

Be Right Back! Podcast with Julie Naismith

Episode 101 Transcript – Separation Anxiety and the House Training Conundrum with Kathleen McClure

<https://julienaismith.com/episode-101/>

In this episode, I'm joined by Kathleen McClure. Kathleen is an expert in separation anxiety. She's one of my certified SA pro behaviour consultants, but she's also an expert in house training. Now, when dogs have separation anxiety, one of the symptoms can be, not every dog has this, but one of the symptoms can be that they soil the house even though they're otherwise house trained.

Speaker B:

And that can be a problem. It's a big problem.

Speaker A:

But there are some dogs who have house training problems where those problems aren't related to anxiety. And so really understanding how to identify house training issues that are related to anxiety, related to being left, and those that are related to a dog who maybe just needs a bit of a refresher course in house training is really important.

Speaker C:

And that's why I thought, let's get.

Speaker A:

Kathleen on and let's dive into that very topic.

Speaker D:

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 C:

Hey, Kathleen. So what a topic to be talking about today. Harris training. And you and I were just chatting about this before we hit record, because this is not only something that you've worked with a ton of clients on, but it's something that's really kind of very personal for you at the moment because you've just moved house and you've been employing the protocol that we're going to talk about today. Is that right?

Speaker B:

Oh, absolutely.

Speaker E:

As you know, I've done rescue for years and years, and we just recently moved and brought everybody with us. And there's no better time to employ a house training refresher course than after a move. And so we have been doing it hook lined and sinker since our move just to get everybody on the right track so they don't learn or develop habits that I don't want to have repeated. Right. So that's where we've been. And whether you have one dog, whether you have twelve dogs, it's the exact same process. And you can just work through the plan and make the plan work for you.

Speaker C:

And when you say everyone, tell us who everyone means, because we're not talking about a bunch of humans, are we? We're talking about group of dogs. So who is everyone?

Speaker E:

Well, who is everyone? So it's my husband and I, although I'm the primary caregiver. So really it is me working through this process with our rescue dogs. We still have quite a few at the moment. We won't go into a lot of. Oh, my gosh, brandy Beamer, Izzy theory, Dashie and Hammy.

Speaker B:

Yay.

Speaker C:

So all of them, when you moved, it's precautionary, really, isn't it? And we're going to go into more detail, obviously, about the protocol today. But something that I've done when I've brought dogs home is even if you're told that their house changed, it never harms just to make sure that you're on it from the moment they're in a new house. Right. Because anything could happen.

Speaker B:

All bets can be off. Absolutely.

Speaker E:

Any dog that comes into the home, whether it's a new foster or we bring dogs into their new home, as we just did. I start at the very beginning because it's just so important that they start off on the right foot, so to speak. Right. Let's develop the right habits. And you never know what scents are in a new home. In this particular home where we moved, there's actually carpeting, which we didn't have previously, which is just danger ground, so to speak. And so it was just really important to get everybody set up for success on this.

Speaker C:

Yeah, absolutely. But one of the things I think we want to major on, particularly in this conversation, because obviously the podcast is all about separation anxiety. And we're going to talk, aren't we, about the challenge that comes up for a lot of people who've got a dog with separation anxiety and that they will say, my dog is peeing or pooping when I go out.

Speaker E:

Right.

Speaker B:

So a big question for them and.

Speaker C:

A big question that they ask themselves and they ask of us is, but why is that happening?

Speaker E:

Right.

Speaker C:

So should we talk about the difference between classic house training slip ups and ones that are driven by anxiety?

Speaker E:

Absolutely. And I think you and I both have heard this 100 times. Right? My dog is mad at me. My dog is mad that I left. My dog is upset that I got home late from work. There's so many reasons that we, as humans, attribute to dogs peeing or pooping in the home. But as a dog with separation anxiety, really, any dog, whether it's separation anxiety or a dog that needs a house training course, it's not that they're mad at us. They're not angry.

Speaker E:

If they're working through some separation anxiety, bless their hearts, it's pure fear, stress that is causing them to lose control over those functions. And that's got to be really terrifying. And I kind of think about it like this. If I were crying and tears were coming out of my eyes, if I'm generally crying, I'm not doing that on purpose. I'm doing it because I'm truly hurt. And the dogs who are dealing with separation anxiety, they're not doing it on purpose. Well, no dog is doing it on purpose, but these dogs are doing it because they're just so upset. They're just so terrified to be left alone.

Speaker E:

And we really need to acknowledge that. And I know it's hard. We've all heard my dog does it because they're angry, but that's not the case. And Jean Donaldson had this great quote that I've used many times. I just love it. She said, for the record, I really don't think dogs view the products of their elimination as despised trump cards and their revenge.

Speaker C:

Quote. Got to love a Jean Donaldson quote.

Speaker E:

Absolutely. Got it. Absolutely. And it's so true. And it's just so important that everybody, whether we're dealing with separation anxiety or a dog that needs a house training refresher, just takes to heart that, no, your dog's not doing this on purpose. Either they just have to go and they couldn't get outside, or they don't know what to do, or they're just so upset that they've got no control and that's just an outcome of their fear, anxiety and stress.

Speaker B:

Yeah.

Speaker C:

And it's so.

Speaker B:

Exactly.

Speaker C:

And thinking, if we went inside their heads, they don't want to be doing this either. But it is one of those things that's out there that they're doing it out of spite. They look guilty. They know what they've done.

Speaker E:

Oh, my gosh.

Speaker C:

If you're listening to this, none of those apply.

Speaker E:

Right.

Speaker C:

There are so many reasons to love dogs. One of my favorite reasons to love dogs is because they aren't like us. They're better than humans. They don't do things maliciously. They don't wake up in the morning and say, I'm going to go out of my way to upset my human. They do stuff that works for them. That's another gene quote, isn't it? Dogs do what works. So for whatever reason, when they're anxious and upset, they do things, but they're not trying to make us mad or.

Speaker B:

Have get back at us. So I love that you pointed that out. Yeah.

Speaker C:

They are so much better than us.

Speaker E:

There's no question. A dog that's pining in the house. That's not related to fear, anxiety and stress.

Speaker B:

Right.

Speaker E:

Who's just undertrained or under motivated. It's not a problem for them where they eliminate. Right. Peer poop is not a problem for dogs. It's a problem for us as humans because we're the ones that have to clean it up. We're the ones that care about our rugs and the furniture. And then, of course, we're aware of the hygiene and health issues, but none of this is a problem for dogs. And so we've got to stop thinking that it's more than it is when a dog is peeing or pooping in the house.

Speaker C:

And we're actually really lucky in that they do learn and they do become quite habitual in not wanting to go in the know, we take that for granted. But when you've got a dog who is house trained, I mean, it's amazing until you get a dog like my dog India, who she won't go out when it's below like minus three. And, you know, where we live 18 hours, I'm sure it's not good for her.

Speaker E:

Right.

Speaker C:

But then the other extreme is that, I don't know if you've seen this with lots of dogs, is she will not go close to the house. So she's like the garden, the backyard is now an extension of the house. I am not going in there. I'm too clean. I am not going in there. It's okay. But you don't want to go out because it's minus five, but you won't go in the garden. Okay, let's all bundle up.

Speaker C:

Off we go.

Speaker B:

Yes.

Speaker E:

And isn't it interesting how dogs have their preferences? Right. I think that saying about tall grass, I had some dogs that the second they see tall grass, that is their space and they must go, even though they just went. Other dogs that need the hard surfaces. And I see their point. I don't like walking out in wet grass. It's cold. I completely see their points.

Speaker C:

The ones who, for whom it is, it has to be grass. And then you're walking down a high street and there's nothing and they find two blades of grass. I was like.

Speaker E:

It's my spot. I finally found it. Yeah, that makes so much sense.

Speaker C:

But let's go back to this issue of the anxious one, because.

Speaker E:

Absolutely.

Speaker C:

Let's just point out to people, how can they tell? So one of the things I would say to them, and I think we both asked this question is, so does this happen at any other time. So is your dog only doing this, like, peeing or pooping inappropriately when you're.

Speaker B:

Gone, or is it happening at other times?

Speaker C:

Well, that's my first question.

Speaker B:

I'm sure that's something that you ask as well, always. Yeah, I know.

Speaker C:

I was going to say. Because then we have that follow up question as well, don't we? The one about, okay, but if you're.

Speaker B:

In and they do it, are they doing it right in front of you.

Speaker C:

Like the puppy who's just like, yeah, I've played, I'm ready to go. Or are they sneaking off to do it?

Speaker E:

Right, and we have to be so careful with that. Right. Why are the dogs sneaking off? What has their history been? There's a reason that they're sneaking off because. Let's go back to what we were just talking about. For them, this isn't a problem. It's not a problem for them until we make it a problem for them. When it's separation anxiety, all games are off. All prior learning is off.

Speaker E:

You cannot expect them to have that level of fear and anxiety and not have some kind of physiological response. And so we really have to just look at that and as frustrating as it may feel sometimes, just really take it to heart and acknowledge what they're telling us. I'm absolutely terrified when I'm home alone. I can't even control my bowels. Bless your heart. And then what do you do about that? Right. What's your next step? Because you can't ignore that. And it doesn't suddenly get better and it doesn't come out in the wash.

Speaker E:

It doesn't just suddenly go away. It can get worse. It can get worse.

Speaker C:

And we'll come on to that in a moment. And just to say to people, if you answer the question, no, my dog also does this when I'm home. And then you've answered the subsequent question, only my dog does this when I'm home, but tends to go off and sneak and do it somewhere in another room or in a part of the room that I can't see.

Speaker B:

Then you want to make sure that they've not just decided that they don't.

Speaker C:

Know where to go, but they know it's not safe to go in front of you. Right. So that's really important, isn't it?

Speaker E:

It is so important. And I think there's a phrase for it, reverse house training, where we have such big feelings about them potting inside and we get too loud and we've actually scared the dogs. Right. So, yeah, it's no longer safe to potty in front of this person. And we have to be so careful with that because it really can cause long term challenges down the road because we need our dogs to be safe, feel safe and be safe, right, to potty in front of us so that we can reinforce that fabulous behavior, because we all know that reinforced behavior goes up and so it can really take a lot of time to undo that fear that a dog has. Yeah, I'm too afraid to potty in front of you. I mean, that's just adding fuel to your house training fire.

Speaker C:

So, Len, let's establish that we've got a dog who either hasn't ever really learned to go inside. So I'm going to put the anxious kids to one side for a second because we will come back to them because they're a passion of ours, aren't they? Let's also talk about the ones who, they've just never learnt it, or maybe it's a brand new puppy or a brand new rescue. And you just want to be really rigorous so the kids who've never learnt it, or we don't know if they've learned it or they've had a bit of a regression. Let's talk about how we're going to approach house training.

Speaker E:

Right, well, the first thing that I always say to everyone is stop blaming yourself and stop blaming your dog. Whatever's going on, don't waste any time with that. Let's just focus on what we want to do. And more importantly, importantly, let's focus on what you want your dog to do, because we all have in our mind exactly what it is we'd like our dog to do. And for most people, it is to get away from the house. Don't go on the pool deck or the carpet right outside the door, the doormat, et cetera. And we need to help them learn what is important to us and for most dog, what motivates most dogs, right, especially dogs that are alive, that food. And so we start to reinforce, just with everything, we reinforce the behavior we want to see more of and we are consistent with it.

Speaker E:

And we just focus on getting the behaviors we want from our dog and we just stop thinking about what we don't want. And that frees us up to help them moving forward. And the other thing I think we all have to remember is that dogs are different. How many times have we heard? I've had dogs all of my life. I've never had a dog like this. Right.

Speaker B:

I get it.

Speaker E:

I respect that. And I've kind of even honed on that a little bit more. Yeah, but have you ever had a dog at this point in your life with all this external things in your life? Right. I've never had a dog at this age and moved it to a new state, et cetera, et cetera. So not only are all dogs different, but all scenarios are different, and we have to let go of, I've had dogs in my life. I've never had this problem.

Speaker B:

Great.

Speaker E:

But now we are, and so what do we do about it, and what do you want to have happen, and what do you want your dog to do? Or more importantly, how do you want your dog to feel?

Speaker C:

Yeah, walk us through your. Because I think you've kind of got a step by step process for this.

Speaker B:

So let's walk through that.

Speaker E:

Oh, gosh, for sure. I always start with, is the dog unmotivated, or is the dog under trained? Like, does the dog truly understand what we want them to do? And how have we shown the dogs what it is we want them to do? When I ask that question to people, a lot of times they're like, well, I've told them, I've talked to them about it, and dogs are so amazing, we forget that they just don't understand what we're saying to them. I can talk until I'm blue in the face. They're just not going to get it. And so once we start reinforcing the behavior we want, that's how we get them where we want to go. And then the other part is we prevent future incidents of what we don't want. Right. And that's what we did when we moved here.

Speaker E:

I didn't give the dogs an opportunity to potty anywhere other than where I wanted them to. And is it hard? No. Is it a little collude and laborious? Sometimes?

Speaker B:

Yeah.

Speaker E:

It's a lot of management. It's paying attention to your dogs. And for the dogs that are really struggling, we go even further and we start tracking the data when we're having accidents, at what time, and also knowing what to expect. Learning your dog's cycle really helps, too. If you think your dog's done and you bring them inside and then, Shazam, they poop on your carpet, that's not your dog being difficult. Right. That was us probably coming in too soon. Yeah.

Speaker E:

Not seeing the signs from the dogs. And so it's all of those things. It's the prevention, it's the reinforcement, it's the management. And it's not complicated, but it is time and effort. And I always tell people, you won't be dealing with this challenge forever.

Speaker C:

Right.

Speaker E:

Just work through this process. Or you can keep battling along as you have been and get some half hearted results. But if you really commit to the plan and the process, yeah, you're probably going to see some improvement. And there's always those caveats. We have to ask those questions about our senior dogs. If it's an adult dog that has suddenly started having health training issues, my first recommendation is let's get checked by a vet. An adult dog? Yeah, for sure. So important that we look at, is there a medical cause for this? It's not that you were gone too long yesterday or you've been working extra hours.

Speaker E:

Let's look at some other potential real causes for dogs having changes in their behavior.

Speaker C:

Got you. So let's talk about the plan then. So you mentioned, the first thing is we're going to decide where we want them to go. So as simple as that. So we're going to decide, is it on the walk? If you've got a yard, is it a particular part of the yard? So first of all, decide where you.

Speaker B:

Want them to eliminate. Absolutely.

Speaker E:

And once we decide that, then that's where we continue to go and that's where we're reinforced. A lot of times dogs are offering us great behaviors and we miss it and we don't reinforce it. Right. I mean, it's really common to see dogs going, eliminating out on walks, but what's not as common is seeing the humans reinforcing that behavior. And it's so important that a dog who is struggling with house training that we are reinforcing every single time that dog offers that behavior in a place that we're hoping for. Right. Whether it's out in the grass or further away or only on walks. Again, every dog, every family is different.

Speaker E:

So that's where determining what's important for you and your dog and your family is going to get you for the success that you want.

Speaker C:

So by reinforced, we're talking about having yummy treats ready and accessible so that when they do go where we want them to go, we can have a party and we can praise them and treat them. And it's amazing and well done. So that's what we mean by reinforce, right?

Speaker E:

That is absolutely what we mean. I take that a step further. Let's set yourself up for success, right? Don't put your delicious Treats in the cabinet or cupboard far from your door. Set yourself up for success. Make it easy to get it right for everybody so you have your treats right next to your leash. Or for me, I will have my treats by every single door I have treat station. So no matter what door we're going out, it's easy for me to get it right so I can help them learn what I want them to do. So, yeah, reinforcement is critical.

Speaker B:

It's kind of like our way of.

Speaker E:

Saying to the dog, yes, more of that. Let's see more of that. Do that. And I kind of imagine if you and I were just sitting here and \$100 bills just started falling down from the sky. Well, we may not know why, but we're both going to start evaluating what do I need to do to make that happen again?

Speaker B:

Right.

Speaker E:

It's the same thing for the dogs. I don't know why I'm getting this amazing treat party, but I love it. And so with consistency, they start to figure out, oh, okay. So I go out here and amazing things happen. And when I don't go out here, amazing things don't happen. And just that in itself can really start to help them put the pieces together since they don't speak our language.

Speaker B:

Absolutely.

Speaker C:

And then the next thing, I guess we need to do is we've worked out where they want to go. We're awarding them when they go in the place that we define as being right. Then you talked about management. So we need to make sure that.

Speaker B:

We, I would say reduce but get.

Speaker C:

To zero the opportunities for them to go in the wrong place. So we need to manage.

Speaker B:

Right.

Speaker E:

And that can take some time and effort for us as humans. The first question I ask people is your dog crate trained? And if they're not, that's fine. We don't have to use a crate. We do have to manage them at some level. I.e. We have them on a leash tethered to us in the house or they're right next to us or there's a baby gate. But I always say to people, your dog's not in trouble. We're setting them up for success.

Speaker E:

And so by preventing that, we're setting. And for some people, it's, is your dog on your lap, your dog sitting right next to you on the couch, whatever the case, but don't give your dog an opportunity to hop off the couch and sneak around the corner or even do it right in front of you, whatever. Keep them with you. And that's the management piece. And that can be challenging for people sometimes, but we work through that. There's always a way. There's always a way to keep them with us.

Speaker B:

And then the other piece that we.

Speaker E:

Kind of forget about is there's a physiological aspect, especially for puppies and so forth. The dogs are having to learn how to hold it. Right. That doesn't just happen. There's muscles involved there. And going out more often is not a house training strategy because then they're not learning how to hold it. And that's important. And that's where the delicious treats come in.

Speaker E:

Right. If I can just hold this until we can get outside, I'm going to get all that amazing goodness and that helps them start to learn and we have to set them up for success. If I'm going to run a marathon, I'm not going to go outside and run 26 miles today. I'm going to walk around the block. Right. Depending on where I am. And if your dog's never gone more than 35 minutes without a potty break.

Speaker C:

Outside.

Speaker E:

Slow incremental increases in the duration in which we ask them to hold it. And so there's some fine tuning that we need to do to make sure that we're setting them up for success. But again, it's

not complicated and it's not something you'll be dealing with the rest of your life. More than likely, it's just some work that you need to do in the beginning.

Speaker C:

Absolutely. Yeah. Totally agree. So what advice have you got for people when they've worked out where they want their dog or puppy to go, they're doing the rewards. They've got the treats by the door, they're watching their dog or puppy like a hawk. But then there's an accident in the house, there's a slip up. So while this isn't anxious dog, we're talking about a dog who's just gone, I'm going to go here, it's easier.

Speaker B:

So what do people do then?

Speaker E:

Yeah. And that's a great time to really reevaluate. Well, a, how did your dog have that opportunity? Right. And life happens. Did you get a phone call? Was somebody not managing the dog or you thought your husband was, but he wasn't because he thought you were? There's some data tracking, I think that is really helpful in helping dogs learn when to go. Because if there is an accident in the house, that's data that tells us, okay, we weren't outside long enough, or maybe there is an inordinate amount of urination. Do we need a vet visit? Right. I certainly didn't really think about the data tracking that can be so helpful so that we see those trends so we know what the problem is like one accident does not indicate a problem other than it says there was a management slip up.

Speaker E:

What do we need to do to make sure that that doesn't happen? Right. But it also allows us to see trends. Oh, wow. My dog does go consistently this time of the day. Every day. I need to stay out a little bit longer with the dog because they haven't yet gone. That brings up a great point for people with the fenced in yard. What a gift to have a fenced in yard.

Speaker E:

Your dog can go out and play and be by themselves and you don't have to worry. But when you're house training, those fenced in yards are not really a big benefit for you. You need to be out there with your dog. Right. So make sure that they didn't get busy sniffing and doing other things and they forgot to go. Right. And so what happens? They come in the house and they go because they were so excited outside, they forgot to go. So if you're not out there managing them outside as

well, you're missing some key components and could miss the biggest part, miss your opportunity to reinforce the behavior you wanted to see more of.

Speaker E:

Right. If you're not right there to tell your dog, great job, great job, here's your jackpot of treats, then your dogs learn nothing.

Speaker C:

Such a good point. Yeah, such a good point.

Speaker B:

Again, it's just like that.

Speaker C:

It feels like a lot of work, but you can't emphasize enough how. It's a period of really intense focus that compared to the lifetime of the dog, isn't very long at all. It's an intense burst of managing this process to get a dog that for the rest of their life will be completely solid when it comes to house training. So it's a lot of effort, but it's a short period of time, right?

Speaker B:

Yeah, it is.

Speaker E:

I think we also have to just go back to that. All dogs are different. And there are some dogs that really do struggle with this more than other dogs. And I think those humans are feeling really inadequate, really upset, wondering what's wrong with their dog, wondering what's wrong with them. And I just think we have to just take that moment and just go back to every dog is different. And yeah, it might be longer for your dog or you might have to keep up the reinforcement schedule longer for this dog than you have other dogs, but that's okay. And to just give everybody a little bit of grace at any given time over the last several years, not now, of course, anymore. We had twelve dogs.

Speaker E:

We were fostering twelve dogs at any given time in our home, and all the dogs were different. I had some dogs who would literally kind of like what you were talking about with India, would not

go inside just to save her life. She would never do it. And I have other dogs who are just like, it's really just been a little bit too long for me. And so every dog is different. And so every dog needs a different level of reinforcement, just like all humans are different. What is reinforcing for me may not be reinforcing for the person sitting next to me. And so the learner determines what's reinforcing.

Speaker E:

So if we're struggling, maybe the treats you're using aren't that fabulous from your dog's perspective. We need to change that up. Or maybe they're getting them too often. So there's so many tweaks and things that if your dog is struggling, you're not alone. It's very common. People don't talk about it a lot because it's embarrassing and they feel like something's wrong with them or along with their dog, but you're okay. There's ways, there are humane ways to help your dog through this process. So really take the time to give yourself some grace and give your dog some grace.

Speaker E:

Everybody's trying at different levels.

Speaker B:

Exactly.

Speaker C:

That's so true. So let's then talk about the dogs who are anxious. So dogs who eliminate almost solely, well, let's say solely when their humans aren't around, and it's 100% related to absence. So I think you and I both say exactly the same thing on this. This isn't about house training. So this isn't go back and look at your house training protocol. This is about stop the emotion because it's a behavior that's resulting from the emotion of being left. So we have to change the emotion.

Speaker C:

Right?

Speaker B:

Right.

Speaker E:

Stop the emotion. Right. We don't want them to be in the position to feel that fearful that they then urinate or defecate in your house. Right. Of course. Yeah. We would obviously say the exact same thing. What can we do to prevent your dog from feeling that fear? When you change how a dog feels, you change how they behave.

Speaker E:

Just as simple as that. And if they're not terrified by being left alone, guess what, then they don't need to urinate or defecate in their house when you're gone.

Speaker C:

Yes, exactly. And so it's not about going back to basics with rewarding for going out. It is changed, but change the emotion. So this is a very different problem. It presents very similarly, but it's not the same thing.

Speaker B:

And you can think about all the.

Speaker C:

House training protocols in the world. And the thing about these dogs is, because they're only going when people are.

Speaker B:

Out, they're usually brilliant the rest of.

Speaker C:

The time, literally, people will say, I don't understand this because he never goes in the house. You hear that a lot, don't you? I don't understand. He's really, really good. She's great. She always goes on the walk. So you hear that a lot, don't you, with the dogs who get anxious?

Speaker B:

And that's the driver.

Speaker E:

Absolutely. And that's such a strong predictor. Yeah. If this is truly the only time your dog's going in your house is when you're gone. Well, how can we help your dog feel more comfortable when you're gone so they don't have to do that any longer. And I think you made such a great point earlier, especially dogs who are reliably health trained, they don't want to go inside. So imagine how horrible they're feeling that they've just done something they didn't even want to do on top of all the fear and stress.

Speaker C:

That is heartbreaking to think of it like that. Yeah. Thank you for bringing it back to how the dog feels. Because when they really get, as most dogs do, eventually get really good at knowing when they want to go where they want to go. It's terrific for them if they have to go, like when they've got an upset tummy. I mean, anxious and stressed, they get. And they've got a really tummy, and they're just like, I just need to go out. I just need to go out quick.

Speaker E:

Yes.

Speaker C:

They do anything not to go in the house when they.

Speaker E:

Right, well, and I kind of equate that to us. Right. You and I, we would do anything in the world to prevent having an accident. Right. Here's the thing. We have so much more control over our lives, and they just don't. So what's the word I'm looking for? The desperation to get out for them is even more. And so a dog that's urinating and defecating in the house only when their human is gone is such a flag for a dog, saying, please help me, please help me.

Speaker E:

And it's hard for the humans. No one will ever take away for how challenging it is for the humans, too. It's a challenge for everybody. It's hard on everybody's heart, that's for sure.

Speaker C:

And obviously, there's lots of other episodes about that. That people can pick up on so they can flick through the other episodes in the podcast. So if they're dealing with a dog whose elimination is due to anxiety. So any final thoughts then on house training? And also if people want to get.

Speaker B:

Your help, where can they go?

Speaker E:

Yeah, the final thoughts I have are really, again, be kind yourself. Be kind to your dog. You more than likely are not going to be dealing with this challenge forever. There are humane, empathetic ways to help your dog learn what you want them to do. I work with people on this in a variety of ways. It just depends on what type of learner you are. Everybody is different. I have a self paced online course where people can go through it on their own at their own time and then ask questions in a Facebook group, get the support that they need in a private Facebook group.

Speaker E:

And other people are just like, I don't want to do want. I want a human to tell me what to do. And that's where I do do one on one coaching for people so that they really have all of that support that they need. I offer people tech support and email support in between because this is hard and sometimes you just need someone that you want to vent to. And so that's how I help people. They have those two choices. They can do it themselves and ask questions online, or they can work one on one with me. And both of those options are available on thehapierdog.com.

Speaker C:

I was just going to say I will link to that in the show notes so that people can click and get straight through to.

Speaker E:

Fantastic.

Speaker C:

So, Kathleen, as ever, real joy to chat to you today. And I think you've provided such help and brilliant tips for people who are struggling with this. And just a reminder as well, I think you've really reminded us all to keep thinking about the dog's perspective and all of this, because as hard as it is for us to have a dog who's soiling the house, it's really tough on them, too. But I think you've given us all hope and given us a clear plan.

Speaker E:

Oh, well, I certainly hope so. There is hope. So take it and you're not alone. And just know that there's help available. You've got this. You've got this.

Speaker C:

Thank you so much, Kathleen.

Speaker D:

Thank you so much for listening to this episode of the be right back separation anxiety podcast. If you want to find out more about how I can help you further, head over to julianasmith.com. Meanwhile, if you enjoyed listening today, I would love it if you would head over to wherever you listen to your podcasts and consider rating my show. Thanks so much. Good luck with that training and bye for now.