

# **Helping Fearful Dogs**

## **Outline**

**Suzanne Hetts, Ph.D. and Daniel Estep, Ph.D.**  
**Certified Applied Animal Behaviorists**  
**Animal Behavior Associates, Inc.**

- I. The Nature of Fear
  - A. Elements of Fear
    - 1. Physiological
    - 2. Behavioral
    - 3. Emotional
  - B. Phobias
  - C. Anxiety
- II. Causes of Fear
  - A. Genetic Predispositions
  - B. Inadequate Early Socialization
  - C. Specific Frightening Experiences
- III. Recognizing the Signs of Fear
  - A. Behavioral signs in Dogs
  - B. Behavioral signs in Cats
- IV. Managing and Treating Fearful Behavior
  - A. Techniques for Managing Fears and Phobias
  - B. Habituation
  - C. Desensitization and Counter Conditioning
  - D. Flooding
  - E. Medical Approaches
- V. Difficulties Implementing Management and Treatment
- VI. Case Examples
- VII. Questions and Discussion