



## Behavior and Training Department Training Techniques

### Separation Anxiety – Short Rx

- She should either sleep in a crate or in a different room from the owner, so that she can learn to separate for a routine amount of time every day.
- She should learn that she doesn't have to be right next to her owner.

Here's a four-week program that can be very successful. Obviously, she needs to be very calm and relaxed to go from one step to the next.

- Week 1 – have the dog on a tie-down (short leash tied to immovable object). Owner sits in chair next to the tie-down for 15 minutes twice a day. The dog should not be able to touch the owner in any way. No discussions or attention takes place. The dog should learn to relax with no owner attention. After the 15 minutes is over, the dog can be released, but with no fanfare – no praise, no treat...very cool calm and collected.
- Week 2 – move the chair further away – the opposite side of the room, if possible. Otherwise the routine stays the same. After two or three days, let her off the tie-down – put her back if she seeks attention from you.
- Week 3 – move the chair to outside the door, which should be closed. After two to three days, let her off her tie-down.
- Week 4 – place some clothing outside the door.

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