

Dog Training and Behavior Modification Principles

Master effective techniques to train your dog and address behavioral issues for pet owners and trainers.

Dog Training Instructor: Rachel Townsend • 5 sections • 55 lessons • 21.75h total

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About this course

Many dog owners face challenges with training and unwanted behaviors, leading to frustration for both pets and humans. This course breaks down the principles of dog training and behavior modification into clear, actionable steps. You'll explore canine psychology, positive reinforcement, and problem-solving strategies through video lessons, real-world case studies, and practical exercises. By the end, you'll have the skills to build a strong bond with your dog and handle common behavioral issues confidently.

Course curriculum

Foundations and Preparation

- **Introduction to Dog Training and Behavior Modification (12m)**
Get an overview of what this course covers and why understanding principles is key to successful training.
- **Understanding Canine Psychology and Learning Theory (25m)**
Dive into how dogs think and learn, setting the stage for effective training approaches.
- **Setting Up for Success: Environment and Tools (18m)**
Learn how to prepare your home and choose the right tools for training sessions.
- **Basic Communication: Body Language and Cues (20m)**
Master the art of communicating with your dog through body language and clear signals.
- **Positive Reinforcement Fundamentals (22m)**
Explore the core of positive reinforcement and how to apply it consistently.
- **Establishing Trust and Bond with Your Dog (15m)**
Build a strong foundation of trust that makes training more effective and enjoyable.
- **Common Misconceptions in Dog Training (10m)**
Debunk myths that can hinder progress and set realistic expectations.
- **Safety and Ethics in Training (14m)**
Ensure your training methods are safe, ethical, and promote well-being for your dog.

Core Concepts

- **Obedience Commands: Sit, Stay, Come (25m)**
Step-by-step guide to teaching essential obedience commands with positive reinforcement.
- **Leash Training and Walking Manners (30m)**
Teach your dog to walk calmly on a leash without pulling or distractions.
- **Crate Training and Housebreaking (20m)**
Make crate training comfortable and establish reliable housebreaking routines.
- **Socialization Skills for Puppies and Adult Dogs (22m)**
Help your dog become well-adjusted through controlled socialization exercises.
- **Addressing Fear and Anxiety in Dogs (28m)**
Identify signs of fear and anxiety and use techniques to reduce stress.
- **Redirecting Unwanted Behaviors (18m)**
Learn how to redirect negative behaviors into positive actions effectively.
- **Clicker Training and Marker Systems (15m)**
Introduce clicker training as a precise way to mark and reward desired behaviors.
- **Shaping Behaviors Step-by-Step (20m)**
Use shaping to teach complex behaviors by breaking them into small steps.
- **Consistency and Timing in Training (12m)**
Understand why consistency and timing are critical for effective learning.

- **Reading Canine Stress Signals (16m)**
Interpret your dog's body language to detect and manage stress early.
- **Training with Distractions (25m)**
Gradually introduce distractions to proof your dog's training in real-world settings.
- **Group Training vs. Individual Sessions (14m)**
Compare the benefits of group classes and one-on-one training for different needs.

Deep Dive

- **Solving Barking and Whining Issues (28m)**
Address excessive barking and whining with targeted behavior modification strategies.
- **Managing Aggression and Reactivity (35m)**
Tackle aggression and reactivity issues using safe, proven methods.
- **Dealing with Separation Anxiety (30m)**
Help your dog cope with alone time through gradual desensitization and training.
- **Counter-Conditioning Techniques (25m)**
Change your dog's emotional response to triggers through counter-conditioning.
- **Desensitization Processes (22m)**
Slowly expose your dog to feared stimuli to reduce sensitivity over time.
- **Case Study: Rehabilitation of a Rescue Dog (40m)**
Follow a real case study of rehabilitating a rescue dog with behavioral challenges.
- **Advanced Obedience: Heel and Off-Leash Control (32m)**
Take obedience to the next level with heel commands and off-leash reliability.
- **Problem-Solving Sessions for Common Issues (20m)**
Work through common training problems with guided problem-solving exercises.
- **Integrating Training into Daily Life (18m)**
Learn how to incorporate training seamlessly into everyday routines.
- **Using Technology in Dog Training (15m)**
Explore apps, cameras, and other tech tools that can support your training efforts.

Advanced Application

- **Trick Training and Complex Commands (28m)**
Teach fun tricks and complex commands to challenge your dog mentally.
- **Agility Training Basics (35m)**
Introduce agility training to build confidence and physical coordination.
- **Therapy Dog Preparation (30m)**
Prepare your dog for therapy work with specific training and socialization.
- **Service Dog Training Fundamentals (40m)**
Cover the basics of training service dogs for various assistance roles.
- **Working with Multiple Dogs (25m)**
Manage training sessions and behavior when dealing with more than one dog.
- **Training in Public Spaces (22m)**
Practice training in busy environments to ensure reliability under distraction.

- **Handling Setbacks and Plateaus (18m)**
Learn strategies to overcome training plateaus and bounce back from setbacks.
- **Customizing Training Plans for Individual Dogs (20m)**
Adapt training methods to suit your dog's unique personality and needs.
- **Advanced Behavior Modification Protocols (32m)**
Dive into detailed protocols for complex behavioral issues.
- **Ethical Considerations in Advanced Training (15m)**
Discuss the ethics of advanced training techniques and their impact on dogs.
- **Case Studies: Success Stories and Lessons Learned (45m)**
Analyze multiple case studies to see principles in action and extract key lessons.
- **Building a Training Routine (20m)**
Create a consistent training schedule that fits into your lifestyle.

Implementation and Next Steps

- **Creating a Personalized Training Plan (30m)**
Design a training plan tailored to your dog's specific goals and challenges.
- **Tracking Progress and Adjusting Methods (25m)**
Use journals and metrics to monitor progress and tweak your approach as needed.
- **Maintaining Training Over Time (20m)**
Ensure long-term success by reinforcing training and preventing regression.
- **Troubleshooting Common Challenges (22m)**
Address frequent issues that arise during training with practical solutions.
- **Resources for Continued Learning (15m)**
Find books, videos, and communities to keep expanding your knowledge.
- **Community and Support Systems (12m)**
Connect with other dog owners and trainers for advice and encouragement.
- **Becoming a Professional Dog Trainer (35m)**
Explore what it takes to turn your passion into a career in dog training.
- **Certifications and Continuing Education (18m)**
Learn about certifications and courses that can enhance your credentials.
- **Business Aspects of Dog Training (28m)**
If you're going professional, cover basics like marketing, pricing, and client management.
- **Case Study: From Pet Owner to Trainer (40m)**
Follow a real story of someone transitioning from dog owner to professional trainer.
- **Final Project: Design and Implement a Training Program (50m)**
Apply everything you've learned by creating and executing a training program for a dog.
- **Review and Assessment (20m)**
Review key concepts and assess your understanding with quizzes and reflections.
- **Next Steps and Career Paths (15m)**
Outline the paths forward, whether for personal growth or professional development.

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