



The Resilience Rainbow Tour

Behavior Vets



Predictability

Decompression

Completing the Stress Cycle

Mental & Physical Well-being

Safety & Security

Social Support

Agency



Why us?



Bobbie Bhambree, CDBC, CPDT-KA
Director of Education
Certified Dog Behavior Consultant



Ferdie Yau, MA, CPDT-KA
Director of Shelter & Community Outreach
Behavior Consultant, Staff Trainer at Humane Society of Westchester



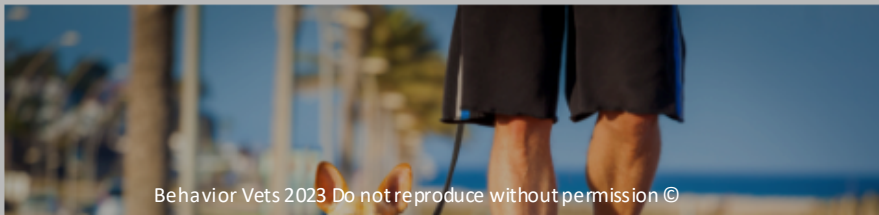
The Industry Today

- So much more than obedience
- Behavior is rich and complex
- Moving away from compliance and towards compassion and cooperation
- Well-being is part of the conversation



A Framework for Behavior Modification and Training Plans to Help Build and Maintain Resilience: The Resilience Rainbow

Written by Bobbie Bhambree, CDBC, CPDT-KA, and Dr. Kathy Murphy, BVetMed, DPhil, CVA, CLAS, MRCVS



Summary: Resilience is an individual's ability to recover from and resist the negative effects of stress. Understanding the process of resilience can help animal trainers and behaviorists develop training plans that introduce a framework for building and maintaining resilience. This article introduces a framework for building and maintaining resilience: the Resilience Rainbow.

What is resilience?

Resilience is an individual's ability to recover from and resist the negative effects of stress. In other words, it is a person's ability to bounce back from adversity. In the 2000s, there has been a growing interest in resilience with health and well-being. For more information, see Herrman et al., 2017¹ and Osorio et al., 2017²

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Resilience is multidisciplinary?



Psychology

- Resistance to behavioural problems
- Coping with adversity



Sociology

- Resistance to social pressures
- Social flexibility



Neuroscience

- Resistance to stress
- Effective biological responses



Medicine

- Resist disease
- Longevity



What is resilience?

The ability adapt successfully or recover quickly from stressful situations, events and conditions

Depends on the stressor

Is dynamic

Biology

- Relies on effective biological responses to environmental change: active mechanisms
- AND resistance to the negative effects of stress: passive mechanisms



Quality of life and well-being dependent on control and flexibility of HPA axis



Decompression

Decompression

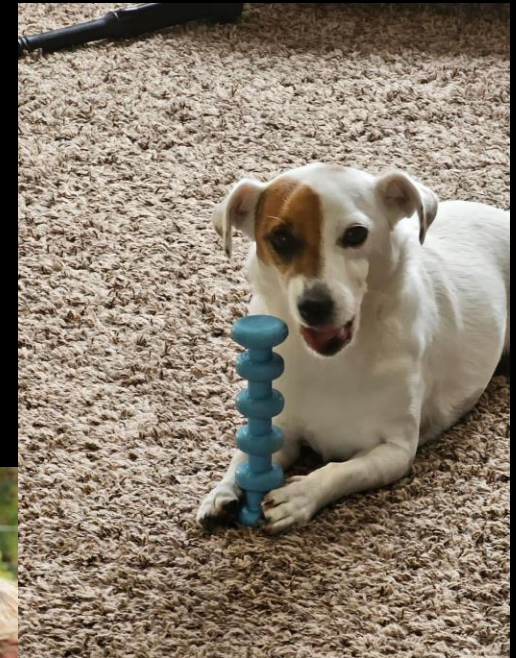
- Releasing or reducing pressure
- Experience of positive emotions promotes resilience (Rutten 2013)
- Practicing relaxation results in neurobiological changes
- In the schedule vs in the moment



Examples of Passive Decompression



Examples of Active Decompression





Safety & Security

Safety & Security

- Lack = anxiety, hypervigilance, altered sensory processing
- Confidence building vs tolerance building





Completing the stress cycle

Completing the stress cycle

- Baseline
- Isn't always possible
- It can take hours, days, or weeks







- Can reduce stress for dogs who choose to participate
- Encourages social learning for fearful dogs
- Form of enrichment for some dogs

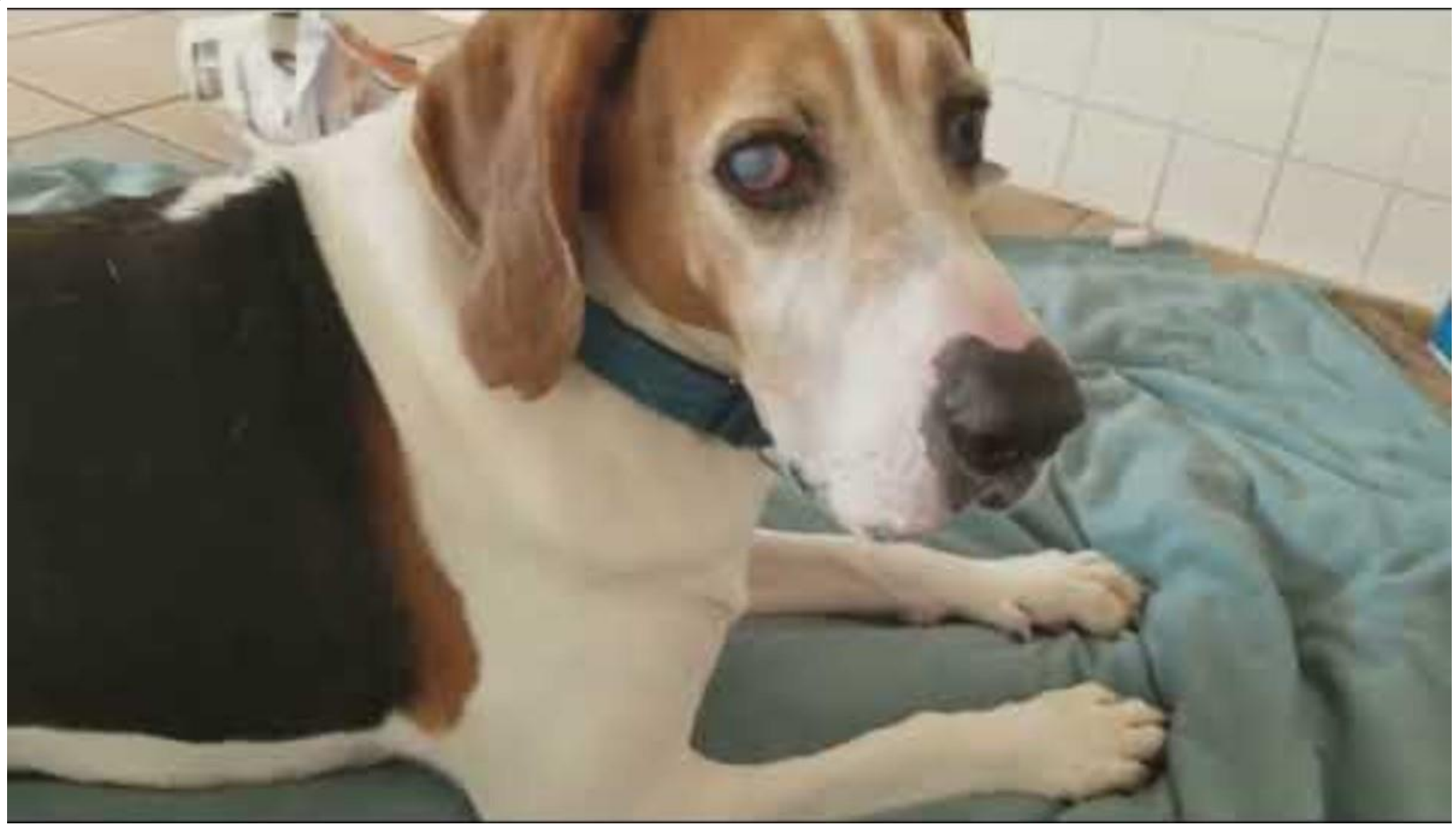
Mental & Physical wellbeing

Mental & Physical Wellbeing

- Veterinary procedures
- Husbandry







Predictability

Predictability

- Predictable chronic mild stress = protective (Suo 2013)
- Interactions with those in their lives
- Loose routine, schedules
- Enrichment
- Patterns, rituals



Pattern Games to Promote Building Resilience



Up & Down Game



1-2-3 Game



Superbowls Game



Social support



Social support

- Secure attachment and positive social experience (Rutten 2013)
- Balance support of coping vs development of problem-solving
- Appropriate for individual – single vs pair vs group
- Being near
- Spatial enhancement
- Reward
- Comfort/decompression







Agency

Agency

- Feeling of having control over actions or consequences
- Crawford 2020 skill acquisition = enhanced emotional resilience







Loobani Wooden Dog Puzzle



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