Influential Women Features Polina Semenoff: Redefines Canine Behavior Through Science, Curiosity, And Understanding

EDISON, NJ, UNITED STATES, October 2, 2026 /EINPresswire.com/ -- Multi-Credentialed Dog Trainer and Behavior Consultant Combines Evidence-Based Practice, Education and Collaboration to Help Dogs and Their Caregivers Thrive



Edison, New Jersey – Polina Semenoff, a Multi-Credentialed Dog Trainer and Behavior Consultant and the founder of Mind & Body – Canine Companion Coaching, has built her practice around a straightforward but deeply considered question: why is a behavior happening? Rather than focusing only on stopping unwanted behaviors, Polina works to understand the factors contributing to them, recognizing that canine behavior is influenced by physical health, emotional state, environment, learning history, and many other interconnected elements.

With a Bachelor of Science in Animal Science and Biology from Rutgers University–New Brunswick, Polina has developed her expertise through formal education, hands-on experience, continuing education, and professional certifications. Her credentials include Certified Professional Dog Trainer – Knowledge Assessed (CPDT-KA), International Association of Animal Behavior Consultants Certified Dog Behavior Consultant (CDBC), Family Dog Mediator (FDM), Licensed Family Paws Parent Educator (FPPE), and Student Mentor Trainer with CATCH Canine Trainers Academy. She is also a 2026 candidate for the Certified Professional Canine Fitness Trainer (CPCFT) credential.

Polina's path into behavior consulting began with her own dog and a growing realization that traditional quick-fix approaches did not always address what was happening beneath the

surface. Instead of accepting methods that focused primarily on suppressing behavior, she chose to deepen her understanding of canine behavior and explore what drives it at its core. That experience became the foundation of her professional philosophy and ultimately shaped the work she now provides through Mind & Body – Canine Companion Coaching.

For Polina, change begins with understanding rather than suppression. She believes dogs deserve thoughtful, informed support instead of one-size-fits-all methods, and she approaches each case with the recognition that there may be numerous contributing factors behind what a caregiver sees.

Her approach is grounded in science-based behavior, learning theory, and coaching humans to better understand and live with their dogs. Rather than treating behavior as an isolated issue, she considers the broader circumstances surrounding the animal. Physical health, emotional wellbeing, nutrition, medication, environment, and learning history can all influence how a dog behaves and how effectively that dog is able to learn.

This whole-dog perspective is central to how Polina evaluates cases. She does not believe success necessarily comes from finding a particular training technique or asking a dog to do more. In many situations, she believes the more effective solution may involve reducing stress, changing the environment, addressing pain, or adjusting expectations. By considering what could be making learning difficult in the first place, she helps caregivers look beyond the immediate behavior and consider the bigger picture.

Polina also attributes much of her success to her willingness to slow down and gather information before reaching conclusions. She does not feel pressure to have an immediate answer, understanding that behavior often requires time, observation, and collaboration. She would rather spend more time understanding the dog than rush into a training plan that fails to address the underlying concern or does not consider the caregiver's abilities.

That patience reflects one of the central principles behind her work: behavior does not exist independently from everything else happening in a dog's life. For Polina, understanding those connections is essential to developing practical and compassionate strategies.

An equally important part of her role involves educating and supporting the people who live with dogs. Polina does not view her responsibility as simply telling pet parents what to do. Instead, she wants caregivers to understand why a particular approach is being recommended so they can make informed decisions long after their work together has ended.

This emphasis on education allows her clients to become more confident participants in their dogs' care. By developing a better understanding of behavior and the factors that influence it, caregivers can approach challenges with greater awareness and practical knowledge.

Collaboration is another defining element of Polina's professional philosophy. She does not see

behavior as something separate from physical health, nutrition, medication, or other aspects of canine wellbeing. She regularly communicates with veterinarians and other professionals because she believes better outcomes can come from examining the same dog from multiple perspectives.

Polina recognizes that no single professional has every answer. She is comfortable asking questions, seeking additional information, and recognizing when another professional can contribute something valuable to a case. This willingness to collaborate reflects her commitment to putting the dog's overall well-being and the client's best interests first.

Curiosity has also played a significant role in Polina's professional development. She has never stopped learning because each new area of education gives her another perspective from which to understand behavior. Her interests and education encompass canine structure and fitness, behavior science, learning theory, family dynamics, and health, allowing her to continually add new layers to how she evaluates individual situations.

That commitment to lifelong learning is reflected in her extensive professional credentials and ongoing education. For Polina, expertise is not something that is reached once and then maintained without further development. Every new experience and area of knowledge provides an opportunity to refine her understanding and improve the support she can offer.

Her career philosophy was also influenced by experienced professionals who demonstrated the value of admitting when they did not know something. Rather than viewing uncertainty as a weakness, Polina learned that asking questions, collaborating with others, and continuing to learn are far more valuable than pretending to have all the answers.

That perspective has allowed her to develop an approach centered on curiosity, critical thinking, and integrity. She believes simple answers do not usually exist when working with canine behavior, and she is willing to dig deeper when something is unclear.

Polina encourages young women entering the dog training and behavior field to prioritize education, curiosity, and self-trust. She believes professionals should continue learning consistently and, when something does not feel right, take the time to ask questions and investigate further rather than ignore that instinct.

She also emphasizes the importance of interpersonal skills. Technical knowledge is essential, but working effectively with people requires compassion, communication, and the ability to troubleshoot collaboratively. In her view, confidence develops through preparation and continued education, making it important for aspiring professionals to invest in building a strong knowledge base and trust that expertise will develop through that process.

Polina also sees an important challenge within the broader dog training and behavior field: the industry remains largely unregulated, without formal licensing standards that consistently

distinguish evidence-based professionals from those relying on outdated or non-scientific approaches. She believes this can create confusion for caregivers and may result in ineffective or inappropriate methods being applied to behavioral concerns.

At the same time, Polina views the situation as an opportunity for continued growth. She sees increasing demand for compassionate, science-based practices rooted in learning theory and behavior science. Professionals who prioritize continuing education, ethical practice, and evidence-based methods can contribute to raising industry standards and improving outcomes for dogs and their caregivers.

At the heart of Polina's work are four values: curiosity, integrity, compassion, and continuous growth. These principles influence both how she works with animals and how she interacts with people. She believes in approaching situations without assumptions, asking questions before concluding, and remaining willing to change her perspective when new information becomes available.

Integrity is particularly important to her because she wants her work to remain honest and evidence-based. When she does not know something, she is comfortable acknowledging it, investigating further, and asking additional questions. She also recognizes when collaboration can provide a better path forward.

Compassion is equally central. Polina understands that both dogs and their caregivers are doing the best they can with the information and resources available to them. Her goal is to create an environment in which people feel supported rather than judged, allowing them to learn and make meaningful changes without unnecessary pressure.

Ultimately, Polina defines success not by a particular technique or by the suppression of a specific behavior, but by improved understanding between dogs and their people. She believes that caregivers are not simply changing behavior; they are helping improve their dogs' overall quality of life.

Through Mind & Body – Canine Companion Coaching, Polina continues to put that philosophy into practice, combining science-based behavior support, ongoing education, collaboration, and compassion. Her work reflects a commitment to looking at the whole dog, understanding the circumstances surrounding behavior, and helping caregivers develop the knowledge they need to create safer, more cooperative relationships with their canine companions.

Learn More about Polina Semenoff:

Through her Influential Women profile: https://influentialwomen.com/connect/polina-semenoff

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