THE SHAMANIC DOG TRAINER

Flat Hands

Objective
Utilizes non-verbal teaching & handling to teach your dog to settle when you use flat hands. Builds communication and trust while calming and limiting his movements whenever necessary.

Important
This exercise teaches your dog to stay calm and still when you use flat hands to touch him or her – do not move your hands when touching with flat hands.

What you do
- Practice this exercise in an area without distraction.
- Do not speak to your dog or make eye contact.
- Guiding your dog by the collar, bring her to your side.
- Kneel beside your dog.
- Place the dog-side hand over dog's back/shoulders, behind front leg and onto the chest.
- Place your other hand in your dog's collar, knuckles forward.
- Keep your dog in a standing position beside you, the "heel" position. Each time she gets out of position, place her back *non-verbally*. Respond promptly and calmly.
- Continue exercise until your dog remains standing relaxed and independently.
- Upon completion, remove your hands from your dog and say "okay".
- Quietly congratulate your dog (do not create too much excitement).
- Practice once or twice a day.

Practical uses
To contain, calm or correct your dog: Stop or her physically. Use neutral voice and handling to express what you want from your dog.

Mild flat hands: place flat hands anywhere on the body or hold by collar to limit her movement and create a businesslike/serious tone.
Strong flat hands: press your dogs' entire body up against yours or straddle dog and hold her waist between your knees.

Trouble Shooting
Excessive squirming: try using different levels of pressure with your hands.
- Some dogs react to the feeling of being squeezed too firmly, so need less pressure.
- Some dogs require more pressure, to make it more clear that they need to stop moving.

If your dog keeps lying on the floor: if it is too difficult to pick your dog up from your kneeling position, then stand up and walk them forward until they get up. Begin again.