



Separation Anxiety Training

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WHAT IS SEPARATION ANXIETY?



- It is a behavioral disorder that some dogs experience when they are separated from their significant person(s) - basically, your dog is scared when you leave him/her home alone
- It's characterized by excessive and often distressing behaviors exhibited by the dog when they are left alone. Such as, and **not** limited to:
 - Howling
 - Whining or crying
 - Destruction
 - Soiling (when your dog doesn't do this unless you are gone)
 - Pacing
 - Hyper Attachment

HOW TO WE TREAT S.A.?

- Our task is to teach the dog through very, very, very tiny steps that home alone time is not threatening or scary and your dog can handle it!
- Suspend absences
- Find others to take care of your dog when you can not
- Talk to your vet about anxiety medications



WHAT DOES NOT WORK

- Let him/her bark it out - he will 'get over it'
- Give a kong/food/bully stick when you are gone
- Give your dog a piece of clothing with your scent on it
- Use a crate
- Get a second dog
- Stop giving him too much love
- Be the Alpha
- Elixirs with high Amazon reviews



WHAT TO EXPECT FROM THE S.A. PROGRAM



- As separation anxiety takes months, not weeks to overcome we have a 4 week and 8 week package
- Required is a 1 hour assessment virtual call - \$75 to determine your dog's S.A. anxiety threshold enabling your trainer to construct a training plan. Once we start working together, I will ask for additional info via Google Sheets
- Both packages include 4 -5 training plans a week delivered via SA Pro Trainer App that you can use on all devices
- Live session is done via zoom
- Daily video review and feedback/recommendations

4 Week Package - \$699

WEEK	TIME SPENT WITH YOUR S.A. TRAINER
1	1 Hour Zoom Check in and Live Session
2	1 Hour Zoom Check in and Live Session
3	1 Hour Zoom Check in and Live Session
4	1 Hour Zoom Check in and Live Session

8 Week Package - \$999

WEEK	TIME SPENT WITH YOUR S.A. TRAINER	WEEK	TIME SPENT WITH YOUR S.A. TRAINER
1	1 Hour Zoom Check in and Live Session	5	Text Support
2	1 Hour Zoom Check in and Live Session	6	30 min Zoom Check in and Live Session
3	1 Hour Zoom Check in and Live Session	7	Text Support
4	30 min Zoom Check in and Live Session	8	1 Hour Zoom Check in and Live Session



Outline of S.A. Training Process

1

Assessment
Time

2

Body Language
Observations

3

Departure Cues
Check List

4

Training
Checklist

5

Lets Start Training:

- Door Is a Bore
- Gradual Exposure Approach



Body Language Observations



- **Tried and Trusted approach is Exposure Therapy:**
 - Our task is to teach the dog through very, very, very tiny steps that home alone time is not threatening or scary and your dog can handle it
 - To ensure gradual exposure will work - we need to make sure that the dog remains under their anxiety threshold - we do this by observing the dog's body language!
 - **In order to know what is normal for YOUR dog, we will need to record all the things he does throughout the day**
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Your Homework

- **Open the Google Sheets and click on the Body Language tab, you will:**
 - List all behaviours from sleeping, playing, greeting, disengaging, etc



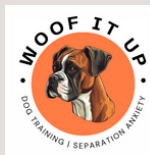


DEPARTURE CUES

- Although departure cues come first in the sequence, we don't work on desensitizing first, until we have at least 15 minutes (minimum) of your dog being able to cope being on his own
 - You are 100% in control of your leaving routine. We want to encourage you to develop a leaving routine that is less triggering for your dog now and forever.
 - Some departure cues can be forever eliminated, and for some cues we will bring back them back
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 - Through our training, some cues we might not even need to work on as your dog's anxiety is reduced!
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Your Homework

- **Open Google Sheets to the Departure Cues tab, you will:**
 - List all cues that he shows anxiety
 - Indicate if the cue is avoidable or unavoidable



Training Checklist and Q&A



- In order for you and your dog to be successful, we have a list of important items for you to be aware of
 - We also know, you will have a lot of questions, and we have listed the most common ones
 - I am available Monday to Friday via text - and respond usually within the hour
 - However, I will let you know if I am unavailable for a larger chunk of time during the day
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Your Homework

- **Open Google Sheets to the Training Checklist tab, you will:**
 - Review the list and most asked questions
 - Feel free to add your own questions!



Next Steps



- Once you have recorded your dog's body language, listed the departure cues that cause anxiety and you have reviewed the training checklist, we will:
- **Meet for 60 minutes to review:**
 - The information in SA Pro Trainer App that you can use on all devices you provided
 - Review the training plan and start your first training session (1 of 4 or 8 live sessions) working **Door is a Bore (DIAB) FIRST**
 - Each day you train, you will review the plan in SA Pro Trainer App, document your observations for each step, send me the video and I will provide my observations, recommendations for the next session
 - My feedback will be provided via Loom (link will be provided) and a new training plan for the next session will be provided via SA Pro Trainer App
- **Next Steps:**
 - Schedule weekly zoom meetings to review the week's progress and complete a live session
 - I will send daily plans in SA Pro Trainer App which is based on DIAB or target duration achieved from the previous session
 - You need to ensure to record all sessions, re watch and take detailed notes to record on SA Pro Trainer App for the session date

