

Car Anxiety Track Curriculum Outline

Module: First Lessons to Teach Rover

- Lesson: How to Teach "Touch"
- Lesson: The "Be A Dog" Relaxation Protocol (Step 1)
- Lesson: How to Calm Rover with Petting (Step 2)

Module: Car Anxiety / Reactivity

- Lesson: Very First Steps to a Successful Car Ride
- Lesson: HABS & ADA[D] Formulas
- Lesson: Introduction to Eleve-Eight
- Lesson: 11 Steps to Treating Rover's Reactivity
- Lesson: Car Anxiety Training Plan Worksheet
- Lesson: (Step 6) Change Rover's Association of Trigger (Part 1 of 2)
- Lesson: (Step 6) Change Rover's Association of Trigger (Part 2 of 2)
- Lesson: (Step 7) Get Rover to look back at you when he sees a trigger (Part 1 of 2)
- Lesson: (Step 7) Inform Rover there's a trigger in the space (Part 2 of 2)
- Lesson: Data Debrief #1
- Lesson: Rover Goes For a Calm Drive
- Lesson: Rover Learns to Relax in the Car When Triggers Go By
- Lesson: Data Debrief #2
- Lesson: Before Graduation

Module: Additional Resources You May Find Helpful

- Lesson: Car Anxiety Workshop
- Lesson: Setting Up Experiments Using the ADA[D] Formula (Example)
- Lesson: Creating Rover's Threshold Statements
- Lesson: Body Language Breakdown
- Lesson: FAQ: "If I feed after Rover barks, am I rewarding the bark?"
- Lesson: Eleve-Eight Method for Creating Training Plans
- Lesson: Eleve-Eight Method for Logging Data
- Lesson: Eleve-Eight Method for Analyzing Data
- Lesson: The Fundamentals of Helping Rover's Anxiety
- Lesson: How to Pet Rover with Consent
- Lesson: Behavior In Car
- Lesson: Fade Out Treats
- Lesson: Conditioned Intrinsic