

# What to Expect in a Behavior Consult At San Francisco Veterinary Specialists

## First Consults

First consults usually last between 1.5-2.0 hours. During the **first hour** the veterinarian take a detailed **history**, which is important for determining the cause, extent, and progression of the problem as well as the prognosis. To prepare for this portion of the consult, **please download the appropriate “Microsoft word” form based on the behavior problem you are experiencing.** Please fill the form(s) out on computer and e-mail them to me at the appropriate behavior consultant by 8:00pm the evening prior to the consult so that she can review the information prior to the consult. Please title your e-mail header: **“Behavior preconsult”**

After taking the history, we’ll discuss the cause, diagnosis and plan of action. In most dog cases and some cat cases I teach you some training techniques and assess your pet’s response to the techniques.

## Dog Follow-up Consults (Expect 2 follow-ups)

**Most dog cases**, especially those involving aggression, require **two follow-up consults** so that we can assess your dog’s response to the techniques, modify or fine-tune the methods based on that response, and coach you through the

techniques. Behavior modification is **a technical skill like playing a sport** or a musical instrument. Everyone can do it but it does require coaching so that you’ll be able to carry the techniques out correctly and consistently. If you are unable to carry out the techniques effectively you will not see the changes that you want to see.

## Some cat cases involve training

Cases of **intercat aggression** or cases where a **cat is stalking** and attacking its owners, or cases where the animal needs to **accept medical procedures** may involve some training, so plan for **one follow-up consult.**



## How to prepare pets

We will be using food rewards during many behavior modification plans so please bring your pets hungry. You can start by putting your dog on a regular schedule of a.m. and p.m. feeding. Feed 1/2 of his meal in the morning and 1/2 in the evening and

remove the uneaten portion after 5-10 minutes. Place this portion back in the food bag. Your dog or cat has lost this portion for the day. For cats, if you feel guilty about using this method, you can remove the food as soon as she takes her head out of the bowl and then re-offer it 15 minutes later for several tries before removing food until the next meal. With most dogs and cats who do not get supplemental feedings, this techniques trains them to be “good eaters” in just several days. For more information on modifying feeding schedules and getting your dog motivated to eat his or her food, go to [www.nerdbook.com/sophia/treat&train](http://www.nerdbook.com/sophia/treat&train) and download the instructional manual for the Treat & Train.

You may also need to skip or reduce your pet’s meal the day of the consult so that he/she will be hungry during the consult.

For cats, bring treats that your cat likes. For dogs, bring your dog on a flat collar (and bring his/her regular collars). Bring a gentle leader head collar if you have one.

In order to help ensure that cats are comfortable in this behavior consult office, cat owners may want to first habituate their cats to being in a carrier. Watch the Quicktime Video called “Crate Training” at [www.nerdbook.com/sophia](http://www.nerdbook.com/sophia) in the movies page located under the dog-training section.

## Who should attend?

Everyone who interacts with the pet on a regular basis should attend. Your pet’s change in behavior will depend partly on the ability of everyone in the household to change the types of interactions they have with the pet.

## Instructional materials

The day of the consult we’ll send you home with reading material. Within several days, you and your veterinarian will receive detailed instructions via e-mail. Please e-mail us if you do not receive this information after your consult or if you are unable to open the files.



## Prices

<b>First consults:</b> \$290.00
<b>Set of 2 consults:</b> \$365.00
<b>Additional time/15 min:</b> \$25.00
<b>Follow-up consults (50 min):</b> \$125.00