

Generalized Anxiety Track

Curriculum Outline

Module: Introduction to This Track

- Lesson: Introduction to This Track

Module: First Lessons to Teach Rover

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

Module: The Dog, Breed, Self Method

- Lesson: Learning the Dog, Breed, Self Method
- Lesson: The Best Way to Meet Your Dog's Mental Health (on a Genetic Level)
- Lesson: Enrichment Activity #2 - Your First Draft at an Enrichment Routine
- Lesson: Enrichment Activity #3 - Making Your Enrichment Routine More Time Efficient

Module: ELEVE-EIGHT (Part 1)

- Lesson: Teaching Rover his Flight cue – How to play Follow the Leader
- Lesson: HABS & ADA[D] Formulas
- Lesson: Finding Rover's Reactivity Threshold Line
- Lesson: Finding Rover's Separation Anxiety Threshold Line
- Lesson: Creating Rover's Threshold Statements
- Lesson: Data Debrief #1

Module: S/A: Preparing for the 'Goodbye'

- Lesson: First Step to Leaving Rover Alone
- Lesson: Help Rover Feel More Independent
- Lesson: Cueing Rover That You're Leaving
- Lesson: Desensitizing Shoes, Keys, Walking to the Door, & Other Goodbye Cues
- Lesson: (optional/ if needed) Rover Learns to "Stay" Behind

Module: Muzzle & Harness Training

- Lesson: Read This Before Watching Lessons
- Lesson: Step 1: Exposing Rover to the Leash and/or Harness

- Lesson: Step 2: Getting Rover's Harness On Fully
- Lesson: Muzzle Training
- Lesson: Step 3: Practically Incorporating the Leash & Harness Before the Goodbye

Module: Conversations with People About Rover's Anxiety

- Lesson: Read This Before Watching Lessons
- Lesson: Finding the RIGHT Groomer for R's Anxiety (Guest Training)
- Lesson: Convos with Helper People In Training Sessions w/ Rover
- Lesson: Convos w/ Family Who Do Not Support or Understand Your Training Methods
- Lesson: Convos with Vets & Vet Staff
- Lesson: Information on Veterinary Behaviorists ("VB")

Module: Intro to Phase 2

- Lesson: Intro to Phase 2

Module: ELEVE-EIGHT (Part 2)

- Lesson: Introduction to Eleve-Eight
- Lesson: 11 Steps to Treating Rover's Reactivity
- Lesson: 8 Steps to Treat Resource Guarding
- Lesson: 8 Steps of Separation Anxiety (aka Goal - Oriented Goodbyes)
- Lesson: Eleve-Eight Method for Creating Training Plans
- Lesson: Eleve-Eight Method for Logging Data
- Lesson: K9 KPI's Measure Rover's Progress
- Lesson: Human KPI's Measure Guardian's Progress
- Lesson: "The Reset Protocol"
- Lesson: Read This Before Moving Onto Next Lesson in this Module
- Lesson: Eleve-Eight Method for Analyzing Data

Module: Reactivity/Aggression Training (Steps 5-11)

- Lesson: The Fundamentals of Helping Rover's Anxiety
- Lesson: How to Pet Rover with Consent
- Lesson: Arousal Control Games
- Lesson: Read This Before Moving Onto Next Lessons
- Lesson: (Step 5) Let's Get Outta Here In The Real World
- Lesson: (Step 5) Put "Let's Get Outta Here" on Cue
- Lesson: (Step 5) "Behind Me"
- Lesson: (Steps 6 & 7)- Engage /Disengage
- Lesson: (Step 7) The "I'm Here, Too" Game
- Lesson: (Steps 8 & 9) The Plate Game
- Lesson: (Steps 8 & 9) The 1, 2, 3 Game

- Lesson: (Steps 8 & 9) Teach Rover a Trick
- Lesson: (Step 9) Behavior
- Lesson: (Steps 8, 9, 10) Put all the skills together
- Lesson: (Step 10) Fade Out Treats
- Lesson: (Step 11) Conditioned Intrinsic

Module: Separation Anxiety: Goal-Oriented Goodbyes Used Practically

- Lesson: Rover Stays in Another Room in the House
- Lesson: How to Make a Quick Run Outside
- Lesson: Going Outside for Awhile (but NOT Driving Away)
- Lesson: Getting in Car & Driving
- Lesson: Getting In Car & Leaving For 30+ Minutes

Module: Sep Anx: Troubleshooting Obstacles

- Lesson: Intro to This Section
- Lesson: How Often to Practice Leaving Rover Alone
- Lesson: Add in Spouse or Other Family Members to Rover's Goodbyes
- Lesson: Incorporating[D]istractors Into Rover's Goodbyes
- Lesson: How to Handle 'Bad' Days in SA Recovery
- Lesson: How to Do Reassessments (to Find Rover's New Baseline)
- Lesson: Tackling Regressions in Rover's SA Recovery
- Lesson: How & When to Revise/Update Separation Anxiety Training Goals
- Lesson: "How Do I Cope with *MY* Anxiety Around Leaving R Alone?"
- Lesson: After Rover Has Hit 1 Minute of Comfy, Alone Time
- Lesson: After Rover Has Hit 15 Minutes of Comfy, Alone Time
- Lesson: After Rover Has Hit 1 Hour of Comfy, Alone Time

Module: Resource Guarding

- Lesson: Function/Intention Behind Each of the 8 Steps (if haven't already watched this lesson)
- Lesson: Troubleshooting Common RG Obstacles

Module: Noise Sensitivity

- Lesson: Read this before watching next lessons
- Lesson: Noise Sensitivity Inside the Home
- Lesson: Training to Stimuli Around Home From Inside

Module: How to Help Rover if He Can't Even Walk Out the Front Door

- Lesson: How to Help Rover if He Can't Even Walk Out the Front Door
- Lesson: Read this for "Next Steps"

Module: Inner-Household Aggression Towards Others Living in the Home

- Lesson: Overcome Aggression, Reactivity, or Sensitivity to Other Dogs or People Living In the Home w/ Rover
- Lesson: Dog-Dog Aggression in Home: Use 8 steps of RG or 11 steps of React

Module: Reactivity in the Backyard

- Lesson: Preventing Rover's Reactivity in the Backyard
- Lesson: Rover Stays Calm While a Trigger is Near in the Backyard
- Lesson: Rover Plays in the Backyard While His Trigger is Near

Module: Car Anxiety / Reactivity

- Lesson: Very First Steps to a Successful Car Ride
- Lesson: Rover Goes For a Calm Drive
- Lesson: Rover Learns to Relax in the Car When Triggers Go By

Module: How to Have Guests Over

- Lesson: Read This Before Starting This Section
- Lesson: Prepare for guests
- Lesson: Practicing with first (familiar) guest (part 1 of 2)
- Lesson: Practicing with first (familiar) guest (part 2 of 2)
- Lesson: Practicing with first real guest
- Lesson: Rover starts to "Be A Dog" With a Guest in the Home
- Lesson: Start to Make Training with Guests More Practical
- Lesson: Put All the Skills Together When Your Guest Comes Over

Module: Leash Reactivity/Aggression (in public)

- Lesson: Change Rover's Association of Trigger - Step 6 (Part 1 of 2)
- Lesson: Changing Rover's Association of Trigger - Step 6 (Part 2)
- Lesson: Get Rover to look back at you when he sees a trigger (Step 7)
- Lesson: Inform Rover there's a trigger in the space (Step 7 Cont)
- Lesson: "Be A Dog" Relaxation Protocol in the Real World (Steps 8 & 9)

Module: Reactivity: Troubleshooting Obstacles

- Lesson: Intro to this Section
- Lesson: "When do you know you've hit a plateau?"

Module: Intro to Phase 3

- Lesson: Intro to Phase 3

Module: Loose Leash Walking Skills

- Lesson: Difference between “Let’s Get Outta Here” vs “With Me”
- Lesson: Foundations of a Good Loose Leash Walk
- Lesson: Get Rover to Leave the House Calmly
- Lesson: Get a Loose Leash Walk Around the Neighborhood
- Lesson: Practice the Leash Walk Near Rover’s Trigger (Step 9)

Module: Prey Drive & Impulse Control Games

- Lesson: Introduction to This Module
- Lesson: Introduction to "Prey Drive"
- Lesson: "Why start with Games instead of Getting R to Look at Me when the prey is near?"
- Lesson: How to Weave "Prey Drive Lessons" Into 11 Steps (of Reactivity) (ie into Eleve-Eight)
- Lesson: The Reinforcement Replacement Game:
- Lesson: Release to Bowl Game Activity #1
- Lesson: Release to Bowl Game Activity #2
- Lesson: "Get It" Game
- Lesson: Using Patterns to Teach Flexibility
- Lesson: Frontloading Reinforcement
- Lesson: Let's Go Shopping Game

Module: The New Normal

- Lesson: Creating a Lifelong Enrichment Routine
- Lesson: Read This Before Next Lesson
- Lesson: Watch This 2 Weeks Before Graduation