



# Pets and Helping Dogs

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## PROGRESS NOTE FOR JANE DOE & CANINE ELVIS

SESSION DATE, TIME & LOCATION: video call, 3-26-22, 0930 - 1030

PHD INSTRUCTOR: Nathaniel Lukas Redekopp, PhD, LMHC, NCC, CIMHP, CPDT-KA

PROGRAM & CURRENT GOALS: Pet Program, session 2x monthly

1. Learn and practice skills needed for dog friendly patios
  - a. Improve focus while walking at heel
  - b. Improve decision making & agreeable attitude
  - c. Improve recall
2. Increase resiliency for travel between households (Jane's and Melissa's)
  - a. Continue with crate training.
  - b. Identify and implement appropriate structure for both households
3. Perhaps in future: address work drive by learning companion dog / therapy dog skills, for example, for work with Luchie and travel.

## RECENT HISTORY

Ct Melissa gave Elvis a bath: "it was dramatically better than before." He gets "full bath" 1-2 times per quarter. Family members are traveling more for work. Jane's brother is checking in on dog midday on busy days. Except for reunions with family member Jack, "Elvis is not fazed" by being alone more in Jane's house. Jack (Jane's partner) is gone 1 week at a time. Jane has increased time in bedroom crate with door closed to 2 hrs at a time. Jane and Jack are practicing more with dog using bedroom crate. Neighborhood coyote "visits" Elvis while on the walk 1x every 3 walks. Jane is practicing boundary setting with the coyote, vultures and other dogs on the walk with good progress noted. Elvis' confidence/responsiveness to people & other dogs on walks has improved.

## BEHAVIOR

Dog's behavior was: Cooperative & attentive mostly, with some possessive body language observed around Jack's seat on the couch.

Dog's LOE control was: good

Dog's level of focus / responsiveness to cues was: good

Additional human(s) present: Phyllis (housemate of Jane & Jack), Jack, Melissa, Nadia G. (Apprentice). All client behavior during session was: cooperative & attentive. Jack was observed

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giving touch affection to dog following dog's possessive behavior of settling in Jack's spot on the couch as soon as Jack stood up.

## CONTENT OF SESSION

Level of stimulation present in the environment today: low

NLR provided education on boundaries. NLR educated on in home structure for Melissa's apartment & the main household and the team made a plan for Elvis for:

1. Reunions
2. Sleeping/resting arrangements
3. Feeding
4. Boundaries/personal space
5. Perceived dangers

NLR helped cts identify triggers for Elvis in new environment, including: plane noise, apartment noises from different floors, other apartment dogs. NLR educated on positive reinforcement.

## INSTRUCTIONS/RECOMMENDATIONS/PLAN

Cts will put together a "to go bag" for dog's travel between households and will identify a vet in Melissa's town. NLR will bill/ship for 2 British slip leads.

Cts will practice daily using resources in Learning Portal, according to instructions and according to the most recent homework log sent by email.