

SCOTCH PINES DOG TRAINING

Separation Anxiety



Specializing in Off & On-Leash Obedience

SEPARATION ANXIETY

Summary of the Opinions of Jan Fennell, Renowned Dog Trainer from the UK

Jan Fennell believes that Separation Anxiety stems from a lack of clear alpha roles in the “pack” which cause extreme insecurity. She recommends a series of steps to be done, but the most important step to remedy Separation Anxiety is for the alpha humans (including children) to come and go without saying a WORD, or acknowledging the dog, in any way. This is especially important when returning from any absence. The humans should completely ignore the dog. If the dog jumps, turn your back. If the dog is crated, do not acknowledge the dog at all or let him/ her out. Wait until the dog settles down voluntarily and preferably does the big “sigh” (exhalation) that I am sure you are all familiar with. Then, and only then, call the dog calmly to you for affection.

Most humans make a big fuss over the dog, after an absence, and we use a high pitched, excited voice. Basically, we are responding to the big fuss our dogs make over us! We humans handle excitement in a very different way than dogs do. Some dogs can interpret our excited response as upsetting. Imagine how a small child feels when parents fight or otherwise get loud. This is similar