
HOW TO GET YOUR LIFE
BACK WITHOUT
SACRIFICING YOUR
DOG'S WELL-BEING



★
FREE
TRAINING
GUIDE

Separation Anxiety 101

Not sure what to expect from our separation anxiety training program? Here are the basics.

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positive reinforcement dog training

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What Is Separation Anxiety, and How Do We Treat It?

Does your dog panic whenever you leave the house? Or maybe you start to see the signs of stress before you even leave, as you put on your shoes or pick up your keys. Classic signs of separation anxiety include pacing, scratching at the door, whining or barking, destroying things in the house, having accidents, or just being unable to settle when alone. Whether your dog hates being without their favorite person or just hates being alone in general, a dog experiencing separation distress is not unlike a human having a panic attack.

If that sounds like your dog, we want to help. The road to healing separation anxiety isn't easy, but we use proven techniques that have helped thousands of dogs learn to be comfortable staying home alone.

And your dog can do it too. We use systematic desensitization, meaning we gradually introduce the scary thing (being alone) in such small increments that your dog barely notices. Dogs that can only stand a few seconds of alone time at first can eventually build up to being home alone for several hours, without ever subjecting them to panic or distress. Sound like your kind of training?

Let's begin...



Suspending Absences

The key to desensitization is never exposing your dog to more alone time than they can handle. We're trying to teach them that being alone isn't scary, but every new panicky experience will reinforce their fear. That's why training progresses faster when we stop leaving our dogs alone.

You might think, "That's impossible! I need to leave the house!" And we totally understand. Healing separation anxiety takes a village, but with the help of resources like doggy daycare, dog walkers, dog sitters, friends, family, and neighbors, you can ensure that your dog is never subjected to the panic of being alone.

And remember: it's all temporary. As your training progresses, you'll be able to get back to doing the things you used to do without a thought—a grocery run, a quick errand, date night, going to the office—with the assurance that your dog is comfortable hanging out without you.



Does This Kind of Training Work For All Dogs?

Yes! Whether your dog is a young puppy, an adult rescue, or even a senior who's developed some new behaviors, we can teach them to be home alone comfortably through gradual desensitization. This method works for all dogs, whether you brought them home from the breeder at 8 weeks old or you adopted them as an adult and have no idea about their history.

Did I Cause My Dog's Separation Anxiety?

No! We hear this from pet parents all the time, and it simply isn't true. You didn't cause your pet's separation anxiety by leaving them alone for too long, or not leaving them alone enough, or not being an alpha, or by being anxious yourself.

The root cause of separation anxiety in dogs is unclear. It may have a genetic component or be influenced by changes in environment or a scary event your dog experienced.

Even if you've done everything "right" with your dog, they can still develop separation anxiety.

What's important to remember is that you can overcome it together.





Sample Training Plan

You may be wondering what departure training actually looks like. Here's a sample of the steps we might assign you. (Note: All our plans are customized to what **your dog** can do right now, so your first plan might look a little different.)

Step 1	Walk to the door, press the door handle, return
Step 2	Walk to the door, open and close door, return
Step 3	Walk to the door, open and step outside with door open, return
Step 4	Walk to the door, step outside, close door, open and return
Step 5	Walk to the door, step outside, close door for count of 1, open and return
Step 6	Walk to the door, step outside, close door for count of 2, open and return



What You Get With Our Separation Anxiety Program

Separation anxiety is a complex behavior, but don't worry—we don't just throw training plans at you and expect you to figure it out. Here's what you get with our monthly program:

- 5 training plans a week, customized to your dog's individual progress
- 4 weekly live training sessions
- Access to the Be Right Back! app
- Email support between sessions

Every client starts out with a 90-minute virtual consultation, during which your separation anxiety specialist will assess your dog's behavior and current skill level, then tailor your program to match.

\$225 for your live initial assessment
\$900 for your first month
\$810 per month thereafter

Meet Your Trainer

You shouldn't trust just anyone with your dog's behavior issues. Here's who you'll be working with if you choose the Casper's Capers separation anxiety program.



Shaunacy Ferro

CCDT, CSAP-BC

Shaunacy Ferro is a certified dog trainer based in Central Brooklyn.

Shaunacy graduated with distinction from the CATCH Canine Trainers Academy and received her separation anxiety certification from Julie Naismith's Separation Anxiety Pro™ Program. She is the Bronx Executive Trainer for The Good Dog Foundation and a member of The Association of Professional Dog Trainers.

Shaunacy is committed to using humane, research-backed methods to create a stronger bond between people and their pets, without resorting to punishment, intimidation, or fear-based tactics.





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