



ALEX & THE PACK



**8 WEEK SEPARATION ANXIETY
COURSE**

HOSTED BY NATALIE

TO THE STRUGGLING DOG OWNER,

I do not have an eloquent metaphor to share. Nor do I have deep words of wisdom for you.

HOWEVER, the fact that you are reading this means you are already on the right path.

Dealing with a dog that has separation anxiety can be all consuming and I'm sure you were not envisioning this to be your life when owning a dog. Leaving the house for a food shop means overthinking and the idea of seeing friends spontaneously seems like a dream that is out of reach.

We are here to help change that.





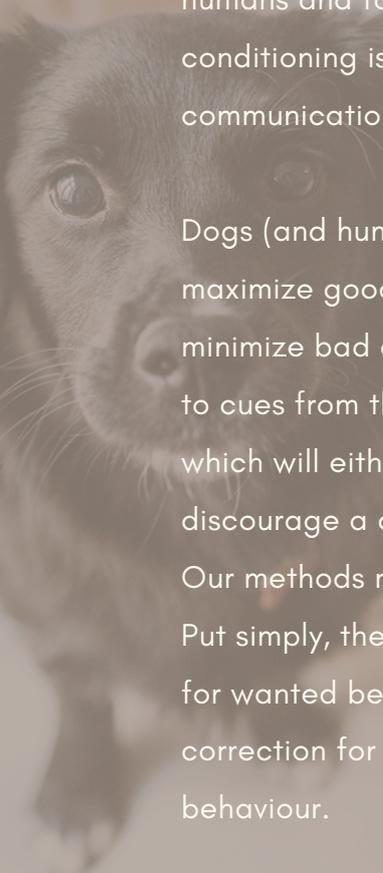
Hi, I'm Natalie!

I'll be leading the 8 week separation anxiety course here at Alix & the Pack. I'm so excited to meet you, as well as help build a more balanced life for you and your dog. This course will teach you how to overcome separation anxiety in the most direct, efficient and compassionate way possible.

I will be available throughout the course to answer any additional questions you may have. We are here to strive for progression and not perfection. We have eight weeks to take one step at a time and celebrate the small wins!

ABOUT NATALIE





ALIX & THE PACK'S TRAINING METHODS

Behavioural psychology tells us that operant and classical conditioning are the backbone of all training and learning – for humans and for dogs. Operant conditioning is thus a window of communication between species.

Dogs (and humans) want to maximize good experiences and minimize bad ones. They respond to cues from their environment, which will either reinforce or discourage a certain behaviour. Our methods reflect this science. Put simply, there is a fair reward for wanted behaviour and a fair correction for unwanted behaviour.

Dog training is a craft, and as such we adjust our methods to suit the unique needs of each dog. That being said, we always employ balanced training methods. Exercise, discipline, and affection are, in this order, the core principles of our training philosophy.

We apply the learnings from canine psychology to address the dog's state of mind that led to the unwanted behaviour, rather than only correcting the behaviour.

Training Course Itinerary

"You can stop an unwanted behaviour but if you don't also address the state of mind that caused the unwanted behaviour then you and your dog will continue to struggle."

- Alix, Lead Trainer

Session 1

The first session will focus on the nature of separation anxiety, what it is and what it isn't. We'll be reviewing some of the terminology associated with SA as well as briefly touching on the related symptoms. We will also cover the very important role of effective management. We will introduce desensitisation and the correlating concept of threshold. The severity of SA will also be discussed as well as medication and alternative remedies to assist the process.

Session 2

This session will be online.

The reason being, we will be practicing warmups for leaving. If I am present in this session, it may disturb the dog's behaviour. We request that you log in to the zoom with two email accounts so one video can be focused on the room where the dog is alone and one other video can stay with you as you leave the room.

Session 3

This session approaches the nitty gritty of the treatment. Here, we'll focus on implementing behaviour plans, a process that involves both the trainer and the dog guardian. In the behaviour plan segment, we will walk through everything from the initial assessment to the actual day-to-day training process, which will include some discussion on tracking data, technology use, regressions and pre-departure cue incorporation.

3000 DKK inc VAT

Price depends on location. Please email for further questions.

Training Course Itinerary

The first breakthrough for many dog owners is recognising that their principle role in obedience training is to supply consequences, as opposed to giving commands.

Because cues don't drive behaviour, consequences do. The main focus in early obedience training is manufacturing, recognising and reinforcing those reinforceable responses at every possible opportunity.

Session 4

Our last session will be planning some long term home alone sessions for your dog in the weeks ahead.

ITEMS TO HAVE BEFORE THE COURSE:

- Metal crate
- A rubber enrichment food toy (e.g. kong, lickimat)
- Canned wet food (my favourite brands are Brit, Ziwi Peak or Farm Foods)



Questions? Contact us.

www.alixandthepack.dk

contact@alixandthepack.com

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