurately, and consistently find and melt away undiagnosed Silent Pain in your dog's body (neuro-fascial pain, soft tissue pain, neck and back pain).

Chronic pain tends to sensitise your dog's body/mind system into a chronic state of low-grade arousal. About every second dog I see has undiagnosed Silent Pain - many dogs will show no symptoms of this at all. It's just as important to learn how to find and relieve this pain with the powerfully effective (but easy to learn) neuro-fascial bodywork skills that I share with you in our online training.

It's important to understand that many vets are completely unaware of the very high prevalence of undiagnosed soft tissue (neuro-fascial), neck and back pain. They do not have the skills to palpate for and discover this kind of pain. This kind of pain is invisible to x-rays and all other imaging technologies, too. This results in many vets missing chronic Silent Pain.

It's vital that you learn how to feel into your dog's body with your hands while sensitively reading their responses to your questioning touch. This is the only way to be sure of not missing your dog's Silent Pain.

WEBB Bodywork can also release and heal trauma in your dog's bodymind system. This is so helpful for rescue dogs or dogs who have experienced any kind of traumatic events.

I'd be surprised if you're not ready to learn more!

Now you know what's possible.

To get these kinds of results with your dogs, your next step is to book a free discovery call with me (Dr. Edward, The Healing Vet, Founder and lead teacher of the Whole Energy Body Balance™ Method).

I'll ask you to watch some videos before we talk. Please mention that you are an 'Out of Control Dog Summit' attendee when you answer the questions on the booking form, so I can make sure to direct you to the right videos and information you'll need to see before we talk.

Here's the link for you to book your free discovery call with me:

<https://thehealingvet.as.me/?appointmentType=14049321>

If you can't find a time that works, please email us at dredward@thehealingvet.com - we will do everything we can to find a time that works for you!

I look forward to helping you increase your ability to get great results with training all kinds of dogs!

