

# TABLE OF CONTENTS

<b>Foreword by Stephen F. Ledoux</b> .....	<b>1</b>
<b>Preface</b> .....	<b>3</b>
<b>Table of Contents</b> .....	<b>6</b>
<b>Chapter 1. Behaviorology</b> .....	<b>15</b>
Natural Science .....	15
Behaviorology.....	16
Definition and History.....	16
Philosophical Underpinnings .....	17
<i>Radical Behaviorism</i> .....	17
<i>Modes of Causation</i> .....	17
<i>Selection by Consequences</i> .....	18
Psychology .....	19
Applied Behavior Analysis.....	21
Ethology .....	21
Medical Paradigm .....	22
Orientation of This Book .....	22
<b>Chapter 2. Principles of Behavior</b> .....	<b>23</b>
Behavior and its Cause .....	24
Behavior.....	24
Stimulation .....	25
Categories of Behavior .....	26
<i>Innate versus Conditioned Behavior</i> .....	26
<i>Respondent Versus Operant Behavior</i> .....	27
Traits are Not Behavior; nor are they Causes of Behavior .....	27
Accessibility of Terms in Analysis.....	28
Functional Relations.....	28
Conditioning.....	30
Operant Conditioning.....	31
Contingencies & and the ABC's of Behavior .....	32
<i>Contingencies and Functional Relations</i> .....	32
<i>Antecedents</i> .....	32
<i>Behavior</i> .....	33
<i>Postcedents</i> .....	33
<i>The Functional Relations in Contingencies</i> .....	33
Postcedent Principles, Processes and Procedures .....	36
<i>Law of Effect</i> .....	36
<i>Contingencies of Reinforcement</i> .....	40
<i>Added Reinforcement</i> .....	41
<i>Subtracted Reinforcement</i> .....	42
<i>Some Potentially Confusing Distinctions</i> .....	43
<i>Variables Influencing Effectiveness of Reinforcement</i> .....	43
Contingency.....	43
Contiguity .....	44
Reinforcer Characteristics .....	44
Task Characteristics.....	44
Concurrent Contingencies .....	45
Establishing and Abolishing Operations.....	45
<i>Contingencies of Punishment</i> .....	45
<i>Added Punishment</i> .....	46
<i>Subtracted Punishment</i> .....	46
<i>Variables Influencing the Effectiveness of Punishment</i> .....	47

# The Science and Technology of Animal Training

<i>Contingencies of Extinction</i> .....	47
<i>Schedules of Added Reinforcement</i> .....	48
<b>Continuous Reinforcement</b> .....	<b>48</b>
<b>Intermittent Reinforcement</b> .....	<b>49</b>
Fixed Ratio.....	50
Variable Ratio.....	50
Fixed Interval .....	51
Variable Interval.....	52
Fixed duration.....	53
Variable Duration .....	53
<b>Extinction</b> .....	<b>53</b>
<b>Jackpotting</b> .....	<b>54</b>
<b>Limited Hold</b> .....	<b>54</b>
<b>Variations on Basic Intermittent Schedules</b> .....	<b>55</b>
Differential Reinforcement of Low Rate .....	55
Differential Reinforcement of High Rate .....	55
Differential Reinforcement of Diminishing Rates .....	56
<b>Complex Schedules</b> .....	<b>56</b>
Differential Reinforcement and Differential Reinforcement-Like Procedures.....	56
<i>Managing Schedules of Reinforcement</i> .....	58
<i>Differential Outcome Effect</i> .....	59
<i>Activity Reinforcers (the Premack Principle)</i> .....	60
Antecedent Processes and Procedures .....	60
<i>Stimulus Control: Generalization and Discrimination Training</i> .....	61
<b>Generalization</b> .....	<b>61</b>
<b>Discrimination</b> .....	<b>62</b>
<i>Transferring Stimulus Control</i> .....	63
<i>Prompting</i> .....	64
Advanced Operant Conditioning Processes and Procedures .....	66
<i>Multiple-Term Contingencies</i> .....	67
<b>Added Consequating Terms</b> .....	<b>67</b>
<b>Added Behavior Terms</b> .....	<b>67</b>
<b>Added Antecedent Terms (Function-Altering Stimuli)</b> .....	<b>68</b>
The Function-Altering Stimulus .....	68
Motivative Operations .....	70
Fading Function-Altering Stimuli .....	71
<i>Concurrent Contingencies</i> .....	71
<i>Reequilibration (Expansion the Concept of Extinction)</i> .....	73
<i>Adjunctive Behavior</i> .....	74
<i>Species-Typical Behavior (Where Phylogeny Meets Ontogeny)</i> .....	74
Respondent Conditioning .....	76
Measuring Behavior .....	79
Informal versus Formal Measurement .....	79
Measures of Behavior .....	80
<i>Count</i> .....	80
<i>Rate</i> .....	80
<i>Frequency</i> .....	81
<i>Duration</i> .....	81
<i>Magnitude</i> .....	81
<i>Latency and Inter-response Time</i> .....	81
<i>Topography and Extensity</i> .....	82
Choosing Among Measures of Behavior .....	82
Tracking the Target Behavior Through Time.....	82
Continuing Education .....	86
<b>Chapter 3. Aversive Stimulation and its Problematic Side Effects</b> .....	<b>87</b>
Introduction.....	87
Why is the Occurrence of Aversive Stimulation so Pervasive? .....	87
Problematic Effects of Aversive stimulation .....	88
Problematic Emotional Arousal and Conditioning.....	88
Escape Behavior .....	89

# The Science and Technology of Animal Training

Clarifying Punishment and its Role in Changing Behavior .....	90
Alternatives to Aversive Control of Behavior .....	93
Continuing Education .....	93
<b>Chapter 4. Doctrine of Least Intrusive Effective Behavior Intervention for Training .....</b>	<b>94</b>
Introduction .....	94
Preliminary Concepts .....	95
The Ethics of Effectiveness and Minimal Intrusion: Why We Consider This Issue .....	97
Why Implement the LIEBI Model? .....	98
Key Features of the LIEBI Model .....	98
Continuing Education .....	104
<b>Chapter 5. Training Strategy and Project Planning .....</b>	<b>106</b>
General Systematic Training Process .....	106
Phase 1. Preliminaries .....	109
Planning and Preparation .....	109
<i>Identifying and Defining the Target Behavior</i> .....	109
<b>The Target Behavior</b> .....	109
<b>Function versus Topography</b> .....	110
<i>Preparing a Formal Behavior Objective</i> .....	111
<b>Assessing the Subject's Current Proficiency</b> .....	111
<b>Formal Behavior Objective Components</b> .....	111
<b>Graded Approach</b> .....	112
<b>Functional Assessment</b> .....	112
<b>Final Word on Formal Behavior Objectives</b> .....	115
Identify Reinforcers and Establish the Conditioned Reinforcer .....	115
Phase 2. Acquisition Stage Training .....	116
Antecedent Tactics .....	116
<i>Prompting</i> .....	117
<i>Motivative Operations</i> .....	117
Postcedent Tactics .....	118
<i>Reinforcement</i> .....	118
<i>Identify the Required Procedure</i> .....	119
<i>How to Handle Noncritera Responses</i> .....	120
Phase 3. Fluency Stage Training .....	123
Planning Fluency Stage Tactics .....	123
<i>Begin Fading Prompts</i> .....	124
<i>Begin Thinning the Schedule of Reinforcement</i> .....	125
<i>Refine Form, Latency and Speed</i> .....	126
<i>Bring Behavior Under Stimulus Control</i> .....	127
<i>Proof Against the Three D-Parameters (Distraction, Distance, &amp; Duration)</i> .....	128
<b>Distraction</b> .....	128
<b>Distance</b> .....	129
<b>Duration</b> .....	129
<i>Discrimination Training</i> .....	130
<i>Introduce Release Stimulus</i> .....	130
Phase 4. Maintenance .....	131
Working Toward Maintenance of Fluency .....	131
Constructing a Systematic Training Plan: Putting it All Together .....	131
10 Laws of Training .....	135
Continuing Education .....	136
<b>Chapter 6. Advanced Training Techniques .....</b>	<b>137</b>
Introduction .....	137
Shaping .....	138
Definition and Appropriate Uses .....	138

# The Science and Technology of Animal Training

Planning Behavior Objectives and Lists of Behavior Approximations .....	140
Implementation of the Shaping Plan.....	141
Chaining.....	143
Definition and Elements.....	143
Constructing and Validating a Task Analysis .....	144
Assessing Level of Proficiency of Requisite Behaviors.....	145
Training the Component Behaviors.....	145
Behavior Chaining Methods .....	146
<i>Forward Chaining</i> .....	146
<b>Forward Chaining Method 1</b> .....	<b>146</b>
<b>Forward Chaining Method 2</b> .....	<b>146</b>
<i>Backward Chaining</i> .....	147
<i>Quality of the Chain</i> .....	147
Sequencing.....	148
Continuing Education.....	148
<b>Chapter 7. Training Dogs.....</b>	<b>149</b>
Training Dogs .....	150
Equipment.....	150
Clicker and Treat Pouch .....	150
Distance Training Device.....	150
Restraints .....	150
What Not to Use.....	151
Name .....	152
Phase 1. Preliminaries.....	152
Phase 2. Acquisition.....	152
Phase 3. Fluency .....	153
Phase 4. Maintenance.....	153
Sit.....	153
Phase 1. Preliminaries.....	153
Phase 2. Acquisition.....	154
Phase 3. Fluency .....	155
<i>Begin Fading Prompts</i> .....	155
<i>Begin Thinning the Schedule of Reinforcement</i> .....	156
<i>Refine Form, Latency and Speed</i> .....	156
<i>Bring Behavior Under Stimulus Control</i> .....	157
<i>Proof Against the Three D-Parameters</i> .....	157
<i>Discrimination Training</i> .....	158
<i>Introduce Release Stimulus</i> .....	158
Phase 4. Maintenance.....	159
Common Challenges .....	159
Down .....	160
Phase 1. Preliminaries.....	160
Phase 2. Acquisition.....	160
Phase 3. Fluency .....	161
Phase 4. Maintenance.....	162
Common Challenges .....	162
Stand .....	163
Phase 1. Preliminaries.....	163
Phase 2. Acquisition.....	163
Phase 3. Fluency .....	164
Phase 4. Maintenance.....	164
Common Challenges .....	165
Wait.....	165

## The Science and Technology of Animal Training

Phase 1. Preliminaries.....	165
Phase 2. Acquisition.....	166
Phase 3. Fluency .....	166
Phase 4. Maintenance.....	167
Common Challenges .....	167
Take it / Drop It .....	168
Phase 1. Preliminaries.....	168
Phase 2. Acquisition.....	168
Phase 3. Fluency .....	169
Phase 4. Maintenance.....	170
Common Challenges .....	170
Here (Recall).....	171
Phase 1. Preliminaries.....	171
Phase 2. Acquisition.....	173
Phase 3. Fluency .....	174
Phase 4. Maintenance.....	175
Common Challenges .....	175
Off .....	176
Phase 1. Preliminaries.....	176
Phase 2. Acquisition.....	177
Phase 3. Fluency .....	177
Phase 4. Maintenance.....	178
Common Challenges .....	179
Let's go (Walking on Loose Leash).....	179
Phase 1. Preliminaries.....	179
Phase 2. Acquisition.....	180
Phase 3. Fluency .....	181
Phase 4. Maintenance.....	182
Common Challenges .....	182
<i>Rehearsal of Pulling</i> .....	182
<i>Diehard Puller</i> .....	182
<i>Trailing Behind</i> .....	183
<i>Dog is Too Strong or Big Compared to Guardian</i> .....	183
<i>Dog is "Crazy"</i> .....	183
Go to "bed".....	184
Phase 1. Preliminaries.....	184
Phase 2. Acquisition.....	185
Phase 3. Fluency .....	186
Phase 4. Maintenance.....	187
Common Challenges .....	187
Training Challenges and Special Cases .....	187
Multi-Dog Training.....	187
<i>Train Each Dog Individually</i> .....	187
<i>Train in Pairs</i> .....	188
<i>Train in Groups</i> .....	188
Training Toy Breeds .....	188
Social Contact not an Effective Reinforcer .....	189
Food not an Effective Reinforcer .....	190
Hyperactivity .....	190
Sensitivity and Risk Averse in General.....	190
Easily Frustrated and Impulsive .....	191
Continuing Education .....	191

# The Science and Technology of Animal Training

<b>Chapter 8. Training Cats.....</b>	<b>193</b>
Training Cats .....	193
Equipment.....	194
Targeting.....	194
Phase 1. Preliminaries.....	194
Phase 2. Acquisition.....	195
Phase 3. Fluency.....	195
Phase 4. Maintenance.....	196
Sit.....	197
Phase 1. Preliminaries.....	197
Phase 2. Acquisition.....	198
Phase 3. Fluency.....	199
Phase 4. Maintenance.....	202
Wait.....	203
Phase 1. Preliminaries.....	203
Phase 2. Acquisition.....	204
Phase 3. Fluency.....	205
Phase 4. Maintenance.....	206
Common Challenges.....	206
Here.....	206
Phase 1. Preliminaries.....	206
Phase 2. Acquisition.....	207
Phase 3. Fluency.....	208
Phase 4. Maintenance.....	209
Common Challenges.....	209
Loose Leash Walking .....	209
Phase 1. Preliminaries.....	209
Phase 2. Acquisition.....	210
Phase 3. Fluency.....	211
Phase 4. Maintenance.....	211
Cooperative Grooming Behaviors .....	212
Paws.....	212
<i>Phase 1. Preliminaries .....</i>	<i>212</i>
<i>Phase 2. Acquisition .....</i>	<i>212</i>
<i>Phase 3. Fluency.....</i>	<i>213</i>
<i>Phase 4. Maintenance.....</i>	<i>214</i>
Stand for Brushing.....	214
<i>Phase 1. Preliminaries .....</i>	<i>214</i>
<i>Phase 2. Acquisition .....</i>	<i>214</i>
<i>Phase 3. Fluency.....</i>	<i>215</i>
<i>Phase 4. Maintenance.....</i>	<i>215</i>
Continuing Education.....	215
<b>Chapter 9. Training Birds .....</b>	<b>216</b>
Training Birds .....	216
Equipment.....	218
Targeting.....	219
Phase 1. Preliminaries.....	219
Phase 2. Acquisition.....	219
Phase 3. Fluency.....	220
Phase 4. Maintenance.....	222
Step Up.....	223
Phase 1. Preliminaries.....	223

## The Science and Technology of Animal Training

Phase 2. Acquisition.....	224
Phase 3. Fluency.....	225
Phase 4. Maintenance.....	226
Exiting Cage (and other cage behaviors).....	226
Phase 1. Preliminaries.....	226
Phase 2. Acquisition.....	227
Phase 3. Fluency.....	227
Phase 4. Maintenance.....	228
Holding a Wing Up.....	229
Phase 1. Preliminaries.....	229
Phase 2. Acquisition.....	229
Phase 3. Fluency.....	230
Phase 4. Maintenance.....	231
Leave It.....	231
Phase 1. Preliminaries.....	231
Phase 2. Acquisition.....	232
Phase 3. Fluency.....	232
Phase 4. Maintenance.....	233
Special Note on Avoiding and Eliminating Problem Verbal Behaviors.....	233
Continuing Education.....	234
<b>Chapter 10. Training Horses .....</b>	<b>235</b>
Training Horses.....	235
Equipment.....	236
Behaviors.....	237
Mugging.....	237
Targeting.....	239
Phase 1. Preliminaries.....	239
Phase 2. Acquisition.....	240
Phase 3. Fluency.....	240
Phase 4. Maintenance.....	243
General Handling.....	243
Step 1. Response to Brush.....	245
Phase 1. Preliminaries.....	245
Phase 2. Acquisition.....	245
Phase 3. Fluency.....	246
Phase 4. Maintenance.....	247
Step 2. Touching the Horse with Brush.....	248
Phase 1. Preliminaries.....	248
Phase 2. Acquisition.....	248
Phase 3. Fluency.....	248
Phase 4. Maintenance.....	248
Bridling / Haltering/ Hackamoring.....	249
Step 1. Response to Bridle.....	250
Phase 1. Preliminaries.....	250
Phase 2. Acquisition.....	250
Phase 3. Fluency.....	250
Step 2. Approach with Bridle.....	251
Phase 1. Preliminaries.....	251
Phase 2. Acquisition.....	251
Phase 3. Fluency.....	251
Step 3. Presenting Bridle to be Put On.....	251
Phase 1. Preliminaries.....	251
Phase 2. Acquisition.....	251
Phase 3. Fluency.....	252
Step 4. Taking the Bit.....	253
Phase 1. Preliminaries.....	253

# The Science and Technology of Animal Training

<i>Phase 2. Acquisition</i> .....	253
<i>Phase 3. Fluency</i> .....	254
Step 5. Attaching the Bridle.....	254
<i>Phase 1. Preliminaries</i> .....	254
<i>Phase 2. Acquisition</i> .....	254
<i>Phase 3. Fluency</i> .....	255
<i>Phase 4. Maintenance</i> .....	255
Head-Lowering.....	255
<i>Phase 1. Preliminaries</i> .....	255
<i>Phase 2. Acquisition</i> .....	256
<i>Phase 3. Fluency</i> .....	256
<i>Phase 4. Maintenance</i> .....	256
Loose Lead Walking.....	256
Forward.....	257
<i>Phase 1. Preliminaries</i> .....	257
<i>Phase 2. Acquisition</i> .....	257
<i>Phase 3. Fluency</i> .....	258
<i>Phase 4. Maintenance</i> .....	258
Halt.....	259
<i>Phase 1. Preliminaries</i> .....	259
<i>Phase 2. Acquisition</i> .....	259
<i>Phase 3. Fluency</i> .....	259
<i>Phase 4. Maintenance</i> .....	260
Turning.....	260
<i>Phase 1. Preliminaries</i> .....	260
<i>Phase 2. Acquisition</i> .....	260
<i>Phase 3. Fluency</i> .....	261
<i>Phase 4. Maintenance</i> .....	261
Backing Up.....	261
<i>Phase 1. Preliminaries</i> .....	261
<i>Phase 2. Acquisition</i> .....	261
<i>Phase 3. Fluency</i> .....	262
<i>Phase 4. Maintenance</i> .....	262
Remaining Aligned with Mounting Block.....	262
<i>Phase 1. Preliminaries</i> .....	262
<i>Phase 2. Acquisition</i> .....	263
<i>Phase 3. Fluency</i> .....	263
<i>Phase 4. Maintenance</i> .....	264
Foot Handling.....	264
<i>Phase 1. Preliminaries</i> .....	264
<i>Phase 2. Acquisition</i> .....	265
<i>Phase 3. Fluency</i> .....	265
<i>Phase 4. Maintenance</i> .....	265
Keeping Foot Still.....	266
<i>Phase 1. Preliminaries</i> .....	266
<i>Phase 2. Acquisition</i> .....	266
<i>Phase 3. Fluency</i> .....	266
<i>Phase 4. Maintenance</i> .....	267
Presenting Foot.....	267
<i>Phase 1. Preliminaries</i> .....	267
<i>Phase 2. Acquisition</i> .....	267
<i>Phase 3. Fluency</i> .....	268
<i>Phase 4. Maintenance</i> .....	268
Continuing Education.....	268
<b>Chapter 11. Training Humans</b> .....	<b>270</b>
Verbal Behavior .....	270
Mediating Client Verbal Behavior.....	271
General Strategy for Training Humans.....	272
Establish Objective.....	272



# The Science and Technology of Animal Training

Describe, Explain and Demonstrate.....	273
Assess Proficiency .....	274
Follow-up.....	274
Training Groups of People.....	275
Continuing Education.....	276
<b>Appendix 1. Trainer Exercises and Skills Development .....</b>	<b>277</b>
Exercise #1. The Bouncing Ball Exercise .....	277
Exercise #2. The Tossed Ball Exercise .....	278
Exercise #3. The Ball and Treat Exercise .....	279
Exercise #4. Planning List of Behavior Approximations for Shaping .....	280
Exercise #5. Shaping a Friend.....	281
Planning Stage (You as Trainer).....	281
Training Stage (You as Trainer).....	282
Exercise Analysis (You as Trainer).....	282
Planning Stage (You as Subject).....	283
Training Stage (You as Subject).....	283
Exercise Analysis (You as Subject).....	283
Exercise #6. Targeting.....	284
Planning Stage.....	285
Exercise Analysis .....	286
Exercise #7. Simple Shaping Project.....	286
Planning Stage.....	287
Training Stage.....	287
Exercise Analysis .....	288
Exercise #8. Task Analysis for Chaining .....	289
Exercise #9. Simple Chaining Exercise. ....	290
Planning Stage.....	290
Training Stage.....	291
Exercise Analysis .....	291
Exercise #10. Discrimination and Generalization Training.....	292
Training Stage.....	292
Exercise Analysis .....	293
<b>References .....</b>	<b>294</b>
<b>Index .....</b>	<b>297</b>