



SEPARATION ANXIETY

WHAT IS SEPARATION ANXIETY?

Dogs who experience separation anxiety or isolation distress are incapable of coping with the fear and anxiety of being alone. Unfortunately, we can't explain that we will be home soon, or hope that they will just get used to being alone. The constant fear and stress associated with separation anxiety will not go away on its own. But, there is good news! **Separation anxiety is treatable**, and your dog can learn to be comfortable and relaxed while staying home alone.

COMMON SIGNS

- Destruction, especially at exit points such as window and doors, sometimes to the point of self-injury
- Excessive vocalization: whining, barking, howling
- Elimination (accidents in the house)
- Drooling, vomiting, diarrhea
- Anxiety when you're getting ready to leave
- Pacing, trembling, or panting
- Lack of interest in food while alone



SEPARATION ANXIETY IS TREATABLE!

Separation anxiety is treated using desensitization. Relief for your dog is achieved by teaching them that it is safe, and not scary, to be home alone. It is a measured and gradual process, always at the dog's pace. Training starts at the point where your dog begins to feel nervous; this is often before you even walk out the door.

A separation anxiety program customized just for your dog is the best way to start your dog on a path to success. Sessions are expertly planned by a Certified Separation Anxiety Trainer (CSAT) to improve your dog's comfort with being alone without causing undue fear or stress.



HOW A SEPARATION ANXIETY PROGRAM WORKS

After a phone consultation with you and a real-time video assessment of your dog, a customized program is created. The individualized plan will strive to meet both the needs of your dog and those of your family.

MANAGEMENT

Joann will provide you with the tools that you need to manage a separation anxiety program. You will meet weekly via video conferencing and be in touch daily to evaluate your dog's progress. If you hit any snags, she will help you troubleshoot and provide options. She will teach you about separation anxiety and canine body language so that you can recognize what your dog is trying to communicate to you. You can think of Joann as your personal trainer for separation anxiety or isolation distress issues.

VIDEO

You will use cameras or video-conferencing apps on computers/phones to watch your dog when you are away. You will know when you need to come back during a training session by watching your dog on the video feed.

START AT THE BEGINNING

Many dogs are anxious when they know you are about to leave, even before you have walked out the door! Dogs recognize departure cues like putting on shoes and jackets or grabbing a bag or keys. Training involves getting your dog accustomed to feeling safe when these things happen.

MEASURABLE OUTCOMES

The goal is for your dog to feel more comfortable with you leaving and being gone. We start the program at the point where your dog does not feel panicked or nervous and build slowly from there. You will be given daily feedback, and the subsequent work will be determined by how your dog is doing each and every day. As such, the program is completely tailored to your dog and what they need at that moment.

EXPERTISE & SUPPORT FROM A CERTIFIED SEPARATION ANXIETY TRAINER

Joann is a Certified Separation Anxiety Trainer (CSAT), having earned her certificate from the world's leading expert on separation anxiety, Malena DeMartini. You and your dog will benefit from Joann's expertise in the design and logistics of the treatment plan, as well as her ongoing support and compassion throughout the entire process.

Reach out today for assistance, help your dog feel safe and comfortable, and get your life back!

