



The Science of Fear

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What is the best way to address fear?

In this course, you'll learn the science behind the development and effective treatment of canine fears, phobias, and fear-based aggression. We'll cover the basics of classical conditioning, methods for decreasing fear, the roles biology and emotion play in behavioral issues stemming from fear, the role of stress, and more.

This course covers scientific research and theory with many applications to working directly with dogs. It is not a hands-on course designed to take you through every step of the process for behavior modification. Rather it provides you with a strong understanding of how fear works and how it applies to dogs to enhance your existing approach or lay the groundwork for moving into behavior modification of fear and fear-related behaviors.

This course covers the following:

- Module 1: What is fear? How do you identify it?
- Module 2: How is fear learned?
- Module 3: How can we predict the strength of fear?
- Module 4: How is fear impacted by stress?
- Module 5: How does trauma change the brain and behavior?
- Module 6: How do we address fear?

What will you get?

The most effective learning occurs when students are not only provided with the facts, but also *have ample opportunity to use that information in concrete ways, engage in challenging activities, interact with others, and receive frequent feedback on their progress.* Therefore, this course will be taught using an approach that encourages application and active learning.

Students will get:

- Access to recorded videos on each of the topics
- Active learning activities for each module to get you thinking about—and using—course material
- An opportunity to present questions and read answers to FAQ's
- Course access for 18 months
- Auditor CEUs:
 - IAABC - 4 CEUs
 - CCPDT - 4 CEUs

What will you have to do to earn your CEUs?

- View the content for each module
- Complete brief assignments for each module:
 - “Warm up” activities to get students thinking about the material
 - A “sense-making” activity that goes along with each module’s content
 - A brief knowledge assessment for each module
- Overall, students must complete all course work and earn an average score of 75% or higher on quizzes to earn CEUs for the course.

What supplies do I need to have for the course?

REQUIRED

- Computer, smartphone, or tablet
- High speed internet access
- Speakers

RECOMMENDED

- Completing assignments will be easiest if you have the following (though neither is required):
 - A computer or tablet
 - Access to a word processing application or Google Docs

What is the course atmosphere like?

This is a self-paced course, which means you won't be interacting with other students and will have little to no interaction with me (Dr. Spaulding). However, I will be reviewing assignments and may provide written or video responses to questions. So, here's what you need to know!



First of all, I'll just own it. I really am a geek. As in, I get super excited about science stuff and dog behavior and new ideas. And I love sharing it all. Really love it. So, you should probably expect a bit of enthusiasm.

Secondly, I have high standards. I think our field could use a much deeper dive into the knowledge behind our craft. So you should expect to encounter much deeper material with me, and to study it at a higher level. Essentially, I take a college approach rather than a conference one.

Thirdly, though, my standards for myself are just as high. If I'm going to ask you to do the work, you should know I'll be working my tail off to make sure you're successful. You'll find me prepared, full of creative ideas to help you really "get it" and be able to use it, and always ready to offer extra help or support. Because I'm also really friendly and always happy to chat science and dogs. I am thrilled when people approach me for extra help, so please don't hesitate to do so!

Course content and objectives

At the end of the course, students should be able to:

- Define emotion and fear
- Identify and define the four components of classical conditioning
- Identify the different types of conditioned responses
- Distinguish between classical and instrumental conditioning
- Explain the role of biological preparedness in fear learning
- List common factors influencing the strength of fear learning
- Explain how the strength of the conditioned response is measured
- Describe the relationship between emotion and memory
- Define extinction and its role in treatment of fear
- Summarize what is known about the impacts of trauma on animal behavior
- Explain how trauma changes the brain and how those changes influence behavior
- Describe the impact of stress on fear and the treatment of fear
- Explain the relationship between fear, avoidance, and extinction
- Apply the science of fear to various techniques for reducing fear including extinction and counter-conditioning
- Be able to analyze, integrate and apply new information to fit into current framework of knowledge. If it doesn't fit into current framework, be able to pursue novel paths of thinking.



Navigating the course

Once you register and pay for the course, you'll get immediate access to the course dashboard. The first three modules will be immediately available. The remaining modules will be released as you complete the initial modules. If you have any questions, please contact me at kristina@sciencemattersllc.com.

Course policies

Refunds are not available for self-paced courses.

Quizzes may be retaken once to earn a higher score.

Course access is available for 18 months. If you do not complete the course in that time, you will need to re-purchase the course to maintain access and to earn your CEUs.