Independence can be promoted by developing on three sub concepts, which are time, distance and visuals barriers. As puppies’ dogs practice independence themselves by distancing themselves from their litter mates, however if this is not practiced or able to be done is when the risk of SRB can occur.

Full Plan

Training

Safety Net

* Take control of the ‘triggers’ that predict you are abound to leave such as keys, shoes, coats, even getting up
* Pick an area that is specific, non-repeated, non-reoccuring sequence of events – aka another room that is neutral at the moment
* Add in predictors that are not normally considered day to day (aka going out in a onesie/costume)
* This will have a set place that predicts leaving so you can work on the current predictors of SRB
* These are all bad predictors
* Begin with continuing calmness and working with calmness as much as possible, massages, kongs, scatter feeding, boundry games, scent work all help!
* Independence – Visual Barriers - shutting the door when toilet (scatter feeding here), same with slowly adding value into the door shutting on places like crate and other doors around the house. These do not have to be big sometimes rewarding for going around something that would block view of you, such as a chair, box or even a small object, start small and build up.
* Deciding to go behind or create a visual barrier alone – reward that as that is a great choice.
* Independence – Reward whenever own choice is made to add distance away from you, reward that. Reward by chucking the food away from you and adding value in that great choice.
* Time can be added to this later. Start small, then increase, then smaller etc. Vary length each time so prediction and frustration is less likely
* Optimism – DMT (Distract, Mark, Treat) – this is designed to add positivity to any distraction. The best way is to practice with no distraction, just practice – Mark (good, yes) calmly and then provide the food after the word.
* Then you can slowly begin to add in positive distractions such as food, toys etc. Remember Distract, Calm Mark then Treat
* You can add in some predictors/triggers of SRB and try DMT with that.