

TASK SET EIGHT

Area 1

Area 2

Area 3

Bed for 10 seconds			
Bed for 15 seconds while you jog and clap your hands			
Bed while you back up 15 steps and return			
Bed while you circle the dog and return			
Bed while you disappear from view for 20 seconds and return			
Bed while you disappear from view for 25 seconds and return			
Bed for 5 seconds			
Bed for 5 seconds while you Bed in a chair (placed 5 feet from the dog)			
Bed for 5 seconds			
Bed for 15 seconds while you jog and clap your hands			
Bed while you back up 15 steps and return			
Bed while you circle the dog and return			
Bed while you disappear from view for 20 seconds and return			
Bed while you disappear from view for 30 seconds and return			
Bed for 5 seconds			
Bed while you circle the dog and return			
Bed while you disappear from view for 20 seconds and return			
Bed while you disappear from view for 25 seconds and return			
Bed for 5 seconds while you Bed in a chair near the dog			
Bed while you disappear from view for 10 seconds, Bed in the chair for 5 seconds, and return			
Bed for 10 seconds			
Bed for 20 seconds while you jog and clap			
Bed for 15 seconds while you run around			
Bed for 10 seconds			
Bed for 5 seconds while you turn around			
Bed for 5 seconds while you Bed in a chair near the dog			
Bed while you disappear from view for 10 seconds, Bed in the chair for 5 seconds, and return			
Bed for 10 seconds			

TASK SET NINE

Area 1

Area 2

Area 3

Bed for 5 seconds			
Bed for 10 seconds while you turn around			
Bed for 5 seconds while you jog			
Bed while you walk around the dog			
Bed while you jog around the dog			
Bed while you jog around the dog, clapping your hands			
Bed while you jog twice around the dog			
Bed for 10 seconds			
Bed for 15 seconds while you clap your hands			
Bed for 20 seconds			
Bed while you move 3/4 of the way around the dog to the right and return			
Bed while you move 3/4 of the way around the dog to the left and return			
Bed while you disappear from view for 10 seconds and then return			
Bed while you circle the dog and return			
Bed while you disappear from view for 20 seconds and return			
Bed while you disappear from view for 25 seconds and return			
Bed for 5 seconds while you Bed in a chair near the dog			
Bed while you disappear from view for 10 seconds, Bed in the chair for 5 seconds, and return			
Bed for 10 seconds			
Bed while you bend down and touch your toes			
Bed while you stretch your arms			
Bed while you stretch your arms and jump once			
Bed while you touch your toes 5 times			
Bed while you stretch your arms and jump 3 times			
Bed for 15 seconds			
Bed for 10 seconds			
Bed for 5 seconds			

TASK SET TEN

	Area 1	Area 2	Area 3
Bed for 5 seconds and clap			
Bed for 10 seconds while you touch your toes			
Bed for 15 seconds while you Bed in a chair			
Bed while you walk quickly 15 steps to the right and return			
Bed while you walk quickly 15 steps to the left and return			
Bed while you walk approximately 20 steps to an entrance and return			
Bed while you leave the dog's view for 5 seconds and return			
Bed while you leave the dog's view for 10 seconds and return			
Bed while you leave the dog's view for 15 seconds and return			
Bed for 10 seconds			
Bed for 5 seconds			
Bed while you walk quickly 15 steps to the right and return			
Bed while you walk quickly 15 steps to the left and return			
Bed while you walk approximately 20 steps to an entrance and return			
Bed while you leave the dog's view for 5 seconds and return			
Bed while you leave the dog's view for 10 seconds and return			
Bed while you leave the dog's view for 15 seconds and return			
Bed while you leave the dog's view for 5 seconds, knock softly on the wall and return			
Bed for 5 seconds			
Bed while you leave the dog's view for 5 seconds and return			
Bed while you leave the dog's view for 10 seconds and return			
Bed while you leave the dog's view for 15 seconds and return			
Bed while you leave the dog's view for 5 seconds, knock softly on the wall and return			
Bed while you leave the dog's view, quickly knock softly on the wall and return			
Bed for 5 seconds			
Bed while you leave the dog's view for 10 seconds, knock softly on the wall and return			
Bed for 10 seconds			
Bed for 5 seconds			

TASK SET ELEVEN

Area 1

Area 2

Area 3

Bed for 5 seconds			
Bed for 10 seconds			
Bed while you leave the dog's view, quickly knock softly on the wall and return			
Bed for 5 seconds			
Bed while you leave the dog's view for 10 seconds, knock softly on the wall and return			
Bed for 30 seconds			
Bed while you leave the dog's view, ring the doorbell, and immediately return			
Bed while you leave the dog's view, ring the doorbell, wait 2 seconds, and return			
Bed for 30 seconds			
Bed while you leave the dog's view, ring the doorbell, and immediately return			
Bed while you leave the dog's view, ring the doorbell, wait 5 seconds, and return			
Bed for 30 seconds			
Bed while you leave the dog's view, ring the doorbell, and immediately return			
Bed while you leave the dog's view, ring the doorbell, wait 10 seconds, and return			
Bed for 5 seconds while you jog			
Bed while you walk around the dog			
Bed while you jog around the dog			
Bed while you jog around the dog, clapping your hands			
Bed while you jog twice around the dog			
Bed for 10 seconds			
Bed for 15 seconds while you clap your hands			
Bed for 20 seconds			
Bed while you move 3/4 of the way around the dog to the right and return			
Bed while you move 3/4 of the way around the dog to the left and return			
Bed while you disappear from view for 10 seconds and then return			
Bed while you circle the dog and return			
Bed for 10 seconds			
Bed for 5 seconds			

Relaxation Protocol, Modified from Dr. Karen Overall

TASK SET TWELVE

Area 1

Area 2

Area 3

Bed for 10 seconds			
Bed for 5 seconds while you clap your hands			
Bed for 15 seconds			
Bed for 20 seconds while you hum			
Bed while you disappear from view for 20 seconds and return			
Bed while you disappear from view for 25 seconds and return			
Bed for 5 seconds while you Bed in a chair near the dog			
Bed while you disappear from view for 10 seconds, Bed in the chair for 5 seconds, and return			
Bed for 15 seconds			
Bed for 20 seconds while you hum			
Bed while you disappear from view for 20 seconds and return			
Bed while you disappear from view for 25 seconds and return			
Bed while you move 3/4 of the way around the dog to the right and return			
Bed while you move 3/4 of the way around the dog to the left and return			
Bed while you disappear from view for 10 seconds and then return			
Bed while you circle the dog and return			
Bed for 10 seconds			
Bed while you leave the dog's view, quickly knock softly on the wall and return			
Bed for 5 seconds			
Bed while you leave the dog's view for 10 seconds, knock softly on the wall and return			
Bed for 30 seconds			
Bed while you leave the dog's view, ring the doorbell, and immediately return			
Bed while you leave the dog's view, ring the doorbell, wait 2 seconds, and return			
Bed for 30 seconds			
Bed while you leave the dog's view, say "hello," and return			
Bed while you leave the dog's view, say "hello," wait 3 seconds, and return			
Bed for 10 seconds			
Bed for 5 seconds			

TASK SET THIRTEEN

Area 1

Area 2

Area 3

Bed for 5 seconds			
Bed for 15 seconds while you hum			
Bed for 15 seconds while you hum and clap			
Bed while you disappear from view for 20 seconds and return			
Bed while you disappear from view for 25 seconds and return			
Bed for 5 seconds while you Bed in a chair near the dog			
Bed while you disappear from view for 10 seconds, Bed in the chair for 5 seconds, and return			
Bed for 5 seconds			
Bed for 10 seconds			
Bed while you leave the dog's view, quickly knock softly on the wall and return			
Bed for 5 seconds			
Bed while you leave the dog's view for 10 seconds, knock softly on the wall and return			
Bed for 30 seconds			
Bed while you leave the dog's view, ring the doorbell, and immediately return			
Bed while you leave the dog's view, ring the doorbell, wait 2 seconds, and return			
Bed for 30 seconds			
Bed while you leave the dog's view, say "hello," wait 5 seconds, and return			
Bed while you leave the dog's view, knock or ring the bell, say "hello," wait 5 seconds, and return			
Bed for 30 seconds			
Bed while you leave the dog's view, say "hello," wait 5 seconds, and return			
Bed while you leave the dog's view, knock or ring the bell, say "hello," wait 5 seconds, and return			
Bed for 20 seconds while you hum			
Bed for 15 seconds while you clap			
Bed for 5 seconds			
Bed while you jog around the dog			
Bed for 10 seconds while you clap and hum			
Bed for 5 seconds while you jog in place			
Bed while you jog around dog, humming			

TASK SET FOURTEEN

Area 1

Area 2

Area 3

Bed for 10 seconds			
Bed for 10 seconds			
Bed for 5 seconds while you hum and clap			
Bed while you run around dog			
Bed while you walk back and forth to door			
Bed while you leave room and quickly knock or ring bell and return			
Bed for 5 seconds			
Bed for 10 seconds			
Bed for 10 seconds			
Bed for 5 seconds while you hum and clap			
Bed while you run around dog			
Bed while you walk back and forth to door			
Bed while you leave room and quickly knock or ring bell and return			
Bed for 5 seconds			
Bed for 10 seconds			
Bed while you leave the dog's view for 10 seconds, knock softly on the wall and return			
Bed for 30 seconds			
Bed while you leave the dog's view, ring the doorbell, and immediately return			
Bed while you leave the dog's view, ring the doorbell, wait 2 seconds, and return			
Bed for 30 seconds			
Bed while you leave the dog's view, say "hello," wait 5 seconds, and return			
Bed while you leave the dog's view, knock or ring the bell, say "hello," wait 10 seconds, and return			
Bed for 30 seconds			
Bed while you leave the dog's view, say "hello," wait 10 seconds, and return			
Bed while you leave the dog's view, knock or ring the bell, say "hello," wait 10 seconds, and return			
Bed for 20 seconds while you hum			
Bed for 20 seconds			
Bed for 5 seconds			

TASK SET FIFTEEN

Area 1

Area 2

Area 3

Bed for 10 seconds			
Bed for 5 seconds			
Bed for 15 seconds while you clap and hum			
Bed while you leave the dog's view, knock or ring the bell, say "hello," talk for 10 seconds, and return			
Bed for 20 seconds while you hum			
Bed while you leave the dog's view, say "hello," invite the invisible person in, wait 5 seconds, and return			
Bed for 10 seconds			
Bed for 5 seconds			
Bed while you leave the dog's view, say "hello," invite the invisible person in, wait 10 seconds, and return			
Bed while you leave the dog's view, say "hello," talk as if to someone for 5 seconds, and return			
Bed for 5 seconds while you hum and clap			
Bed while you run around dog			
Bed while you walk back and forth to door			
Bed while you leave room and quickly knock or ring bell and return			
Bed for 5 seconds			
Bed while you leave the room and knock or ring the bell for 3 seconds and return			
Bed while you leave the room and knock or ring the bell for 5 seconds			
Bed while you leave the room and talk to people that aren't there for 3 seconds			
Bed while you leave the room and talk to people that aren't there for 5 seconds			
Bed while you leave the room and talk to people that aren't there for 10 seconds			
Bed while you run around the dog			
Bed for 10 seconds while you Bed in a chair			
Bed for 30 seconds while you Bed in a chair			
Bed for 15 seconds while you jog and clap			
Bed for 5 seconds			

Next steps:

- Repeat all tasks in different locations.
- Repeat all tasks with all family members.
- Repeat all tasks with only every 2nd or 3rd being rewarded with a treat. (Remember praise!!)
- Repeat with only intermittent treat reinforcement. (Remember praise!!)