



ALIX & THE PACK



**8 WEEK SEPARATION ANXIETY
COURSE**

HOSTED BY ALIX

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 Alix!

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. I always remind my clients that "dog training is tough but **you are tougher**". This course will push you out of your comfort zone but I can assure you that that is what is needed to move forward.

Furthermore, 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 ALIX



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

A discussion & practical work

The first session will a bit of information overload... We'll have a sit down discussion about building structure, crate training, guests visiting, the way your dog learns, a manners overview, your dogs thresholds and how you should behave around your dog.

Session 2

Duration & distance

Our second session will take place within the first week as a lot will have happened already and we want to be there to answer those questions. In this session, we will discuss the three variables used in crate training and place work – duration, distance and distraction – and how to utilise them.

Session 3

Distraction

Our third session will take place in the fourth week. From here, we will be discussing how to use the Separation Anxiety chart you will be given. We will also discuss how you will start to leave home in a neutral manner to your dog.

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

Generalising the home alone training

Our last session (in the sixth week) 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.

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