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


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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.