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Howling in dogs.

Howling is one of many forms of vocal communication used by "some" dogs ... sometimes and others more so – realize the wolf within.

Dogs howl to attract attention, loneliness, to make contact with others and to announce their presence.

Some dogs also howl in response to high-pitched sounds, such as emergency vehicle sirens or musical instruments.

Problems to rule out first.

A. Separation anxiety howling.

B. [Anxiety](#) howling.

C. [Depression howling](#).

If your neighbors call you and tell you that your dog is howling when you are at work, your dog excessive howling most probably be caused by separation anxiety.

Separation anxiety howling only occurs when a dog is left alone or otherwise separated from his owner.

This kind of howling is usually accompanied by at least one other symptom of separation anxiety, such as pacing, destruction, inattention, depression or other signs of distress.

[Injury howling.](#)

Dogs sometimes howl when they're hurt or sick.

If your dog starts howling or howls more than usual, take him to a veterinarian to rule out illness injury and before doing anything else.

Howling in response to sounds.

What to do about emissive howling?

If your dog howls in response to some kind of trigger, like another dog howling or a nearby siren, they will probably stop when the sound stops.

This type of howling usually isn't excessive-unless, of course, the triggers occur frequently.

If they do, you can use desensitization and counterconditioning (DSCC) to help your dog learn to be quiet (see article).

Systematic desensitization and counterconditioning.

When the problem is rooted in how a dog *feels* about a particular thing, it sometimes isn't enough to just to try and teach the dog a different behavior (in the act of unwanted behaviour) – like taking their mind off the unwanted behaviour ... to fetch a toy instead of howling, for example.

Instead, it's more effective to change their motivation and feelings, which are the underlying reasons for the behavior problem in the first place.

Systematic desensitization and counterconditioning are two common treatments for fears, anxiety, phobias, unwanted behavior and aggression ... basically any behavior problem that involves arousal or emotions.

It's often most effective to use these two procedures together when trying to resolve the dogs behavior problems.

{See article on desensitization and counterconditioning on this website}

If you think that a systematic desensitization and counterconditioning plan might help your dog, find professional help.