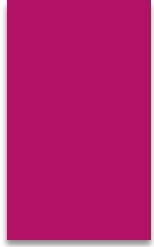


Separation Distress







Introducing: The worlds most difficult dog....



Science and Statistics

Diagnostic tool: What does S/D look like

Description of observable behaviours for diagnosis: Need 2.

- ▶ **Between 8w-12m to be expected**
- ▶ **Over 8 months of age**
- ▶ **Rescue: 3 month period of non-disclosure**
- ▶ **Symptoms presented for over a month**
- ▶ Destructive behaviour 71%
- ▶ Excessive Vocality 61%
- ▶ Inappropriate elimination 28%
- ▶ Shadowing when home
- ▶ Departure ritual distress
- ▶ Excessive greeting ritual, + 2 mins
- ▶ Panting
- ▶ Pacing
- ▶ Anorexia
- ▶ Inability to rest
- ▶ Decreased activity
- ▶ Escape attempts
- ▶ Self-harming behaviour
- ▶ Hyper-salvation
- ▶ Denning



Natural/Puppy

- Perfectly normal
- 100% success rate if started at 8 weeks
- Worse in certain breeds, Huskey, GSD, Poodle, Bichon-frise, Cocker spaniel, Border collie, Staffordshire bull terrier



STATISTICS

- Second most common behavioural problem in pet dogs, (up to 85%)
- Onset between 8m – 2 years
- Single owner households 2.5 x more likely
- Sexes equally effected but sexually entire only 1/3 as likely to be affected.
- Males of mixed breeds and from rescue background more likely to be effected, but are over represented in research.
- 49% also noise sensitivity
- Early acquisition makes no difference
- Sleeping & feeding routines make no difference
- Adding a 2nd dog makes no difference (bonded pairs)
- Worst breeds affected: GSD, Malinois, Australian shepherd, GSP, Visla, Bichon, Cocker Spaniel, Collie, Cavalier KC, Poodle, Greyhound



Treatment options

- ▶ No absences
- ▶ Manage: Crate/kennel to limit fall out.
- ▶ Work with family and friends to ensure not alone.
- ▶ Work with dog walker/good daycare centre to ensure not alone.
- ▶ Medicate
- ▶ Distract
- ▶ Train (Hardest option)



Understanding

Why do dogs suffer with S/D?

1. Social species
2. Breed specific traits
3. Learned component
4. Epigenetics





Learned

- Begins in subtlety of relationship
- No independence training, over-bonded



Epigenetics

Epigenetics: When changes in external environment, life experiences and the animals choices - create structural changes in DNA code, which can silence or express genes over generations.

‘Transgenerational epigenetic inheritance’: Bodies constantly adapt to changing world - parents prime young with better survival mechanisms.



3 Different types

Isolation Distress

Any company will do:

- Boredom
- Frustration

Separation Anxiety

Attachment disorder:
Over bonding to an individual

1 person household
2.5x more likely

Entire dogs 1/3 as likely

- Grief & anxiety

Containment Phobia

Fear of being trapped

Working breeds prone to sensitivity and frustration:
GSD's, Collies

- Fear/phobia

Commonly mistaken for...

- House Training Issues
- Gastrointestinal disruption
- Noise sensitivity + containment phobia particularly in the herding group.

Case Study: Melanie, 8 months Springer

Problem: Inappropriate elimination in house when owner out, destructive behaviour.

Diagnosis

- Poor conscious awareness of bladder and bowl control
- Nowhere appropriate to toilet for Melanie



Considerations:

- Only in home 1 month
- Previously lived in kennel but 'roaming' on farm daily
- Dog has access to paved garden all day
- Punishment for toileting in the house if seen and on return.

Training Solutions:

- Strict Toilet routine: Off lead 6 x per day on grass
- Enrichment
- Training

Case Study: Bailey, Harvey & Major

Problem: Barking/howling in house, inappropriate eliminations, neighbours complaining, council and authority involvement



Restrictions/ Considerations:

- Recently formed unit
- Working family, dogs left alone from 8am – 5pm most days
- Will not rehome
- Harvey very fearful and aggressive towards people
- Major and Harvey personality clash.
- Bailey from working lines



Diagnosis

- General anxiety & high arousal household
- Stress colitis

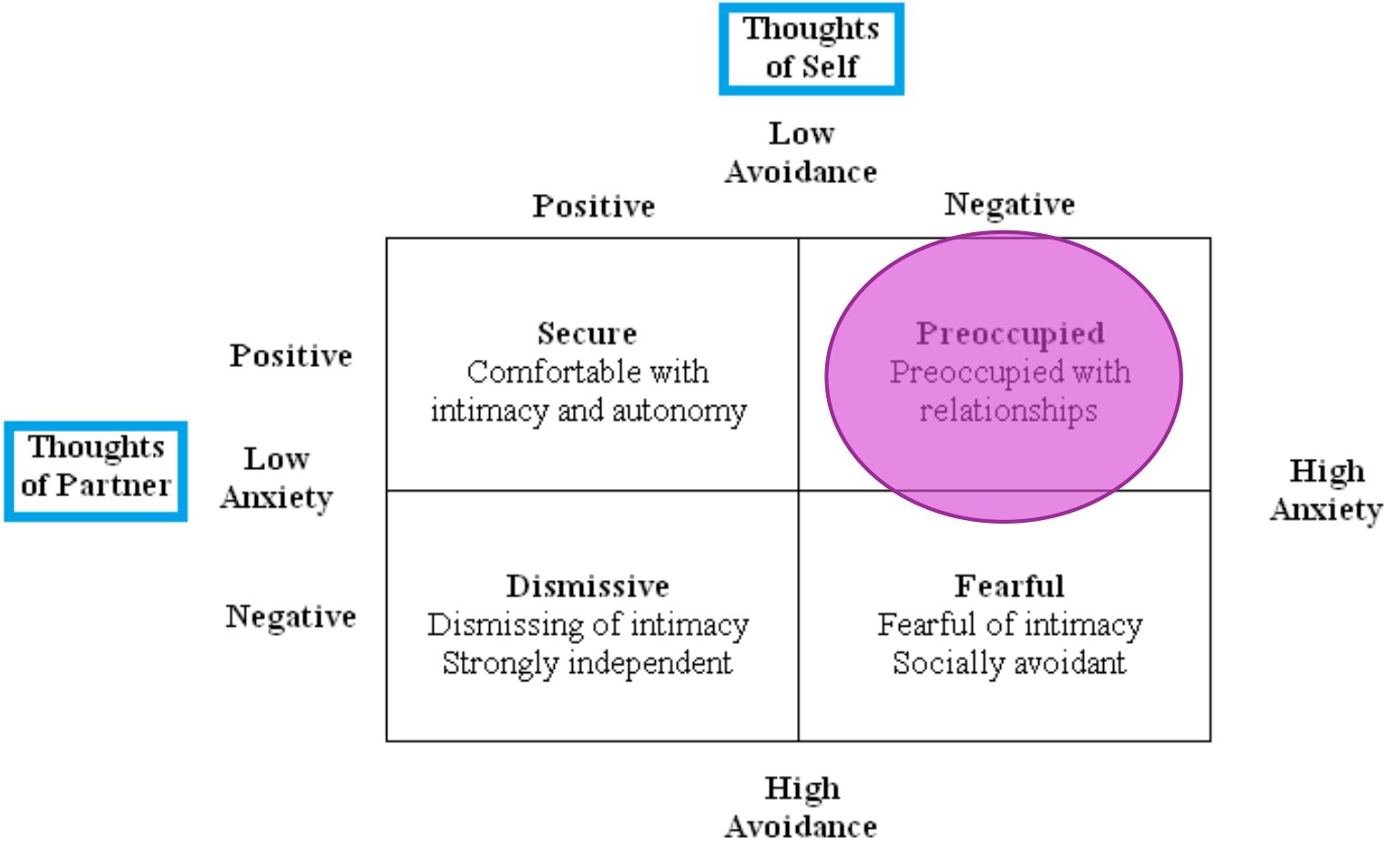
Training Solutions:

- Enrichment for everyone
- Daycare for Bailey, 2 days p/w
- Family help for weekend walk

Understanding Attachment

Psychological Attachment:

The relationship a social being has to others, and the world around them.



Understand the Gut

"All disease begins in the gut." – Hippocrates

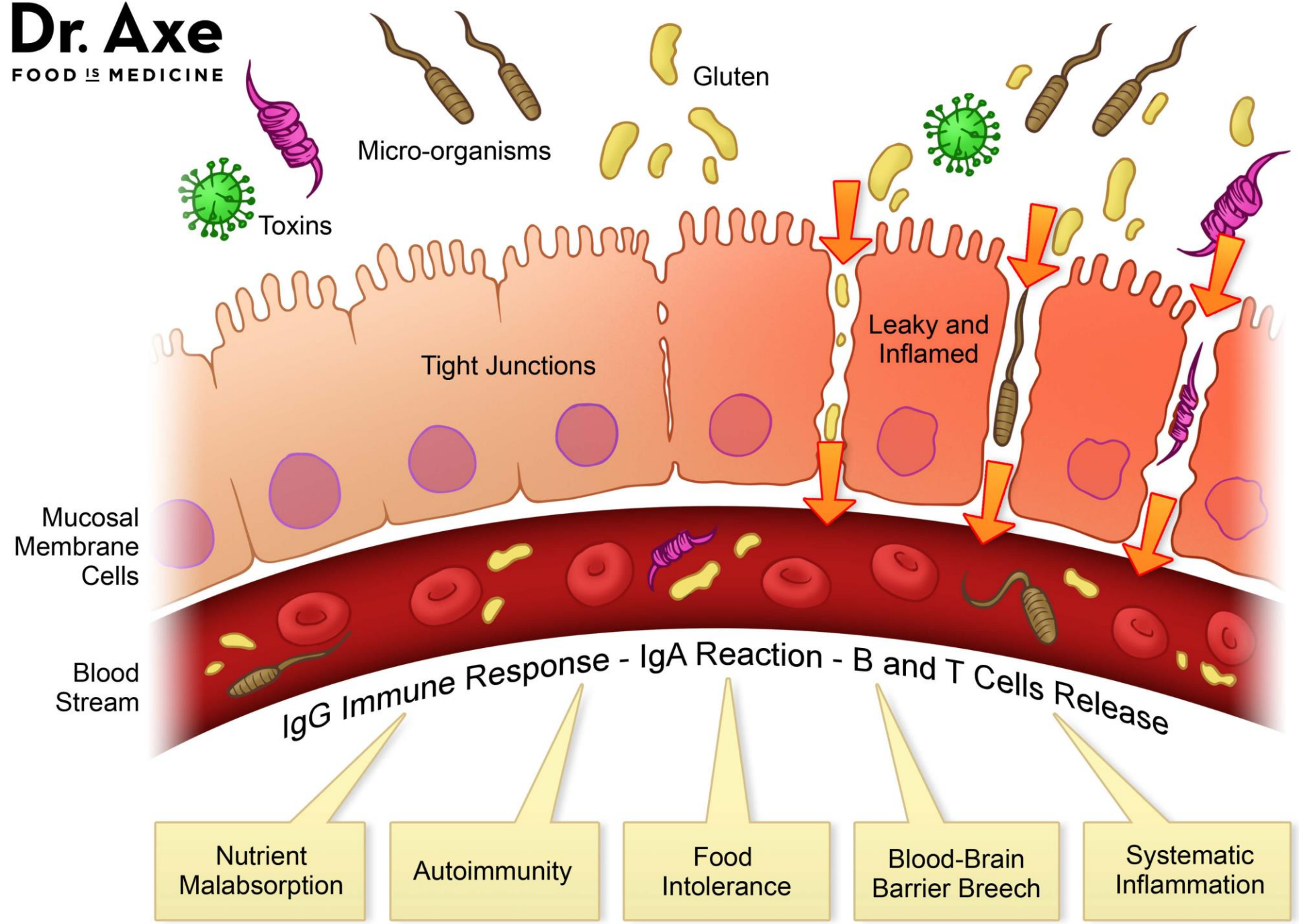
- Your dogs gut microbiome out number their body cells by 25% and we know nothing about them.
- Your dog has brain tissue cells in their gut
- The gut and brain are in constant communication all the time
- 90% of your dogs serotonin receptors are in their gut
- Stress, anxiety and depression are directly linked to inflammation in the brain





Is your dogs food:

- Biologically appropriate
- Non-inflammatory
- Toxin free
- Helping detoxify







Arachnophobia

- Beware intense exposure and it's consequences
- Rational or not, it is real



Irritating Pete

Habituate: Anticipate it being there, have coping strategy (not necessarily a desirable one)

Desensitise: Emotional reaction and accompanying behavioural response is lessened by gradually repeated exposure over time.

Counter condition: Emotional response begins to change by pairing a high value reward is added in presence of 'trigger'



Frightened individuals are motivated by safety

