



# Separation Anxiety

Despite their strong bond to their owner, separation anxiety is not necessarily common in Jindos. The issue can pop up in any breed and for various reasons. Separation anxiety is characterized by signs of stress when a dog is separated from their owner or main caretaker. Signs of stress can be as subtle as stress yawns and difficulty settling, to more extreme behaviors like self-mutilation, destroying items in the home and howling and barking.. Extreme forms of separation anxiety usually require the help of a professional trainer or behaviorist, and a fair amount of work and patience on the owner's part. Separation anxiety can become a major quality of life issue for both humans and dogs.

Some owners may try to band-aid the behavior by using daycare or a sitter to avoid the dog being left at all. Others try to remedy the situation by bringing another dog into the home. More often than not neither of these options fixes true separation anxiety. Addressing separation anxiety is usually a marathon, not a sprint.



Below are the most common ways owners, trainers and behaviorists address separation anxiety:

1. Desensitization to pre-departure cues (repetitively and randomly picking up keys, putting on shoes, etc.).
2. Counterconditioning by offering a long lasting treat or chew (make sure it's not a choking hazard when the dog is unsupervised) or using a Treat and Train (or Manners Minder) machine.
3. Very, very, gradually increasing time alone to normalize separation.
4. Suppression via punishing outward signs of stress (for example, using a bark collar or e-collar to apply positive punishment to stop barking and whining). While suppression may stop the unwanted behavior, it unfortunately does not address the underlying emotion behind the behavior.
5. Anti-anxiety medication.

As with any training method, different methods will work for different dogs. And many professionals and owners alike use more than one of the above mentioned points to tackle separation anxiety.

## A Word of Caution

It is not uncommon for dogs with more extreme forms of separation anxiety to become panicked when confined, whether it be in a crate or in a room. If your dog chews at their crate, doors, walls, furniture, or anything else that can be dangerous to ingest or harm their teeth or nails, seek professional help!

