

Understanding and Helping Fearful Animals Outline

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Session 1

- 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

Session 2

- I. Recognizing the Signs of Fear
 - a. Behavioral signs in Dogs
 - b. Behavioral signs in Cats
- II. Preventing Fearful Behavior
 - Can We Prevent Fears?
- III. Managing Fears and Phobias
 - Techniques for Managing Fears and Phobias
- IV. Techniques for Resolving Fears and Phobias
 - a. What NOT to Do
 - b. Habituation

Session 3

- I. Techniques for Resolving Fears and Phobias (continued)
 - a. Desensitization and Counter Conditioning
 - b. Flooding
 - c. Response Prevention
 - d. Punishment
 - e. Medical Approaches
- II. Difficulties Implementing Management and Treatment
- III. Case Examples
- IV. Questions and Discussion