



**Are you and your dog suffering
with
separation anxiety?**





ABOUT THE AUTHOR

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Hi, I'm Kate. a **Certified Separation Anxiety Trainer, (CSAT)** professional dog trainer and a certified behavior consultant specializing in fear, separation anxiety and aggression.

I've helped thousands of dogs overcome issues their guardians thought were impossible – separation anxiety, fear of strangers, resource guarding and more.

With over 6600 hours of training fearful dogs, I have the relevant experience to rescue you. I'm veterinarian-recommended and maintain relationships with Board-Certified Veterinary Behaviorists to help clients achieve their goals. And, I look forward to working with you too!

 Kate



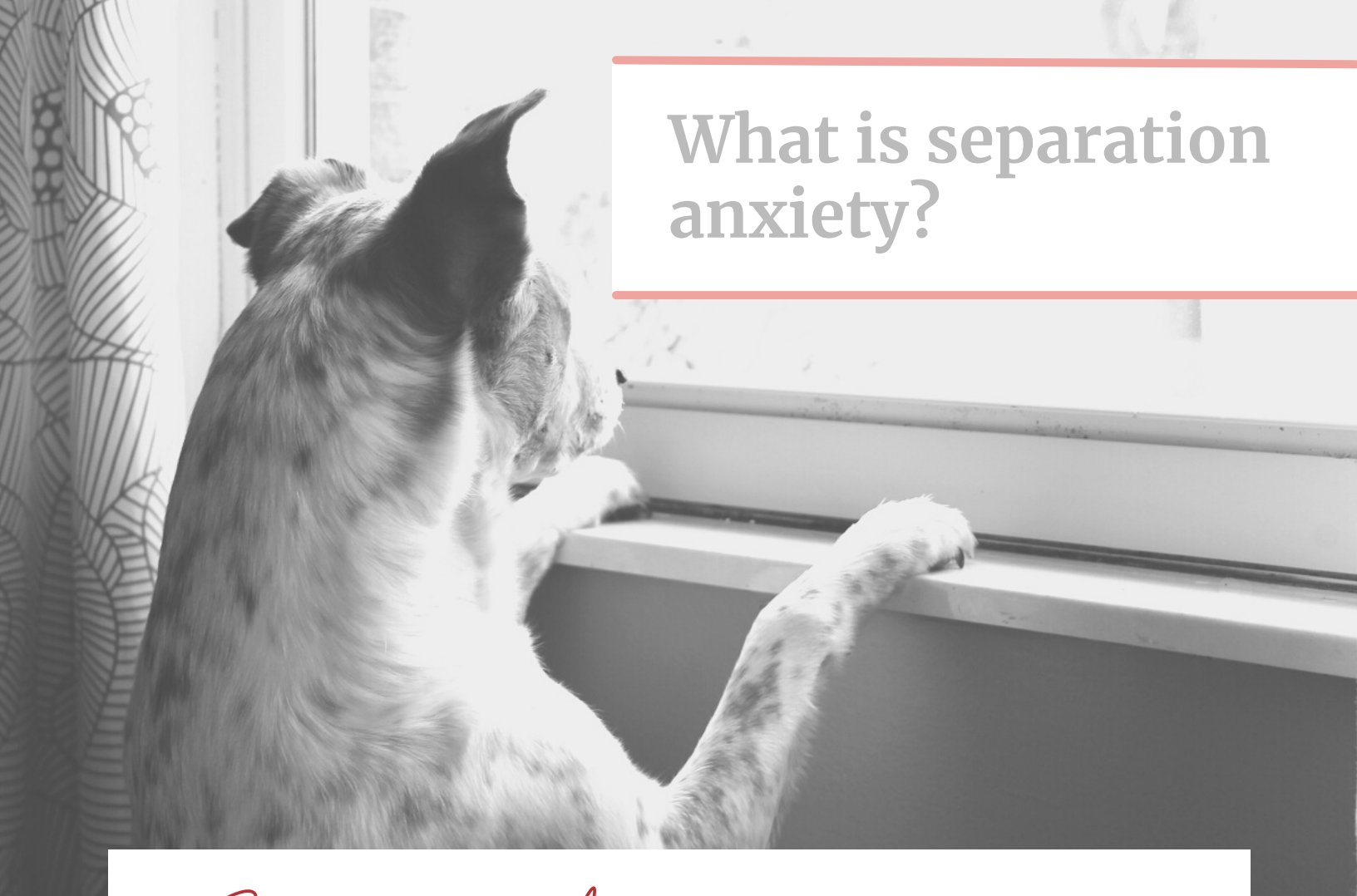
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A black and white photograph of a dog, possibly a Border Collie, sitting on a windowsill and looking out a window. The dog's head is turned to the right, and its front paws are resting on the sill. The window frame is visible, and the background outside is bright and out of focus. The image is partially covered by a white text box on the right side.

What is separation anxiety?

Separation Anxiety is a diagnosed panic disorder

Separation anxiety is a panic disorder or phobia, similar to when humans have a panic attack. It is not something that will naturally resolve on its own.

To help a dog with separation anxiety, we need to do systematic training often coupled with medication from a vet to help get the dog's anxiety to a manageable level in the dog's brain chemistry, like someone with depression who takes medication to help them.

Pharmaceutical medication options should be discussed with your vet or I can make a referral for you to a specialist, if needed.

What are the signs?

- **Destruction** – rugs, furniture, doors/ windows, trim around exit points
- **Potty accidents**, when your dog is normally housebroken
- **Vocalizing**, including howling, barking or crying, often resulting in neighbors complaining
- **Self-injury**
- **Refusal to eat**
- **Drooling/panting**
- **Pacing**
- **Inability to settle**

Can we resolve it?

There is hope, and I can help!

Separation anxiety training isn't a quick fix but it is a simple, scientifically proven process and with proper training, this disorder can be resolved or greatly improved.

I can help you and your dog's quality of life, strengthening your relationship and bringing relief to both of you.

Don't you both deserve that?

My effective, fear-free training solutions help your dog learn to relax during absences so you can leave without worry or guilt.



How Training Works

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ONE ON ONE TRAINING STARTS WITH AN INITIAL ASSESSMENT



- 60-minute video session
- Relevant handouts and resources
- Discussion of next steps including management, suspending absences and whether a meds consult is appropriate
- If it's not separation anxiety then we discuss future training options to help solve whatever the issue is.



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A close-up, black and white photograph of a dog, possibly a Weimaraner, lying on a couch. The dog's head is resting on the couch cushion, and its eyes are closed. The background is blurred, showing parts of the couch and a person's leg.

4 WEEK TRAINING PACKAGE



- Daily training plans, 4 days a week
- Live, video online assessment, 1 day per week
- Daily review of your training, support encouragement, and feedback
- Meticulous data tracking
- Collaboration with your vet, if needed

SELF-PACED COURSE

Are you more of a DIY-type? No worries, I've got you covered. My online course will give you everything you need to kickstart your dog's training.

[JOIN COURSE NOW!](#)

A Warning to Pet Guardians



Dog training is unregulated in the US. Not only does this mean consumers have no protection and anyone can do practically anything to your dog in the name of training, it also means there's a lot of muddy language out there with titles. (Note, this is targeted for those in the US. The UK and Canada have different uses of some terms.)

Do not believe the myths that aversive tools like shock collars, anti-bark collars or crates are the answer for separation anxiety. If you've fallen victim to predatory training methods or were convinced aversive methods are the solution, **IT IS NOT YOUR FAULT**. This is a symptom of an unregulated industry, with people posing as "professionals" with no recourse. But, you can change how you do things NOW.

Know better, do better.



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Verifiable Credentials and *Methods Matter*

Any method or technique, including those that hurt or scare your dog, are completely legal and it's buyer beware. Anyone can, and many often do, call themselves trainers or "behaviorists" without any education in the science of animal learning, have little or no verifiable, credentials and do not hold any professional affiliations with reputable, force-free organizations. Not all trainers are qualified to help you with separation anxiety. CSAT and SA Pro trainers have specialized training in resolving separation anxiety cases.



Need more help?



Contact me today to
schedule your live video
assessment!

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