



# SEPARATION ANXIETY

So that the anxiety of your dog  
does not become your prison



[k9voice.com](http://k9voice.com)

# What is it ?

Separation anxiety is characterized by a dog's inability to remain alone, whether at home or elsewhere. The dog then feels a state of panic, acute distress.

## The symptoms

Symptoms vary from dog to another, as does their intensity.

Amongst them, we can have :

urinating, defecating, barking, howling, not eating, not drinking, scratching the exits, digging in the walls, destroying the furniture, self-mutilating, pacing, being unable to stay still for more than a few seconds, going through the door furtively as the humans are going out, biting the humans about to go out.

Symptoms appear between several minutes before the humans leave and a few minutes after.



# Make THE diagnosis

As the same behaviors can be observed with some other motivations, we truly need to be sure that separation anxiety is what your dog has suffered from before considering starting a protocol.

There is no mystery ► to film by starting several minutes before leaving and by stopping several minutes after being back.

The video allows for a more precise observation. Depending on the dog's behavior, as well as his body language, this allows for a more accurate diagnosis.

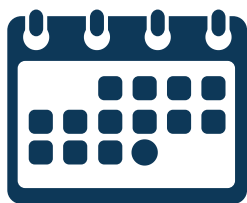
Some other possible causes : boredom, ennui, incontinence, missed some learnings, having fun, needs are not sufficiently satisfied.



# Organization of the protocol



Once the diagnosis has been established and the protocol considered, we begin by establishing the list of signals your dog has identified as indicating he will be alone.



The protocol lasts 90 days, renewable for 30 days. We work together every day, following a schedule that we establish together.



Except, perhaps, for the first appointment, the sessions are done remotely. We aim at your dog managing to stay on his own serenely, without my presence biasing it.

Depending on the intensity of your dog's distress, medication should not be ruled out to help him progress.



K9 Voice

# The sessions

You receive the exercises of the day and the connection link every day. The exercises are only established every day because they depend on the evolution of your dog.

When you log in, you already know what you have to do in order to desensitize your dog to your leaving, then to his being alone.

In general, the first sessions last 30 minutes. Gradually, when we are at the stage of increasing the duration of him being alone, it depends on the state of relaxation of your dog.

The progression of the exercises aims to keep your dog in an emotional state such that your movements no longer trigger anxiety in your dog.

At the end of each session, we debrief on what happened, on any additional events that may have affected your dog's abilities during the session.



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# My tools

During the sessions, I use tools that are essential to me to measure your dog's progress and establish the next steps in the protocol.

## The drive

I give you access to a Drive where you can see the progress of the protocol and other information dedicated to your dog.

## Video meeting

Whether it's a standalone camera, a camera on your tablet or phone, I will need to see your dog. You log into the link I sent you and make sure I have access to the camera.

## The stopwatch

During the sessions, I use my stopwatch to measure your dog's reactions, when they happen, and the duration of the exercise.

