

Separation Anxiety Support Programme



6 week - Separation Anxiety Support Programme – £199

The Separation Anxiety programme is designed for dogs that show distress when left alone. It is suitable for dogs that are generally healthy and have no underlying medical issues contributing to anxiety.

This is a structured programme focused on helping dog guardians to understand how separation anxiety rehabilitation works, enabling them to support their dog's comfort when left alone and giving them the confidence to continue the process independently after the programme.

Does this sound like your dog?

Your dog may benefit from this programme if they:

- Become anxious, vocal, or destructive when left alone
- Struggle to settle when you move out of the room
- Show signs of stress or panic when you prepare to leave
- Pace, drool, pant, or show other stress signals when alone
- Need a consistent, step-by-step approach to build confidence and tolerance

What we work on:

- Establishing a baseline - how long can your dog currently manage alone?
- Creating a structured, individualised plan to gradually increase independence
- Weekly video reviews of training sessions
- Adjusting the plan based on your dog's progress
- Supporting your dog's emotional wellbeing to reduce anxiety
- Helping you to understand why we take this approach and feel confident making choices for your dog after the 6 week coaching period ends.

How the programme works:

Getting Started:

- Free 15-20 minute discovery call
- Online questionnaire review
- £99.50 deposit secures your place

**Initial Setup:**

- Initial remote video call (30-45 minutes) to work out your dog's current baseline
- Comprehensive written separation anxiety protocol tailored to your dog
- This programme is delivered entirely remotely

6 Weeks of Structured Support:

- Weekly check-ins every week for 6 weeks
- You receive a weekly check-in message on Tuesday
- Please respond by Thursday with updates and/or up to 3 videos, each up to 5 minutes (15 minutes total), if your total time is more than 15 mins please let me know.
- I provide feedback by Saturday
- Week 3 mid-programme progress review call (30 - 40 minutes)
- Week 6 final review call (30 - 40 minutes)
- Includes written progress summary and next steps
- Email support for questions throughout
- Responses within 24-48 hours during working hours (Tue-Sat)

Payment Structure:

- £99.50 deposit at questionnaire submission/baseline test booking
- £99.50 at week 3
- Total: £199

Important to know:

- This programme is application-only and begins with a discovery call
- Dogs with severe aggression or medical conditions contributing to anxiety may be redirected to the [Foundation for Change Programme](#) or advised to seek veterinary input first
- Progress varies; some dogs improve quickly, others need ongoing support beyond the six weeks

With thanks,

Dr. Caroline Rees - PhD Animal Behaviour

IMDTB - Qualified Dog Behaviourist

IMDT - Qualified Dog Trainer

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