



# Moving Forward: using patterns and movement to help heal trauma

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# Concepts

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1. Cued Decompression
2. Structured Movement
3. Agency (Startbuttons)
4. Predictability (Patterns that repeat)





# Pattern Games

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Cued Decompression:

Biofeedback

Down for the Count

LATTE

Structured Movement:

LATTE (visible stations)

123 (auditory feedback)

Requested Approach training (RAT)

Agency and Predictability:

All the Pattern Games!

# Animals Feel Better when they're in Control

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- Startbutton Behaviors cause an event or chain of events to happen which in turn will lead to something the dog wants
- The dog knows when these behaviors will work based on Context (Dog jumps up on grooming table, you brush dog)
- Pattern Games typically use Engaged behavior as the Startbutton
- Part of a conversational style approach vs. telling dog what to do and when to do it





- \*the pattern does not repeat—this is the Contract you have signed!
- \*Handler can give dog more space from the Helper; remove dog from Set-up
- \*Handler can simply stay where they are without progressing until dog asks to continue
- \*Handler can use a cued decompression tactic like treat scatter or snuffle mat



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## What if the dog doesn't give his Startbutton behavior?

# The Power of No

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# My dog is fluent in these games. What's next?

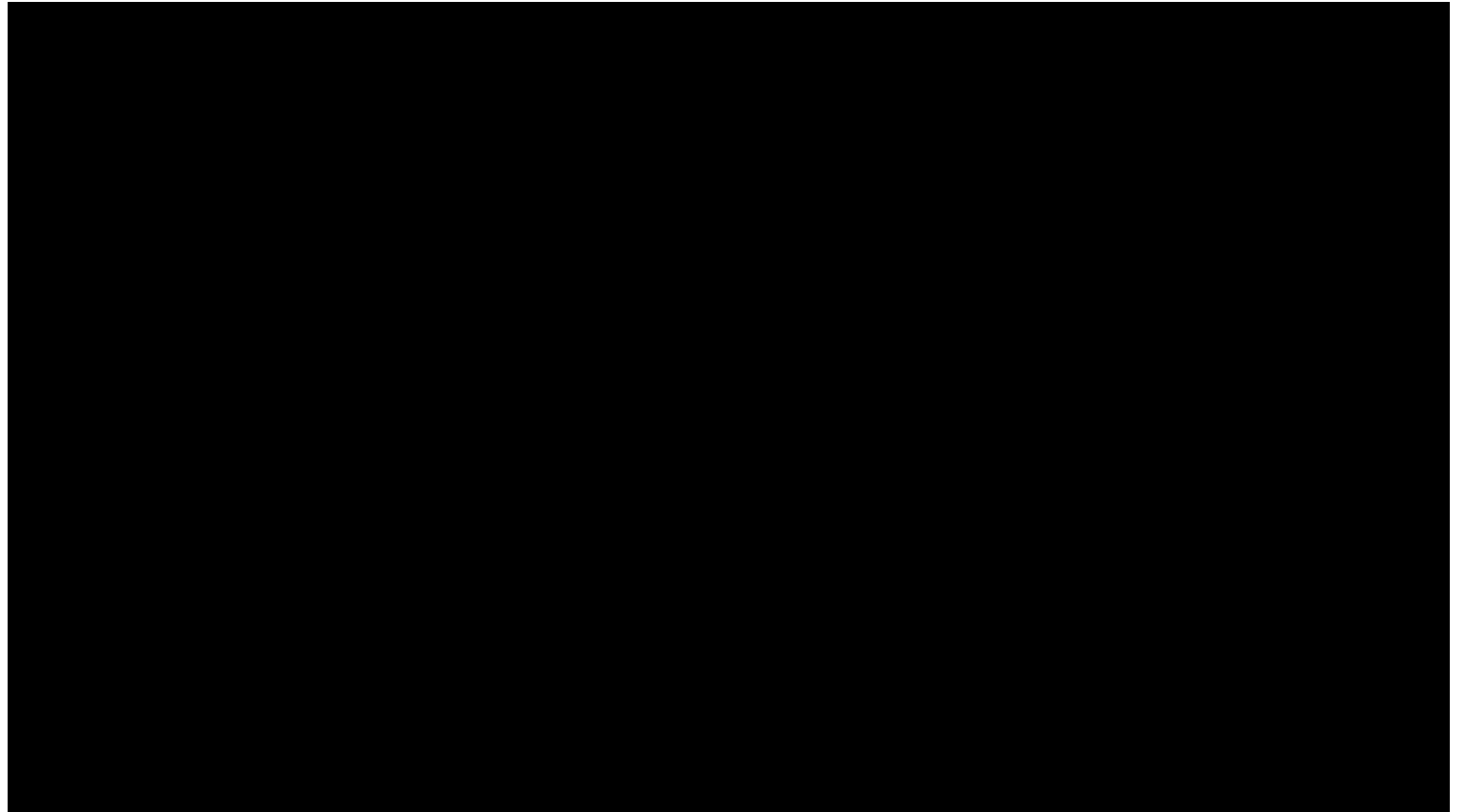
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- Establish the Game (Easy—if the dog is able to eat and has interest in interacting with handler)
- Integrate the Environment (Complex – must work Sub Threshold and Set up for Success)
- Make Adjustments
- Generalize



Biofeedback:  
“Take a  
Breath”

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# Down for the Count

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Before you start:

Strong stationing behavior

Can add Biofeedback

Can add a targeting behavior

Goal:

Increase duration of STILLNESS for hypermotor or hyperoperant dogs

Fidget= leave station, take a breath, easy behavior, return to station and count to a lesser number!

If dog looks away, wait for him to refocus and then start from beginning or continue counting

Down for  
the Count  
with Take  
a Breath

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Down for  
the Count  
with chin  
rest



Down for  
the Count  
with Benjy







# “LATTE”—Look at That, Then Enrichment

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Before you Start:

No learned behaviors needed

Dog must be able to eat and orient to the handler

Goal:

Sensory Enhancement

Activated olfactory sense

Puts dog in exploratory (SEEKING) mode

Teaches Cued Decompression

Can be used for counter conditioning

Super Flexible procedure; Lots of options for Set Ups



# LATTE

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# LATTE

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# LATTE with Tulip

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# LATTE with Tulip

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LATTE with  
Tulip—less  
movement!

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# LATTE for remedial socialization

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- Do the loop while Helper sits at a distance
- have Helper shadow you
- then do a loop where the Helper is scattering the treats
- then fade yourself out of the picture and let them do a fourth loop by themselves.



# LATTE for remedial socialization

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# Healing power of \*Structured\*Movement

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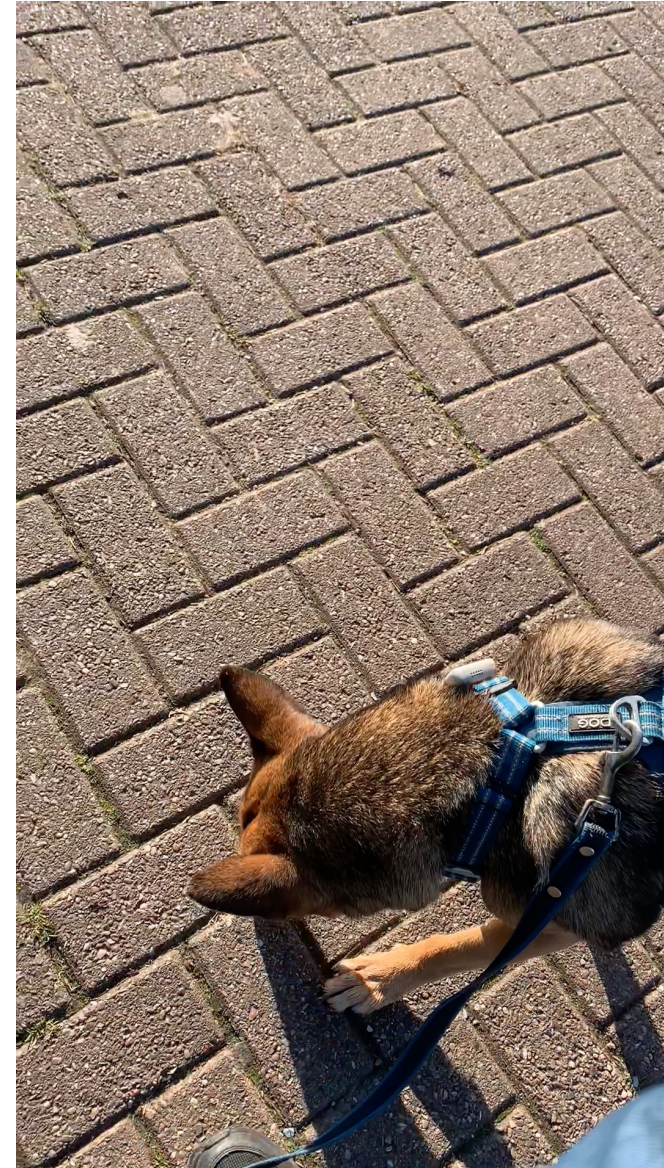
- Supplies brain cells with oxygen and promotes production of new brain cells
- Triggers production of BDNF, a protein that affects mood and thoughts
- A number of beneficial neurotransmitters gets released into the brain including dopamine, serotonin, norepinephrine...
- For dogs that are in Freeze/shut down from stress, getting them moving is the key to confidence
- For dogs that struggle with high levels of arousal/anxiety, getting them moving calms them down and helps them focus
- Pattern Games give a structure of predictable movement that encourages dogs to be thoughtful and engaged
- Using visual stations and enrichment (LATTE) combined with structured movement can be very powerful!!!
- You can then graduate to auditory feedback (123) so dog still has safety net/focus point



# 1 2 3 with Dave

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- Backchain!
- 3 always = treat
- Can feed from hand at 3 or place on ground so dog controls the game
- Helps with passing and approaching suspicious things
- If dog isn't asking to go forward, don't!





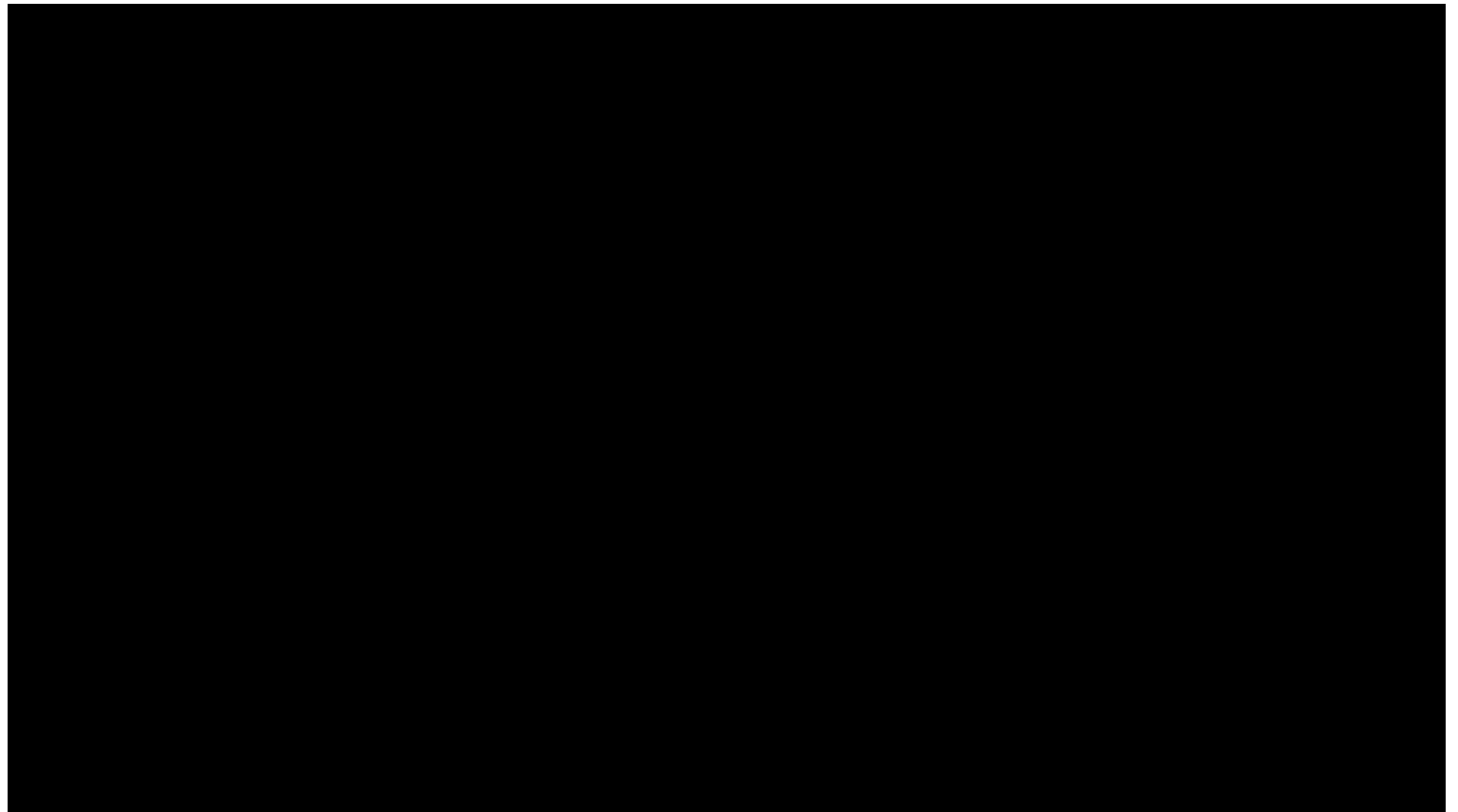
1 2 3 with  
Cinder

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1 2 3 with  
Bella,  
adding  
hand target

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## Requested Approach training: Understanding the Mechanics

Learner uses Startbutton behavior

Helper goes to visible station

Handler feeds dog when Helper reaches station

Dog is fed out of position as Helper walks away so that he can bring the Helper back

# Requested Approach

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# Requested Approach with remote feeder

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Requested  
Approach  
with dog  
moving  
forward

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Thank you!!!

FB group:  
Friends of Control  
Unleashed

CCUI info:  
[cleanrun.com](http://cleanrun.com)

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