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Dog-training as an answer to violence

Raise With Praise promotes message of social harmony

What do deep-breathing exercises have to do with training dogs?

A lot, according to Paul Owens, instructor of yoga, stress management and dog training, who includes breathing exercises for owners in his Raise With Praise program.

He believes you must be relaxed so the dog can relax. That goes hand in hand with his belief that "if humans, particularly children, are empowered by successfully using positive, humane methods to attain nonaggressive behavior with dogs and other animals, they will be encouraged to use these methods with themselves, their family, friends and the environment."

ABOUT ANIMALS



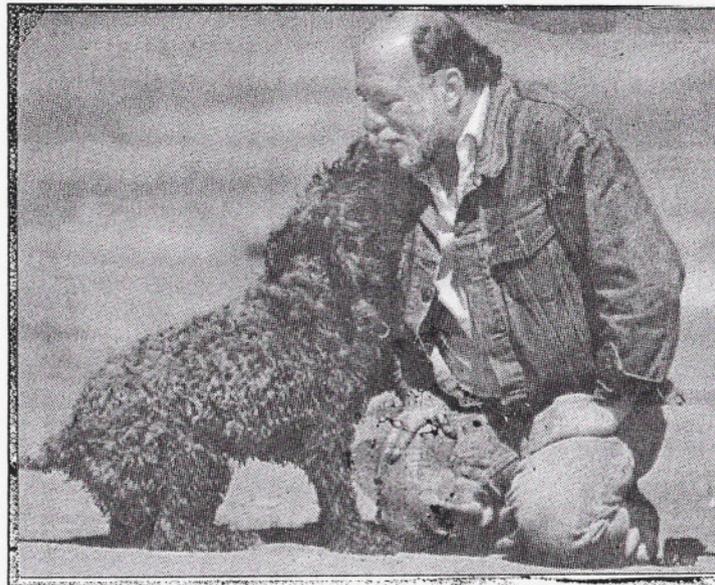
By Suzanne Hively

has developed a program to teach children the basic principles of kindness, respect, safety and responsibility.

Owens uses his skills in his training programs to demonstrate this with a human-animal relationship and plans to start a study of schoolchildren this fall on human-to-animal and human-to-human nonviolence.

Research in psychology and criminology has shown those who commit crimes of violence against humans often began with acts of cruelty to animals, Owens said.

Using his own Portuguese water dog, Molly, and hands-on participation, Owens



ANDY MORRISON

Dog trainer Paul Owens believes that nonviolence toward animals begets nonviolence toward people. With him is his Portuguese water dog, Molly.

"Understanding these concepts is the key to raising and training a dog successfully," Owens said.

Owens' training program includes handling, calming signals, bite prevention, what to do if a dog charges, how dogs communicate, how dogs learn and use of positive motivation. In addition to the basic commands of "sit," "down," "stay" and "heel," problems of barking, chewing, eliminating in the house, digging, stealing and aggression are addressed.

The training includes stress management for dogs and their human companions.

Owens is a certified evaluator for the Delta Society's Assisted Therapy Program, a member of the National Association of Dog Obedience Instructors and the Association of Pet Dog Trainers. He has trained dogs for obedience, agility and water work.

SEE TRAINING/2-F