

Be Right Back! Podcast with Julie Naismith

Episode 058 Transcript – It Happens to Trainers Too!

<https://julienaismith.com/episode-58/>

I often hear people say that they.

Speaker B [00:00:02]:

Feel like their dog separation anxiety is.

Speaker A [00:00:05]:

Somehow connected to their, I don't know.

Speaker B [00:00:07]:

Adequacy as an owner, as a guardian, and that somehow it feels like they they're obviously just not doing a good job of being an owner and being a guardian because their dogs ended up with separation anxiety. Well, that's why in this week's episode, I am talking to two of my certified essay pro trainers, both Bacobian and Joe Sellers. Now, both Beth and Joe have been.

Speaker A [00:00:32]:

Through what you're going through.

Speaker B [00:00:33]:

They've both had dogs with separation anxiety, and they've both experienced what it's like to live and train a dog with this condition. And the reason I want to talk to them is because Beth and Joe are not alone. There are plenty of dog professionals.

Speaker A [00:00:48]:

I come across dog professionals all the.

Speaker B [00:00:50]:

Time, whether that be sports dogs trainers, whether that be pet dog trainers. I come across so many dog professionals who have experienced having a dog of their own have this condition, and I want you to hear what they have to say about it, what Beth and Joe have to say about it, so that

you know it has nothing to do with you or your competence as a dog owner. So Joe and Beth are going to chat with me today about their dogs.

Speaker A [00:01:19]:

About their experience of going through separation.

Speaker B [00:01:21]:

Anxiety, and I've asked them to share their tips for you to help you navigate your way through this. Hello, and welcome to the Be Right Back separation Anxiety Podcast. Hi, I'm Julie Naismith, dog trainer, author, and full on separation anxiety geek. I've helped thousands of dogs overcome separation anxiety with my books, my online programs, my trainer certification, and my separation anxiety training app. And this podcast is all about sharing my tips and tricks to help you teach your dog how to be happy at home alone too.

Speaker A [00:02:01]:

So Beth, tell us about your dog, the one that has struggled with separate anxiety. Dive in and tell us. Sure.

Speaker C [00:02:08]:

So I have a young dog, his name is Edmund. He is now eleven months. He's a llewellyn field bred English setter that I got from a very reputable breeder. And he came to me at nine weeks of age. And surprise, surprise, the young man had confinement anxiety.

Speaker D [00:02:28]:

Wow. Okay.

Speaker A [00:02:30]:

Almost from the off best. Did you notice that immediately?

Speaker C [00:02:33]:

Yeah, the first day was pretty wicked. We tried to crate him just for a few minutes to let him have some puppy downtime, and he began hyperventilating, shrieking, drooling, spinning, clawing. It was pretty intense. So I immediately popped him out. But then the first night was pretty intense as well. He had it right from the jump.

Speaker A [00:03:00]:

Poor baby. And to be clear, you've worked with a lot of dogs and you've had a few dogs yourself, so you know what you're dealing with and you know when you see something that's not right?

Speaker C [00:03:10]:

Yes, correct. This was not my first puppy and not my first setter. And this is my second setter with separation anxiety. My first one went through a window. She had separation anxiety so bad and has since been resolved. So I knew what I was dealing with and I knew kind of how to get there with him. But it was stunning being a professional and getting this brand new baby puppy who everybody is like, puppies are great right out the jump and they have no issues and it's so wrong, so true.

Speaker A [00:03:39]:

And, you know, the thing is, and I'm sure Joe's going to speak to this as well for so long, we've, in a way, kind of yeah, made it not a legitimate concern. We've said to people with puppies, we've said to owners and guardians, no, don't be silly. No, it's a puppy. It's just being puppy. And we've completely downplayed their concerns and actually, in the end, for a lot of them, they're really good observation that this wasn't normal puppy stuff, which is certainly what it sounds like you saw with your youngster.

Speaker C [00:04:11]:

Yeah, absolutely. It wasn't just a little whining or a little like, oh, I'm sad you've walked away from the crate. It was intense and it was pure panic. When we can get into this a little later. But I tried for eight months to get him to crate and we just could never get it conditioned.

Speaker A [00:04:30]:

Now, is that your clock in the background? Are we keeping it real with your clock?

Speaker D [00:04:34]:

Yes.

Speaker E [00:04:34]:

I apologize.

Speaker A [00:04:37]:

No, it's great. Just to prove we are recording this live, but didn't you love that? I love that sound of Beth's clock.

Speaker E [00:04:44]:

Chiming in the background.

Speaker A [00:04:45]:

It sure beat doorbells. Beth, thanks. We're going to come back onto we're going to do way more of your story in a second and I'm just going to dive in and ask Joe the same question. So, Joe, tell us all about Reba and her story.

Speaker D [00:05:01]:

Yeah, Reba.

Speaker E [00:05:02]:

She's Cockabee sean she's just had a 6th birthday recently, but I got her as an eight week old puppy. So I went to what was a Kennel club, Assured Breeder, although it wasn't for this particular breed mix, it wasn't a puppy farm by any stretch, but it was definitely a business because there were a few different litters there. So obviously she had quite a busy.

Speaker D [00:05:27]:

Household that she came from. And yet the first oh, gosh, from the first day, the first night, she's my first dog, my first puppy and I just knew, well, the first few.

Speaker E [00:05:42]:

Nights were going to be a challenge, but I didn't expect what I had tried to put her into the crate during the day. I've actually the only photo I've got her in a crate with the door open was literally on her first afternoon with me.

Speaker D [00:05:54]:

Right. And after that, she just drooled, panicked.

Speaker E [00:05:59]:

Knocked the water over.

Speaker D [00:06:01]:

It was horrific and was at my whip.

Speaker E [00:06:06]:

Send it was so upsetting because I just knew this wasn't right, but I.

Speaker D [00:06:09]:

Just didn't know where to go at the time.

Speaker A [00:06:11]:

And I'm hoping and one of the reasons for doing this today is for listeners to realize that sometimes when you know, you just know. And these are two trainers here who are saying that they both have puppies and they both recognize that, no, this isn't just the normal puppy stuff that people will tell you that's what your puppy's doing, but sometimes you just know. And personally, I was there as well. It's like, no, this isn't normal. It really isn't. And you were describing the panic Joe just without I don't want to make people feel really upset, but it is helpful, I think, to understand what panic looks like. So what did you see Ruba doing? That wasn't just a fussy puppy?

Speaker E [00:06:54]:

Literally, when I went to close the door of the crate, because I had a big open plan room, so it wasn't really safe to give her the.

Speaker D [00:07:01]:

Whole access, but she was just trying to get out.

Speaker E [00:07:06]:

I had like a little water bowl on a little ring, so it just held off the ground, but that used to go flying. At one point, she had her head through the ring, she managed to get.

Speaker D [00:07:14]:

It off the crate, the clip failed.

Speaker E [00:07:18]:

And it was actually through over her head. The whole bottom of the crate was just wet and even that was without the water.

Speaker D [00:07:27]:

That was just drooling, howling, panting. You can just see the panic. She did not even attempt to settle and it just didn't stop.

Speaker E [00:07:42]:

You knew something was very wrong there.

Speaker A [00:07:46]:

The couple of things you mentioned there was they're not stopping. So you both know this. When we talk to clients now and they tell us a bit of the history, one of the things that really jumps out is that these dogs are really persistent in the behavior because they're in a panic, and that panic makes them do whatever they need to do over and over again. And so you see these very persistent behaviors that you just described, and then that thing about that is way beyond a puppy who just feels like they're missing out on the action or they way rather be on the sofa than in the crate. This is a much more fundamental emotion coming out in them, isn't it?

Speaker E [00:08:27]:

Totally. It is more than just a tantrum, because I wasn't going to be with her, touching her the whole time.

Speaker D [00:08:35]:

Yeah.

Speaker A [00:08:37]:

To be clear, there are some puppies who are puppies in particular, are very good at expressing their frustration because they haven't learned any impulse control. They don't come programmed with impulse control. So we do meet puppies that just would much rather be in on the accident and having fun than being in their crate. But if you're listening to this and thinking, my puppy sounds like Joe's, my puppy sounds like Beth's, then it may well be that your puppy is anxious, and it may well be that all those people that are telling you that your puppy is just being a normal puppy, they don't really know what they're talking about anyway. So, Joe. Thank you. We're going to come

back and talk about rent a bit more. But back to Beth. So, Beth, you discovered that gorgeous Evan is now panicking in his crate. So what did you do? What are your next steps?

Speaker C [00:09:26]:

I did something really unconventional, which a bunch of my colleagues looked at me sideways and certainly a bunch of pet parents did, too.

Speaker D [00:09:34]:

I got him out of his grade.

Speaker C [00:09:35]:

As a nine week old puppy. I went, well, that's not worth it to me for you to sit there in a blind panic. It would be the same if you put me in a room with a thousand spiders. I would be in a blind panic. And so there was no sense just creating that distrust for him in humans, that we're just going to lock him away and not care about his emotional state. So I got him out of the grate. He couldn't even be in an X pen, so that was even a little more challenging. I created a safe space for him down in our foyer, which I just lined the foyer with X pen so that he couldn't chew the walls. And I left him with my senior setter, who is now resolved for Seth ANX. And that worked, to be able to leave him alone if we had to for short periods of time, but he could not be created. And I stepped all the way back to the very beginning making positive associations. Great. I tried and tried and tried and tried. We tried every night to treat him. He would make it about 30 minutes and then start whimpering and whining, which if you didn't immediately respond to him, which a couple of my colleagues said, oh, he's just learned that when he whines and whimpers, you get him out. And I'm like, yeah, maybe. But if I leave him, he escalates. And he doesn't just escalate to the.

Speaker D [00:10:53]:

Point of I'm barking out of getting your attention.

Speaker C [00:10:59]:

I am barking out of a sheer emotion and I'm panicking and he's drooling. And then he would soil himself. So we gave up at five months, the crating at night, and the first night, my husband's like, we're going to lose everything. We're going to lose the walls, we're going to lose wires. I will honestly tell you, we've never lost a single thing. And the very first night, five months in was the first night we all slept completely through the night. He curled up on a dog bed, on the flat, on the floor and went right to sleep. I continued to try to crate train, and it's just not something he's willing to do. I think he may be a dog that's claustrophobic and that's fine so the only thing we're working on now that he has some issues with is he does not like to be left in a car. So if you leave

him in a car and try to walk away, he panics. So we're working on some habituation and desensitization there. But again, it's a very slow process.

Speaker D [00:11:56]:

Yeah.

Speaker A [00:11:56]:

And it often can be right, we know that. And sometimes it is easier when it's not your own dog. It is way more stressful. You've got all the tensions, you got the family tensions, and there's also a little bit of you that thinks, I mean, I certainly did well, shouldn't I know better? Why is this happening to me? But I want to just come back on a couple of things that you said. So you started off by saying, I did some things that you might find surprising. And I'm thinking, oh, my goodness, what is Beth going to say? What's she going to tell me that we haven't talked about? And you talked about not crating. And now, from where I am and where Joe is, and the further kind of east we go into parts of Europe, crating isn't a thing. I mean, it's become more normal in the UK now, Joe, hasn't it, that we crate puppies in order to help with house training and chewing. But there are lots of countries in the world, lots of countries in Europe in particular, where crates aren't used to house train, they're not used to chew train. I didn't do it with either of my two younger dogs, older dogs. Now, it just didn't occur to me. I did what lots of people do. I created a smaller space that we would be in together, watch them like a hawk. And, yeah, we lost a few things, I'm not going to lie. We lost a few heels of shoes and a couple of chair legs had chomps in them. But it was not something that I think in the UK at that time, you felt compelled to do. So it wouldn't seem like you were failing if you didn't crate. But I do come across lots of guardians and owners in this part of the world, in North America now, who feel like they're failing if they don't crate. But there are many, many ways to house, drain and chew train a puppy without having to use a crate. Having said that, I love crates for reasons if we can get the puppy to love a crate. So I'm kind of, kind of mixed on that. And then there was something else you said and it's completely gone out of my head, but we will come back to it. But, Joe, I want to ask you about crating, because obviously, now you work with lots of clients. What's the stance in the UK on crates at the moment?

Speaker D [00:13:50]:

It's still very typical.

Speaker E [00:13:53]:

You get told the dog needs a safe area, a pen, a den. All dogs love a den. That's why crates put a blanket over the top. And I think for the house training, it's probably 99% of clients do crate training.

Speaker D [00:14:09]:

Right, okay.

Speaker A [00:14:09]:

That's interesting, because that's not the case if you went somewhere like Sweden, for example. In Scandinavian countries, they train house trained dogs. But I'm making a broad generalization here, which a listener might pick me up on, but they don't tend to be as 100% crate focused, I don't think.

Speaker E [00:14:26]:

Yeah, and I think we need to be a bit more open, but then.

Speaker D [00:14:30]:

Maybe people are very precious about the.

Speaker E [00:14:33]:

Houses and the floors and the dirt that dog might bring in. And the last thing they want is the pee and poo accidents, which are going to happen anyway with the puppy, because even if you try and watch.

Speaker D [00:14:43]:

Them 24/7, you sometimes lose your concentration.

Speaker E [00:14:47]:

For a minute, and that's the 1 minute where they're going to have an accident.

Speaker D [00:14:50]:

So, yeah, I think there's definitely crates.

Speaker E [00:14:54]:

Do not suit every dog, and I.

Speaker D [00:14:55]:

Wish I'd known that at the time.

Speaker A [00:14:58]:

Yeah, and it's like pushing water uphill with a dog who doesn't want to love a crate. We've got lovely incremental crate training plans that are designed to get dogs to love crates, but there's just something with some dogs, as soon as that door closes, it seems like you can never get past that step or the other step. Where I find that these dogs really struggle on is as soon as you go out of sight and they're in a crate. But it's great to hear both of you talk about alternatives that, yes, you can house, train and chew train a puppy, even if you don't have a crate. So you obviously gave up on the crating then, as well, Joe.

Speaker D [00:15:34]:

Yeah, so I think we know where to turn.

Speaker E [00:15:37]:

When I realized I obviously had a problem. And my vets, very, very good vets.

Speaker D [00:15:43]:

But this obviously wasn't a specialist topic.

Speaker E [00:15:45]:

And I got sent away with some Google printouts about leave her to cry it out. Don't come back when they're crying. Keep her in the crate. At least go out every day for at least 20 minutes, leaving her. So this was my first foray into separation training, which obviously didn't work. We had probably about eight months of no sleep. My neighbors, I don't think, slept either.

Speaker D [00:16:10]:

And in the end, as soon as.

Speaker E [00:16:13]:

I knew that Riva was toilet trained.

Speaker D [00:16:15]:

And was going to be safe, she.

Speaker E [00:16:18]:

Was given the run of the room downstairs. I still was trying to keep her downstairs because my bedroom is my sanctuary.

Speaker D [00:16:25]:

Only because I used to have a.

Speaker E [00:16:26]:

Cat and I was allergic to the cats. That's why I didn't want pets in my bedroom, because it was my safe zone. As soon as I let Reeber out to sleep on the little chair in the kitchen, she was absolutely, really good.

Speaker D [00:16:37]:

For about a week. So I think there were some foxes.

Speaker E [00:16:40]:

In the garden, and then she's now upstairs in my bedroom on her own dog bed, and I have to kick her awake in the morning. Well, not literally kick her, but I.

Speaker C [00:16:50]:

Know what you say, wake her up.

Speaker E [00:16:52]:

She sleeps so well now.

Speaker A [00:16:55]:

It's lovely when they get to that stage, because, well, as an aside, I think most of us have seen that in our own dogs and inclined dogs. That one of the things that they definitely we see a change in dogs who get over separated anxiety, is that they start to settle much better, don't they? Because they're not on high alert all the time that we're about to walk out of the door and the sky's about to fall on their heads. Well, that's lovely. And obviously lots of progress made with her. But I was just going to go back to what you said earlier about the advice you were given.

Speaker D [00:17:23]:

So it wasn't awful.

Speaker A [00:17:24]:

It wasn't, for the most part, just lock her up, forget about it, and she'll get over it. It was practice separation, go out for a certain amount of time. But the way that we all work now is very different to that, isn't it? Because it's much more precise and usually it's much smaller chunks of time. Because we're fine with these panicky dogs, a minute is a long time for them.

Speaker D [00:17:45]:

Right?

Speaker E [00:17:47]:

Yeah. I was initially told you've got to leave it for at least 20 minutes to half an hour every day. I was just starting up my business, so I was home all the time and my vet was saying, no, you shouldn't be at home with her all the time. Just leave her to she'll stop crying.

Speaker D [00:18:02]:

Eventually, she'll get used to it.

Speaker E [00:18:05]:

So that was quite harsh. And I could hear her from outside the house and I was crying in my car. It made her worse to what she.

Speaker D [00:18:15]:

Was, and then my persistent of the.

Speaker E [00:18:18]:

Crate training made her work. She's still phobic about going in crate. She won't go into a small space.

Speaker D [00:18:22]:

She won't go behind a door to get a toy.

Speaker E [00:18:26]:

So I still have issues there. But I started introducing obviously I was.

Speaker D [00:18:31]:

Introducing her to absences, but starting at.

Speaker E [00:18:34]:

20 minutes, I would never encourage that now.

Speaker D [00:18:37]:

It was too big a chunk of time, but I didn't know better at.

Speaker E [00:18:42]:

The time, and I trusted my vets.

Speaker D [00:18:43]:

And I trusted my medical issues now.

Speaker A [00:18:47]:

Yeah, well, the 20 minutes is interesting because we do hear it a lot. 1520, or I'll hear you leave them for one and then it's five and then it's ten. And just, honestly, we just don't see dogs like that. If they panic, they panic, and they usually panic very quickly when we first start working with them, don't they? And that something you just said there just reminded me of something that Beth said that I wanted to come back to.

So, Beth, one of the things you said was that you were maybe a couple of people have said to you, when he's in his crate and he whines and you let him out. He's just learning that when he whines, he gets out. And you said, maybe. But the thing is, and I would come back on whoever said that to you, and say, but if he's whining because he's about to go into a panic, then, yeah, we need to let him out. So whether he's learning that whining gets him out or not, if he learns that whining gets him out as he's about to go into a panic, then fair dues, fair enough, him letting us know he's about to go into panic, right?

Speaker C [00:19:51]:

Yeah, absolutely. Why, if I know that that snake four yards in front of me is going to send me into a panic, why would I keep walking forward towards that snake? I'm not going to. So it's interesting that there is a school of thought that we should disregard emotion and that pet parents often think that the dog is just being stubborn or the dog is just, oh, it's not used to being in the crate, so it's making noise. No, if you've ever seen a dog that is comfortable in a crate, they go in, they curl up, they lie down, maybe they'll give a little whimper here and there, but they're not going to shriek. And Edmond was pure on shrieking, like it would raise the hair in the back of your neck to listen him scream, and it was not worth it. I will say that my husband and I had a little bit of disagreement in the beginning, and that four of the five months that we tried to get him to sleep in his crate.

Speaker D [00:20:48]:

Which I will tell you, we did.

Speaker C [00:20:50]:

Not sleep for five months through the night. So we were very sleep deprived. He wanted to keep going and I kept saying, no, we need to let him out, in my professional opinion. And then I had him talk to a couple of my colleagues that specialize in separation anxiety, too, and I'm like, Here, they'll tell you, too, and he's like, you just told them to tell me and I swear I did it. We need to get the dog out because it's not helping him. It's not changing his opinion about the crate. Just keeping him in there, just like keeping me in the room with a snake isn't going to change my opinion about it. So let's get him out and let's see if that makes it better. And let's see if then he sleeps through the night and then we can work on conditioning it.

If you're insistent that we need to have a crate, because, of course, I've heard the argument, you need crates and emergencies, you need crates if there's a fire, you need crates if there's, whatever, a vet office. And I'm like, in all honesty, if I have to send my dog to a vet for an emergency, sedate him. I have no problem with it. If he's there for an emergency already, just sedate him, because that's going to make it easier on everybody. And all of these reasons why we have to crate train. And I'm not against crate training.

Speaker A [00:21:57]:

No, none of us are. I'm count the number of crates in my house. There's about six at the last count. But that's for different dogs, for different reasons. No, I completely agree.

Speaker D [00:22:07]:

Right.

Speaker C [00:22:07]:

It's just that feeling that every dog should crate train, and especially in the States, you have to crate train. It is an absolute necessity. And for Edmund, and with that emotion, it made it so much better. As soon as we took him out, he was fine. And now he can be behind a gate. Like, I can put him in a foyer behind a gate and he's fine, but he just cannot be in a crate. And why continue to push that water up the hill? That was not working, and it wasn't working for him and it was making him miserable. And he wouldn't come into our bedroom. After a while, he'd be like, no, that's where the crate is and I'm not going in there because that's where that devil box is and I'm uncomfortable in there. You put me in there every single night. And we would do it with chicken and he would go in, get the chicken and dart out if he couldn't get the gate closed fast enough.

Speaker A [00:22:55]:

Enough.

Speaker C [00:22:56]:

Sorry. A bit of a ramble.

Speaker A [00:22:57]:

There no really interesting stuff to unpack there as well, because it's true, crates can be incredibly useful. I feel like we're just having a conversation about crates now. Maybe we should do a whole other episode just on crates, just to chat on crates. But it's equally if it's that difficult, there's always different ways around it. I totally agree. If a dog is that stressed out at the groomers or the vets that they can't be created, let's sedate them anyway. The point about dogs who can now be behind gates, that's certainly the case in our house, is Percy can happily sit behind a gate or behind a closed door. Now, just crating was just that much harder. But, yeah, great points you're making about there are other ways of doing this. And if it becomes so difficult that you were losing sleep for how many months? Five months, did you say? Nobody can sustain that.

Speaker D [00:23:48]:

That's just five months.

Speaker C [00:23:50]:

And we were sleep deprived and I was a behavior consultant and I work about 50 clients a week. I was exhausted, I was short tempered, I was ill tempered with my husband. Him and I were not getting along. And there were points where we wanted to squash him like a bug, because it was

really tough to deal with this very opinionated, drivy little puppy who he wasn't getting enough sleep. And if anyone knows what a puppy is like with not enough sleep.

Speaker D [00:24:19]:

It was awful.

Speaker C [00:24:21]:

He was hyper aroused. He was over threshold all the time in all aspects of his life. And as soon as I stopped that, his entire personality changed. He settled. He was able to get an off switch. And I was doing all the right things outside of the creating enrichment, exercise, mental games, all these things that my field breadstader puppy needed. But it wasn't enough because he couldn't sleep.

Speaker D [00:24:47]:

Yeah.

Speaker A [00:24:48]:

So important for everybody. Everybody in the house. So, Joe, you get rebroade crate. But the problems didn't stop there, right? Because we've also got separation issues with Reba, which you mentioned and which she started work on. When did you think, this stuff's not working. I need to find another way of doing this.

Speaker E [00:25:08]:

Like Beth, I was so sleep deprived. I don't remember that.

Speaker D [00:25:12]:

My first year with Reba, I was like a zombie.

Speaker E [00:25:15]:

My vet was actually more worried about.

Speaker D [00:25:16]:

Me than the dog.

Speaker E [00:25:18]:

It took a while. Probably about a year.

Speaker D [00:25:21]:

It took a while. And.

Speaker E [00:25:24]:

I was training to be a trainer, so I was dog walking at the time.

Speaker D [00:25:30]:

So actually, I was very flexible with.

Speaker E [00:25:33]:

Being out the house and not being at the house very often. So I was very slowly building up my business. So I just gradually built up the time. But like I say, it was very chunky. But it was quite haphazard. There was no system to it.

Speaker D [00:25:49]:

I didn't make a record of what I was doing.

Speaker E [00:25:51]:

It just almost went my gut feeling.

Speaker D [00:25:53]:

That, oh, I had a camera on her.

Speaker E [00:25:58]:

She was a little bit upset, but I wasn't, like, rushing back. I was like, okay, I've got them five minutes.

Speaker D [00:26:04]:

She'd be like, if she cries in.

Speaker E [00:26:05]:

Five minutes, that's better than crying for the whole time. Yes, but I wasn't leaving very much. I was very much housebound. But that was the commitment I was prepared to make. But then it suited because my business.

Speaker D [00:26:19]:

Was literally just starting up, so I.

Speaker E [00:26:23]:

Wasn'T that busy at the time anyway.

Speaker D [00:26:24]:

I was doing a lot of study, which I could do at home.

Speaker E [00:26:28]:

But she's also very hyper attached. And I was told that's because I was home a lot. So it's kind of like a double edged sword, really. But for me, it worked. And I wish I'd known earlier how to do it a bit more systematically.

Speaker D [00:26:42]:

And a bit more slowly.

Speaker A [00:26:44]:

Yeah, just train with a plan, as you do now. Track your progress as you do for all your clients now. Yeah, it's an interesting one as well about the we ask everybody to find a way for someone to be with their dog, and because when they have dog separation anxiety, we want to beth was talking about the exposure to the snake. We want to stop the exposure to the scary thing, the alone time. And you make a really good point there.

Speaker C [00:27:11]:

We.

Speaker A [00:27:11]:

Ask people to do that, but then they end up spending more time with their dogs, sometimes depending on what care structure they've kind of implemented. So does that make it worse? And, yeah, there is a risk that if we say suddenly you must spend all of your time with your dog, there is a risk that that hyper attachment develops or grows. But the alternative of just leave this dog to panic and the impact that can have on a dog's brain, short term and long term, that's a way bigger risk and a way bigger harm, a potential harm, because we can work on hyperattachment. And in fact, both of you, I'm sure, have seen it with clients that resolves quicker in most dogs than does the pure isolation distress. But, yeah, it's always a potential that a dog will go, okay if I'm great, mum's home all the time, so as soon as you go anywhere, they can't be with anybody else now.

Speaker C [00:28:01]:

Oh, Edmund is hyper attached. He is husband.

Speaker D [00:28:05]:

Yes.

Speaker A [00:28:05]:

Interesting.

Speaker C [00:28:06]:

He spent a lot more time with my husband, especially the first week that we got him. I was in a client's house doing a board and train. So he spent the entire first week with him, pretty much just him and Edmund and our other four creatures. So there was a lot of those two bonding. And now as we've been doing training and as he's growing, Richard's been taking kind of a lead on it because I can get very tired wanting to come home and train my own dogs after a day of training everyone else's dogs. So Richard's been doing a lot of the training and a lot of the work on Edmund. And when we do reactive dog programs, he's our neutral dog and Richard handles him, so they have a really nice bond. But what that created is it created his inability to be away from Richard. So it was where we've made some really nice progress on it. It was to the point where if I took Richard from Edmund or other way around, or maybe it was if.

Speaker E [00:29:05]:

I took Richard.

Speaker C [00:29:09]:

Even when we're out of the session and I tried to walk away from Richard with Edmund, he would just smooth flip. Like he would scream, he would hyperventilate, he would claw at me, he would pull at my shirt, he would leap.

Speaker D [00:29:25]:

At me and he would just spin.

Speaker C [00:29:28]:

Back to try to get back to Richard because Richard was his person. And if Richard left the house, I have a video of him on my TikTok, of his just pure panic with Richard leaving the house to go get a cup of coffee or something, and he just lost it. And so we had to build really slowly, shifting Richard away from all the care and me doing more of the work with him and building more of a bond with him. And then what we also did, because.

Speaker D [00:29:56]:

Then sometimes what can happen.

Speaker C [00:29:58]:

And what happened with him is then he was like, oh, I'll just hyper.

Speaker D [00:30:01]:

Attach to you now.

Speaker C [00:30:03]:

Oh, great. So we had to actually bring in some pet sitters and some colleagues and have them come in and do some work with Edmund and have them alleviate us during the week and take him for walks and go to daycare and stuff like that because Edmund was just shifting too quickly. Like he'd shift to me and then he'd shift back to Richard. So he's a very interesting character, this guy.

Speaker A [00:30:26]:

Well, what's fascinating there is you showed that the process works, but it works too well sometimes.

Speaker C [00:30:31]:

Yes, it really does.

Speaker A [00:30:34]:

For those of you who don't know what we're talking about. So when a dog is not just about when the dog isn't just struggling with being alone, but they're struggling being apart from a person. In Edmonds case it was one person, we call it hyperattachment. It's just kind of an unhealthy attachment. Unhealthy because it impacts the dog and it can impact the guardian or the owner.

But the way that we work on that is we get other people in the dog's life to step up and do more fun stuff, do more bonding stuff, remembering that we didn't give birth to these puppies. So the attachment that they form with us in the first place is to a degree unnatural, so we can transfer that. But a great example from Beth there that sometimes dogs just seem to be serial attaches, don't they?

Speaker D [00:31:16]:

I love you so much.

Speaker A [00:31:18]:

No, now I love you so much. But great job of getting other people involved to really spread that love. So lovely story there. I just want to finish off we've got a few more minutes, but I'd really like to finish off with you giving some advice to our listeners. And the first thing I'd love to hear from you is thinking back to all that you've been through, the challenges that you face with your dogs. What's the number one kind of feeling or experience that you'd like to share with them, that maybe they've been going through the same experience too.

Speaker E [00:31:53]:

I think for me.

Speaker D [00:31:56]:

I felt like I was the only one because I didn't know where to turn and I didn't know what it was and it was quite daunting.

Speaker E [00:32:08]:

So I think the the one key thing is to let owners know that you're not alone. There is the right support out there and actually this affects way more dogs than anyone ever realizes. Saw some

research recently and it's quite scary numbers just how many dogs actually have separation anxiety. And probably about half the owners either.

Speaker D [00:32:32]:

Don'T realize or can't be bothered to deal with it.

Speaker E [00:32:35]:

So if you are, that's a massive, massive step in the right direction.

Speaker D [00:32:39]:

But it's a long haul.

Speaker E [00:32:41]:

I mean, I'm six years down the line, I can leave my girl home alone three to 4 hours comfortably now during the daytime, she can't really be left anywhere else. I can't even go to the toilet in my mum's house, even though we.

Speaker D [00:32:56]:

Go there once a month.

Speaker E [00:32:58]:

But she has got a best dog friend with one of my ex client dog walking clients.

Speaker D [00:33:04]:

That reeba and Byron.

Speaker E [00:33:06]:

They love each other and she will spend overnight there. Byron is down the utility room, but Reeba's up in their bed.

Speaker D [00:33:14]:

On the bed.

Speaker E [00:33:15]:

She gets absolutely pampered. She whines for, apparently, first five to ten minutes and then she's quite easily distracted by Byron's toys because all other dogs toys are new toys for her.

Speaker C [00:33:26]:

Right.

Speaker E [00:33:28]:

It is a long journey. It's not just over in a couple of months. It probably would have been a quicker journey had I known what I was doing sooner.

Speaker D [00:33:37]:

But for us, it worked, it built up slowly.

Speaker E [00:33:41]:

It's a long journey, but you're not on your own. But it can be very isolating when you have a separation anxiety dog.

Speaker A [00:33:50]:

It feels like the isolation kind of gets layered on, because you do feel like even now, in this day and age where we're all connected online, I hear it time and time again, people feeling like they're the only person that's got a dog like this. And then they suddenly discover the big free Facebook group that we've got and there's 45,000 people in there all talking about separation anxiety. And suddenly people go, oh, I really thought I was the only one. And Joe, you made such a good point. There are way more dogs out there with this.

There are some people who don't know that about their dog or they don't want to admit it. And so the ones that do know and the ones that are working on it can't feel isolated because they've got people in their immediate circle or in their friends and family saying, well, my dog doesn't have this. So what's going on with your dog? So that isolation. Not only are you staying at home to be with your dog, so your dog doesn't panic, you then feel emotionally isolated because you think, I'm the only person dealing with this, which is kind of the reason why I started doing this whole thing in the first place ten years ago.

So I was like, we cannot be the only people going through this. It's ridiculous. You also talked about how RIBA kind of hasn't taken her newfound confidence on the road. And we know, don't

we, that's pretty standard, that these dogs don't generalize their confidence. They're really good at generalizing their fear, but they tend to have to learn the confidence, whether it's being home alone or whether it's confidence around people they don't know, they tend to have to learn them in different setups, in different contexts. So that's really common, isn't it? Reba not being able to be left anywhere else yet is quite typical for these dogs, right?

Speaker D [00:35:29]:

Absolutely.

Speaker E [00:35:30]:

But for me, the most important thing was because it is just me and.

Speaker D [00:35:34]:

Her at home and as much as.

Speaker E [00:35:36]:

I love her, I needed to go out, I needed to go and see clients and I sat up a training class and needed to be able to go out.

Speaker D [00:35:43]:

So the most important thing for me.

Speaker E [00:35:45]:

Was for me to be able to leave her home alone and for her to be left in other places was lower down the list. It wasn't as important being able to have a friend that can take her. They take them up to two nights, they won't do a whole week, don't get a week's holiday, I can get a long weekend but that for me is okay, well that's fine, I can relax. I know she's enjoying self but to be honest, my days are probably long.

Speaker D [00:36:12]:

Holidays, maybe over for a bit, but.

Speaker E [00:36:17]:

That'S just the way I'm quite happy to accept this. And I've had some fantastic long holidays.

Speaker D [00:36:24]:

Like for a couple of months long.

Speaker E [00:36:26]:

Holidays in the past. So for me, this is just my new normal and spending the time with her but knowing that I can go out, seeing clients, running my business, that for me was the most important priority.

Speaker A [00:36:39]:

Yeah, I like that you say that because often we are trying to get people to prioritize because learners training takes.

Speaker D [00:36:46]:

Time, it takes a lot of invested.

Speaker A [00:36:49]:

Time but it can also take a lot of elapsed time, the period of time that it takes to get these dogs to recover. So we're often saying, aren't we, well, what's your priority? Is your priority to be able to leave your dog in any hotel room you go to or would you like to get 4 hours, your dog to be comfortable for 4 hours in your own home so you can go and do your stuff and most people will say yeah, do you know what, just home is fine. So it's great that you highlighted the fact that we do ask people to prioritize. Joe, thank you. Beth, same question to you what feeling or experience do you think that you could share with us of your time with Edmund, your experience with Edmund that you think people would resonate with?

Speaker C [00:37:30]:

Yeah, I think the very first thing is you didn't do anything wrong. Yes, your puppy came this way. I can remember our third night and me sitting on the floor in front of the crate, I had gone home and tried to relieve my husband for a few hours and I sat in front of the crate crying and thought what did I do to create this and how did I do that in three days? Most people think a puppy can't be broken or that there's nothing wrong with a puppy coming straight out of from the mom. But genetics play such a big part in what we get with our dog and come to find out that the Grand Dam of Edmund has separation related behaviors and is a very anxious dog, and they could never create her. Of the eleven puppies, Edmund is the only one with separation related behaviors. But just

because they skipped a generation and skipped eleven other ten other puppies doesn't mean that I created this.

Speaker D [00:38:32]:

Right?

Speaker C [00:38:32]:

It means that he had a predisposition to having something in his genetics that said, this isn't for me, and don't give up. I mean, there were days when I wanted to squash him like a bug or send him back to his breeder or tie him to a tree up front.

Speaker A [00:38:48]:

And by the way, can we just be clear? Beth is 100% force free trainer, honest about the feelings that they push our buttons. It's like with kids. People love their kids to bits, and it doesn't mean so there aren't days when they just go, these things that we adore, they push our buttons in a way that we can never imagine.

Speaker C [00:39:07]:

Yeah. If you don't ever say that you want to squash your puppy like a bug, you're lying.

Speaker E [00:39:13]:

They make them so cute so that.

Speaker A [00:39:15]:

You won't and that you don't do it right.

Speaker C [00:39:19]:

You can see there's proof of life all over my instagram. He's fine. He's a lovely dude, and I am thankful for him every day. I'm also very thankful that I got him because it made me build some empathy for my own clients because I hadn't raised a puppy in 16 years. And so when I got my first puppy in 16 years and he was maladaptive, I was like, oh, goodness, I can't imagine what someone whose very first puppy they're getting and it's like, this is putting them through.

Speaker A [00:39:50]:

Yeah.

Speaker C [00:39:50]:

So it built a bunch more empathy in me and made me realize how if I'm struggling this much, so are my clients. And my clients don't have the knowledge that I have. And I was to the point that I didn't know what to do. So I even called in a pro. I called in a separation anxiety pro to help me set out a plan for him because I needed more clear eyes on it. So more than anything, seek out a professional. And it's okay to tell your professional that you're frustrated and you hate your puppy, because there are days that I presented him because I was exhausted. I didn't have the normal, lovely kid that I thought I was going to get. And it is okay to feel that way.

Speaker A [00:40:33]:

Yeah. It's that whole thing, isn't it? About all of us are in this for the long run. It's also okay to, in a way, kind of grieve the puppy or dog that you imagined you would get and you didn't have. And that's just being human. That's just being normal, isn't it?

Speaker D [00:40:52]:

Yes, absolutely.

Speaker C [00:40:53]:

100% normal. And I think so many people are so afraid to talk about that part of it, right. They don't want to be like, oh, I'm a monster, because my puppy drives me crazy. You'd be a stepford wife if your puppy didn't drive you crazy.

Speaker A [00:41:07]:

It was like we often hear parents say this I love my kids, but some days I hate being a parent. I love my puppy to bits, but some days I hate being guardian or pet parent because today it's really tough. I love him, but today it is really tough. And that's just normal, and it would be weird if we didn't feel like that times. Anybody got any final words of wisdom as we go? If you only could only do one thing. If you could only give people one piece of advice, what would that be? Just one thing.

Speaker C [00:41:41]:

Don't let them try it out.

Speaker D [00:41:43]:

Yay.

Speaker A [00:41:44]:

I'm glad you say that, Joey. You're going to say that, too? If we could only change that one thing in the life of the puppy, then I think we'd all well, we might all end up seeing far few cases. Actually, I think that could be a big game changer. If only people would just stop that horrible method. Listen, both of you, thank you so much. I really appreciate you taking the time to share your experience, but also to make it real and make people realize that it's not just them and for you to share your wisdom about how people can move forward with this. So appreciate your time so much. And obviously, if people want to work with either of you, they can find you via my Find the Trainer site.

Speaker D [00:42:27]:

So.

Speaker A [00:42:28]:

Thank you, Beth. Thank you, Joe. And, yeah, keep us all posted on that puppy journey, Beth, won't you?

Speaker C [00:42:34]:

I will, for sure. Thank you for having me, Julie.

Speaker A [00:42:37]:

Thanks, Joe.

Speaker E [00:42:38]:

Thank you, Julie.

Speaker A [00:42:41]:

Thank you so much for listening to.

Speaker B [00:42:43]:

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