

## Understanding behaviour problems in pets

We want our dogs and cats to be well-behaved, happy pets, which live sociably and peacefully as a part of our families.

Under the guidance of Sarah Whitehead, Alpha Pet Behaviour and Training is at the forefront of treating and preventing behaviour problems in dogs and cats, using a psychological approach to determine the cause of problems, rather than simply treating the symptoms.

By meeting the family, discussing the pet's daily routine and observing their behaviour, an assessment and treatment plan can be formulated, using force-free, kind and effective methods which will fit in with the owner's life-style.

### The consultation

A consultation with a member of the Alpha Practice will normally involve a home visit or an appointment at one of the clinics available. A consultation usually takes between one and a half to two hours and it's ideal if the whole family can be present to focus on the interventions needed.

Although most animals respond well to a behavioural programme implemented after a single consultation, our experience has shown that it is vital for owners to have the support and positive feedback of the counsellor after this time. For this reason, more than one consultation will usually be required to discuss and review the on-going programme.

All behavioural cases seen by Alpha members are on veterinary referral. Once you have obtained a referral from your vet, using the slip provided, or a letter, you need to contact us by phone (using either the central number on the front of this leaflet, or by contacting your nearest counsellor) to discuss your pet's problem and your goals. The best course of action can then be decided and an appointment booked with the counsellor best suited to your needs.

### Sarah Whitehead's approach

Sarah Whitehead and her colleagues take the approach that all animals are individuals, and that their behaviour needs to be understood in this way. Sarah lectures internationally on the subject of animal behaviour and offers educational courses in this subject. Visit [www.thinkdog.org](http://www.thinkdog.org) for more details. Help and advice on canine and feline behavioural issues and puppy parties etc is also available for veterinary practices, nationwide. Call 01753 859004.

## Training and education



- ❖ **Puppy Classes**
- ❖ **One-to-One Training**
- ❖ **Training Classes**
- ❖ **Fun Agility**
- ❖ **[www.trainyourdogonline.org](http://www.trainyourdogonline.org)**

Training should be fun, fair and effective! All our training methods are based on the most modern, gentle, reward-based principles – and we are known internationally for it!

**Puppy Classes** – Give your puppy the very best start possible with our training and socialisation programme, designed for pups under the age of 18 weeks. Research has shown that puppies which are well-socialised and given early training grow up to be confident, well-balanced adult dogs. Fun for the whole family, come and experience the exceptionally fast results for yourself!

**Training Classes** – For dogs over the age of 18 weeks. Class numbers are small to ensure you receive individual attention and quick results. We pride ourselves on our behavioural approach to training.

**One-to-One Training** – In addition to behavioural help, many of our specialists offer one-to-one training in your own home. Ideal for dogs which may not be suited to a class environment or where the training is specific to a home or walk context.

**Fun Agility** – Non-competitive outdoor obstacle courses in the Summer months! Great fun, and helps to increase outdoor control.

**Online Dog Training** – Dog training moves into a new era with our user-friendly online dog training course. Professional video material and resources. Visit [www.trainyourdogonline.co.uk](http://www.trainyourdogonline.co.uk)