

# **Resolving Fears, Phobias, and Anxieties:**

**A Guide for Dog Guardians**

**James O’Heare**

**BehaveTech Publishing**

**Ottawa, Canada**

Copyright © 2018 by James O’Heare. All rights reserved. No part of this book may be reproduced or transmitted in any form or by any means, electronic or mechanical, including photocopying, recording, or by an information storage or retrieval system, without permission in writing from the author.

Title: Resolving Fears, Phobias, and Anxieties: An A Guide for Dog Guardians

Publisher: BehaveTech Publishing, Ottawa, Canada,

[www.BehaveTech.com](http://www.BehaveTech.com)

Author: James O’Heare

Cover art and book design: James O’Heare

Proof-reading: Kamrin MacKnight

Limits of Liability and Disclaimer of Warranty:

The author shall not be liable in the event of incidental or consequential damages or loss in connection with, or arising out of, the furnishing, performance, or use of the instructions or suggestions contained in this book. This book provides information of a general nature. Working with dogs IS risky.

ISBN 978-1-927744-18-5

# Table of Contents

Table of Contents.....	1
Preface .....	3
Chapter 1. Fears, Phobias, and Anxieties.....	5
Chapter 2. Basic Principles of Behavior.....	7
The ABCs of Behavior ( <i>or, the Three-Term Contingency</i> ) .....	7
Conditioning.....	8
Analyzing Episodes of the ABCs of Behavior .....	9
Antecedent Stimulus .....	9
Behavior .....	10
Consequence .....	10
Operant Conditioning .....	11
How Conditioning Occurs.....	11
Types of Operant Conditioning Processes .....	11
The Sixth Principle of Behavior—Extinction.....	15
Respondent Conditioning .....	16
Chapter 3. Errorless Differential Added Reinforcement .....	19
When Differential Reinforcement of Other Behaviors is Appropriate .....	20
The Rationale for DRO .....	22
The Errorless Approach.....	24
Chapter 4. Adapting and Implementing Errorless DR to Your Specific Situation.....	27
Constructing the Behavior Change Plan.....	27
Step 1. Contingency Analysis—Establishing the ABCs ( <i>or         Stating the Problem</i> ).....	27

## Resolving Fears, Phobias, and Anxieties

Step 2. Preclusion ( <i>i.e., Prevention</i> ) .....	28
Step 2. Define the Replacement behavior .....	28
Step 4. Identify Effective Added Reinforcers.....	29
Step 5. Devise an Errorless Approach .....	29
Step 6. Exposure Procedures.....	33
Implementing the Behavior Change Plan .....	34
Acquisition and Fluency Stage .....	34
Maintenance Stage .....	36
Index .....	37

## Preface

This small book describes a powerful approach used by behaviorologists and professional animal behavior technologists in resolving problematic behaviors that we might refer to with words such as “fear,” “phobia,” “panic,” or “anxiety.” The principles and procedures outlined here are based on solid behaviorological science.

This book is written for dog guardians. Ideally, this book would complement professional consultation with a behaviorologist or animal behavior technologist, but this option is not always available. Since it must stand on its own, this book describes some principles of behavior, as well as strategies and tactics in addressing a wide variety of problems. It may be a challenging read, but the content will help you resolve some of the most problematic behaviors dogs exhibit and respond to challenges as they arise in a dynamic environment.

Proper terms are used because they have precise meanings, but they are kept to a minimum. Many of these terms will be new to the layperson, but they will be defined as we work through them. In addition, the context in which they are used will also elucidate their meanings. Many of the terms are common household terms, such as “reinforce,” “punish,” “stimulus,” and “aversive.” The common understanding of these terms will serve you until they are defined in the book.

The emphasis is placed on dogs in the examples because this is the most common species for which people seek to resolve such problems. But, the principles, tactics, strategies, and procedures outlined here are applicable to any species of animal, including humans.