

SEPARATION ANXIETY



THE CARING CANINE COACH
Because dog training should be fun, kind and effective.



What is Separation Anxiety?

By The Caring Canine Coach

Separation anxiety can be incredibly distressing, not just for dogs, but for their owners too. Dogs experiencing separation anxiety often become anxious or panicked when left alone, leading to behaviours like barking, destructive chewing, toileting indoors, or attempting to escape.

Seeing your dog in distress can leave you feeling helpless, guilty, and even trapped in your own home. Many owners end up rearranging their lives, turning down social plans, rushing home early, or avoiding leaving the house altogether, just to keep their dog calm.

It's important to understand that these behaviours aren't your dog being 'naughty' — they're a sign of genuine distress. Separation anxiety is like a panic attack, and your dog simply doesn't know how to cope when you're not there.

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How the training works

Helping a dog overcome separation anxiety takes time, patience, and a structured approach. Unlike general dog training, this type of programme isn't about teaching cues, it's about changing how your dog feels when left alone. The goal is to help your dog stay calm and relaxed by gradually teaching them that being alone is *safe*. This is done by:

- ◆ **Starting at Your Dog's Comfort Level:** Training begins with absences that are short enough that your dog feels calm. This prevents them from becoming anxious and allows them to build positive associations with being alone.
- ◆ **Slowly Increasing Time Alone:** Once your dog is comfortable with brief absences, the duration is gradually extended in carefully managed steps. Each stage is designed to keep your dog feeling secure, preventing panic or distress.

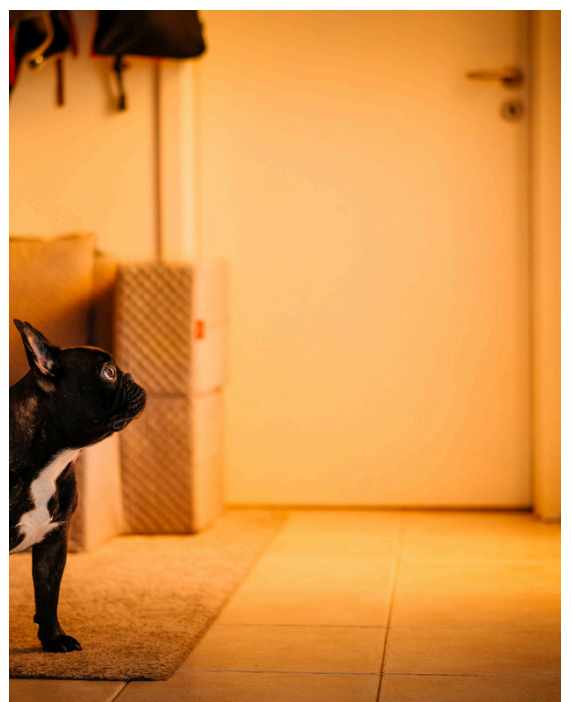
- ◆ **Carefully Monitoring**

Progress: Dogs with separation anxiety can be unpredictable, so each session is adjusted based on how your dog is coping.

- ◆ **Building Consistency:**

Successful separation anxiety training requires a steady, well-planned routine. Rushing the process or skipping steps can set progress back, so patience is key.

This structured method is essential to helping your dog feel safe when home alone. With the right approach, even dogs with severe anxiety can make progress and enjoy more independence over time.





What does the package price include?

Overcoming separation anxiety takes time, patience, and a structured approach. My package is designed to give you the tools, guidance, and support to help your dog and to ensure you feel confident continuing the process after the package ends. Here's what's included:

Initial Consultation

We'll start with a detailed consultation where I'll gather important information about your dog's history, routines, and current struggles. This helps me understand your dog's needs and set them up for success.

Initial Assessment

I'll assess how long your dog can currently be left alone before they start to feel anxious. This gives us a clear starting point for their training plan.

Tailored Daily Training Plans

You'll receive a personalised training plan each day, shared via Google Drive. You'll update your progress daily so I can track how things are going.

Video Reviews and Feedback

You'll be asked to record your training sessions and upload the videos for me to review. I'll provide detailed feedback, guidance, and support to help you stay on track.

Three Online Support Sessions

Across the six weeks, you'll have three 30-minute online sessions where we can discuss progress, troubleshoot any issues, and adjust the plan if needed.

Important to Know:

Separation anxiety isn't something that's 'fixed' overnight and it's unlikely your dog's anxiety will be fully resolved by the end of the package. Instead, the goal is to equip you with the skills, confidence, and structure to continue the training successfully on your own, building on the progress you've made.

Why trust me to help you?

When it comes to separation anxiety, choosing the right support is essential and I'm dedicated to providing you with expert guidance that's both ethical and effective.

Here's why you can feel confident working with me:

Qualified & Experienced

I hold a **Level 5 Advanced Diploma in Canine Behaviour** (Distinction) and have completed a course with The Dog Training College to become a **Separation Anxiety Specialist**. I'm also currently completing my **Level 6 Advanced Diploma in Applied Animal Behaviour**, with my final module pending.

Accredited & Ethical

I'm a proud member of:

International Canine Behaviourists (ICB)

— Assessed and certified for my expertise, ethics, and training approach.

UK Dog Behaviour & Training Charter —

Committed to the highest professional standards.

The Pet Professional Guild —

Advocating for force-free, science-based training.

Compassionate & Supportive

I know how overwhelming separation anxiety can feel. My approach is calm, clear, and supportive. I'll be there every step of the way to guide you and help you feel confident in the process.

Helping dogs feel safe and secure when home alone isn't just about following a plan — it's about understanding their emotions and working with them in a way that's kind and effective. If you're ready to start that journey, I'm here to help.

How to book

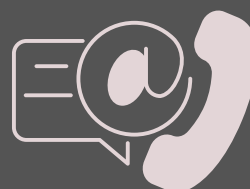
If you are ready to book, you can fill out the online booking form here:

<https://www.thecaringcaninecoach.co.uk/bookingform>

Still have questions?

Book a free discovery call with me via the website

<https://www.thecaringcaninecoach.co.uk/bookyourcall>



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