



Separation anxiety info pack

Why choose Victoria?

Due to the complex nature of separation anxiety, it is a very specialised subject that requires a **great amount of experience and knowledge**.

Certified dog trainer **Victoria Jones DTC-CDT** is a **specialist in separation anxiety training** and is on hand to help you with **expert guidance** and ongoing support to get you to your goal of having a **happy dog when home alone**.

Our aim in training is to **teach** your dog to become confident and **happy alone**. The most effective way to do this is to do **gradual exposure to being left alone**. Making sure at every step there is not fear being exhibited, so they learn alone time is not scary.

The training requires **commitment from you** but this will certainly pay off when you and your dog have a better quality of life together. Separation anxiety is such a specific issue and treated like no other, so we have some **set treatment options** we work through with clients which are **detailed on the next page**.

All methods used are kind, ethical and **never involve leaving your dog or puppy to cry out**. In fact, we will be asking you to commit to **NOT leaving your dog** home alone outside of training. Leaving them home alone for longer than they can cope will only **reinforce the fear**. We know it's a **big ask**, but success in separation anxiety training isn't possible without it.

Treatment options

Success in separation anxiety requires **time, dedication, patience and consistency**. There are no quick fixes, and our treatment options are designed to **give you the foundations** to continue your journey without us. We work closely with you to **set you up for success** through giving you the knowledge to understand your dog better. Our support isn't just aimed at aiding your progress in training but also that all important **emotional support**.

We understand how difficult managing a dog with separation anxiety can be and often friends and family don't quite get it, usually met with comments like 'well just leave them then'. So not only can it feel **physically isolating**, it can also feel **emotionally isolating**. We're here to help you with both, and start you on your journey to freedom (or just the supermarket)!

There are **two options** for your training with us, you can either opt for one of our **training packages** which range from **4-8 weeks support**, or you can opt for a standalone **initial assessment**.



Separation Anxiety Packages

All packages include:

Initial assessment (lasts around 90 minutes)

5 x personalised training plans per week*

5 x video reviews per week*

Unlimited message support*

Access to our app "time to pet"

Relevant handouts to keep

*Available Monday-Friday

4 weeks - £350 (save £20*)

8 weeks - £500 (save £70*)

*Compared to when booked individually

Initial Assessment only

Initial Assessment:

Initial assessment (lasts around 90 minutes)

Access to our app "time to pet"

Relevant handouts to keep

Recommendations moving forward

Optional 1 x video submitted for review &
assessment of current departure training

£100 without video review

£120 with video review

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