

Separation Anxiety Track

Curriculum Outline

Module: Rover Learns to Be A Dog

- 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: HABS & ADA[D] Formulas
- 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: Conversations with People About Rover's Anxiety

- Lesson: Read This Before Watching Lessons
- 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: ELEVE-EIGHT (Part 2)

- Lesson: Introduction to Eleve-Eight
- 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: 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: The New Normal

- Lesson: Creating a Lifelong Enrichment Routine
- Lesson: Read This To Prepare for Graduation