

MEET THE TRAINER

Certified trainer and behavior specialist **Laura Garber**, CPDT-KA, CC, FFCP, CBC, believes strongly in strengthening the bond between human and companion animal.



As a fear-free certified professional trainer, Laura has designed a training program to help alleviate the stress and anxiety that so often accompanies a pet's trip to the veterinary clinic. By training a pet to do just a few foundation behaviors, you can *literally* teach the pet to experience calm responses to the clinic setting.



FOUNDATION TRAINING

It's never too soon to build the skills that will help a pet accept a visit to the vet's office with ease. Even routine annual exams can be scary and, as pets age, their need for medical care is likely to become more frequent, so now is the best time to plan for a future of check-ups and vet procedures. Here are just a few:

For the Dog Patient:

- ✓ A "down" behavior for relaxing calmly in the waiting and exam rooms
- ✓ A "place" behavior for movement onto the scale and the exam mat
- ✓ A "rest" behavior for waiting quietly during veterinary handling
- ✓ Desensitization and counter-conditioning to equipment, medicating and handling

For the Cat Patient:

- ✓ To calmly accept being in a carrier and move freely into and out of it
- ✓ A "place" behavior for movement onto the scale and the exam table
- ✓ To allow picking up, handling and restraint of different body parts
- ✓ Desensitization and counter-conditioning to equipment, medicating and handling



For more information, contact:

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Fear-Free Training for Veterinary Care



***Training is the language
that binds!***

www.myWoofGang.com/vet_partners.php

(646) 345-5116

WHAT THEY'RE SAYING...



UNDERSTANDING DS/CC

Over time, pets can start to anticipate discomfort with such handling as nail trims, ear medications, injections and blood draws, and so these medical procedures can cause them anxiety and distress. Doing gradual, thorough training and behavior modification can help them learn a new response to these handling challenges.

The process of desensitization and counter-conditioning (DS/CC) is a powerful 1-2 punch that helps treat a dog's fear or discomfort with certain handling. *Desensitization* entails presenting the handling at very low levels so as not to trigger the usual, anxious response. This is called "below threshold". *Counter-conditioning* entails changing the dog's emotional response to that handling from fear or anxiety to anticipation and pleasure instead.

FEAR-FREE CLIENT

"This past weekend we found ourselves at UPenn emergency veterinary hospital with Gus, our beloved 10 month old Frenchie, with non-stop bleeding gums, non-stop vomiting and regurgitation; things were getting serious and *fast*. The doctor told us they needed to do chest and abdominal xrays but, given his extreme and constant regurgitation, it was *extremely* dangerous and didn't look good. As I sat there crying I had a moment of clarity; I heard your voice, Laura, explaining these "tricks" were actually useful and so I told the vet that he's trained with "vet friendly" cues.



I explained to her "bang" (roll over and play dead so they can inspect his belly – Gus' favorite) and "rest" (he lays his head in my hands while the vets do what they need to do). I begged her to try these as I could not bear to lose my baby. After what seemed like a decade, the vet emerged and had successfully taken the xrays *without* the need for sedatives but instead by using these techniques. Laura, at that moment I was thanking you from the very bottom of my heart and thanking God I found you to train Gus. You and your methods literally saved his life and I am forever indebted. I wish more people knew of these techniques because it could literally save a life. I know it did for us."

Kate Eimer, Wenonah, NJ, Gus' human family

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VET RECOMMENDATIONS

"Laura Garber is my go-to resource for canine behavior modification and training. Her extensive education and training ensures veterinary approved compassionate methods are utilized. Furthermore, her passion for dogs and dedication to each client results in improved outcomes and a strengthening of the human-animal bond."

Dr. Jeff Stupine, VMD, Medical Director of World of Animals



"It is with great pleasure that I write [... a] recommendation in support of Ms. Laura Garber. [...] My own special-needs dog, "Shorty" [...] is a young male mixed breed dog from the Caribbean who suffers from documented PTSD, and has been a difficult and unpredictable member of our family since I acquired him. [...] Within a month of beginning training [with Laura], we began to see a glimmer of hope. She worked with Shorty for over a year and, in that time, he has become a different dog. He can socialize safely in many situations, his anxiety and anger levels have become manageable and most importantly, I feel like he now has a good quality of life, perhaps for the first time ever. I am convinced that without her intervention, Shorty would not be with us today. Laura's method of training involves compassion, kindness, boundary setting and appropriate discipline, and is fully in line with the accepted method of training set forth in veterinary medicine." (excerpted from a longer letter)

Dr. Darlene Fletcher, DVM