

Newfie News



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Identify & Heal Canine Trauma

There are many circumstances in a dog's life that can lead to trauma, including adoption. While the end result of adoption is positive (a new family), the events that transpired that resulted in the adoption can be traumatic for dogs. They may have been neglected or abused by a former owner, or even if the reason is rehoming because the owner is no longer able to care for the dog, suddenly everything that is comfortable and secure for that dog is removed.

Trauma is not an actual event that happened (for example abuse, removal from the home, etc.) rather it is how the circumstances are internalized by the dog. Dogs are social animals and thrive on connection. Trauma triggers their need for protection. The dog's sense of safety, security, and confidence is disrupted, affecting their self and world perceptions, beliefs, and associations.

Identifying Trauma

Identifying trauma in dogs can be challenging. Many of the behaviors can be

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Events That Can Cause Trauma

Many circumstances can cause an adverse emotional, physical, or psychological reaction in a dog. The threat may be real or perceived, and can be a one-time occurrence or multiple incidents. The impact can last briefly or for a lifetime.

Each dog reacts differently in similar circumstances. What causes trauma in one dog may not in another. If your dog has experienced any of the following events be alert for signs of trauma in the days, weeks, and month that follow.

- Physical abuse
- Neglect
- Mistreatment
- Abandonment
- Needs being unmet
- Living in isolation
- Living in a hoarding situation
- Living with emotionally and mentally unstable people
- Accidents (car accident, a fire, etc.)
- Natural Disasters
- Being attacked by another dog or animal

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Who's at TNP

Freya arrived at TNP in March. This 7 1/2 year old sweet girl has a true Newfie personality and loves people. Staff are still getting to know her. Watch the Facebook page and future newsletter for updates.



Interested in adopting from TNP?

All dogs are placed only in APPROVED homes. Email Nancy for an application: nancy@thatnewfoundlandplace.org. Home checks are also required (virtual or in person).

Keep in mind that TNP places dogs in homes that are in the best interest of the dog, but welcomes applicants to express interest in dogs through TNP Facebook posts.

Recently Adopted



Yuma, now Emma, is at home with her new family Mary, Ernie, and Michael Gurrieri of East Berlin, Connecticut.

"She's a doll. We love her dearly," Mary said. Emma is still assimilating to her new surroundings and has been timid about many things. "I don't think she's been outside," Mary said. The Gurrieri's have discovered that cheese is a great motivator for Emma and have used it to coax her outside in the yard

and to eat her meals. While she has improved over the last few weeks, Emma will see a behaviorist in April to help determine the root cause of some of her fear and, hopefully, a solution. "She's a mystery," Mary said.

One thing that Emma does not fear is Gordon, the Gurrieri's nearly 10-year-old Newf. They get along very well with each other and enjoy one another's company.

Emma is the Gurrieri's 4th Newf, all of whom were rescues from TNP. They first adopted Penny and Polly in 2013. Penny passed away a few years ago and Polly passed away in January. She was almost 12. Gordon was adopted in 2015 at just a couple months old.

Ernie's mother is from Newfoundland so he was quite familiar with the breed growing up. His uncle owned a Newf. He always wanted one as an adult but it took a little convincing for Mary who was concerned about the slobber, mess, and fur. Ernie did some research and found TNP. They reached out to Cathy who suggested they attended an Open House. When they did, Mary was hooked.

Mary wanted an older dog but Cathy said a puppy would be better for the German Shepard they had at the time. They ended up with Penny and then a short time later also took home her litter mate, Polly. "I've fallen in love with the breed," Mary said. "They really are the most gentle dogs."

Mary describes Emma as very kind and sweet. She is slowly feeling more comfortable in her new surroundings and the Gurrieri's will do all they can to help her. "I just want her to feel safe in the home," Mary said.

Expert Excerpts

The 3-3-3 Rule For Adopted Dogs

from adoptapet.com

The 3-3-3 rule is a guideline for behaviors of newly adopted dogs in acclimating to their new homes. In theory, it takes about 3 months for dogs to feel comfortable in their new home.

The first 3 days– The new environment can be overwhelming for your dog. They need time to decompress and learning about their new environment. They may be timid or frightened, avoid their new family, have a decreased appetite, or even have an accident despite being house-trained. Don't be alarmed. It's all normal.

To help with the adjustment period, limit interactions with people outside the family, even if you want to show off your beautiful new addition to everyone. Give your new pup space to explore and don't force interaction if they prefer to spend most of their time alone. Try to maintain a quite atmosphere in the home and provide a cozy space – crate, bed, or blanket – your dog can go to if they are overstimulated. Start a routine of feeding and potty times and short walks. Establishing consistency and predictability will increase your dog's sense of security.

The first 3 weeks- The new family member is learning the household routine. Now is a good time to do some basic training to set both of you off on the right foot.

Build off the routine you established in the first few days. You will likely see your dog open up and show their personality during this time. They may still feel some uneasiness at times, but they will also test you during this period – like how attentive you are to that sandwich you placed on the counter and turned your back on. Use positive reinforcement to teach or reaffirm simple commands such as "sit," "stay," and "come." Start to socialize with other people and animals in short segments and a controlled manner.

The first 3 months – Increasingly expose your furry friend to new environments and experiences. This is a time to build a bond and positive relationship. You can introduce or reinforce more advanced training in this phase such as "wait," "down," and "leave it."

First Open House This Month

The first That Newfoundland Place Open House of 2025 will be held on **April 13**. Save the date for other Open Houses:

May 18
June 22
July 20
August 24

Meet TNP alumni - both dogs and people. TNP rescue staff will be on hand to answer questions.

Enjoy pizza and soft drinks, fill out an adoption application, and pick up information on the breed. Dogs available for adoption may be on site.

All well behaved, leashed dogs are welcome to attend events. Please be mindful of extreme heat when bringing your dog.

Dogs are not adopted during an Open House; they are meet and greet events only.

**All Open Houses are held
Noon to 3pm
554 Pucker St, Coventry, CT
Events are held rain or shine and
are free to attend.**

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The 3-3-3 Rule for Adopted Dogs - continued from page 3

Carefully pay attention to your dog's behavior to ensure they are adjusting well and at an appropriate pace, and reach out to a professional if you feel your dog needs extra support. Some signs of positive adjustment include a healthy appetite, confidently exploring the environment, a relaxed, open body posture, and seeking affection and leaning into your hand during petting.

Of course, every dog is different and the guidelines will need to be adjusted for each dog based on their age (puppies generally adapt the quickest), background, length of stay in rescue or at a shelter, and personality. It may take far longer than 3 months for a rescue to truly feel like they are part of your family, or they could walk through the door as soon as you get home from the shelter and basically say "I'm home!"

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misinterpreted as character flaws but they could be coping mechanisms or a response to triggered past experiences. Behaviors may be reactive, physical, or emotional. Some common signs include (note, sometimes these symptoms can be very subtle):

- Overactive defensiveness (ex: fight or flight, freezing up, avoidance)
- Odd or excessive vocalization
- Hypervigilance
- Pacing
- Changes in sleep patterns or extreme restlessness
- Changes in appetite
- Gastrointestinal or digestive issues
- Skin issues
- Fear, self-isolation and hiding
- Overly reactive or triggered (flinching, cowering)
- Anxiety or depression
- Excessive aggression (from growling or showing teeth to snapping or biting)
- Shaking or trembling
- Physically trying to make themselves smaller (lowering to the ground, flattening the ears, tucking the tail, etc.)
- Becoming more clingy to owners



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Helping your Newf Heal from Trauma

Canine trauma is complex and will likely look different for every dog. You can help him by being patient and consistent, and providing a holistic behavioral approach. Your goal is to help your Newf regain his sense of safety, trust, and confidence.

A consistent, structured routine will create a level of predictability and certainty and is the first step in healing. Create routines around pottyng, feeding, walks, exercise, and sleep. Be dependable and follow through. Your dog needs to begin to establish trust with you. Then build on that. Make sure you meet all your Newf's needs but never force or rush her through the healing process. This will likely cause more trauma.

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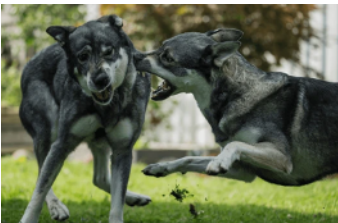
Safety and nurturing is at the forefront of healing. Bonding assists in the healing process. Spending quality time together, gentle play, and physical affection builds trust and provides comfort.

A calm atmosphere can help reduce stress and anxiety. Make sure your Newf has a designated space where he feels safe – a bed, a crate, a blanket on the floor. Toys and puzzles can keep your Newf mentally stimulated and distracted from anxieties. Calming aids such as anxiety wraps and pheromone diffusers may be beneficial.

Visual barriers including baby gates or curtains can create a sense of privacy for your Newf, helping her feel more secure and prevent a sense of overwhelmed from her surroundings. Be sure to limit the number of visitors or unfamiliar people as this can also cause stress for a traumatized dog.

Positive reinforcement will also go a long way in creating trust and aiding in recovery. Praise and rewards for good behavior. Treats, toys, gentle pats, and kind words promote association of good feelings with their actions. Celebrate small victories. Identify triggers and do your best to avoid them. Gently redirect unwanted behaviors. Gradual exposure to the triggers paired with positive experiences will lead to overcoming fears and anxieties, however, it should be done with professional guidance and at the dog's pace to avoid re-traumatization.

Social settings may be a trigger for a traumatized dog, so gradual socialization with people and other dogs should be introduced. Begin with short, controlled encounters. Increase length and types of interaction as your Newf becomes comfortable. Socialization should always be a positive experience.



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If you're feeling stuck and don't see any progress or if your Newf's behavior poses a risk to themselves or others (such as aggression), consult with your veterinarian or a certified animal behaviorist. They can provide tailored strategies for your Newf's needs. In some cases anti-anxiety or antidepressant medications can help alleviate a dog's fear and anxiety making the recovery process more effective.

Be sure to care for yourself and seek support when needed when caring for a traumatized dog. Compassion fatigue, a state of emotional exhaustion, can develop in caretakers of traumatized animals. Regular exercise, maintaining a support network, taking breaks, and seeking therapy if needed can combat compassion fatigue.

Most importantly, be patient. Give your dog space and time to adjust. You may not know how deep the wounds are your Newf is experiencing. There may be setbacks. But with your help your Newf can heal from the trauma and live his best life.


Resources/More Information:

<https://animalwellnessmagazine.com/the-causes-and-effects-of-canine-trauma-and-helping-a-dog-heal/>

<https://doggodigest.com/how-to-heal-a-dog-who-suffered-trauma-and-abuse/>

<https://doggieconnect.com/how-to-help-a-traumatized-dog/>


<https://trailandbone.com/understanding-dog-trauma-from-recognition-to-rehabilitation/>



**SIGN UP TO WALK IN
THE RESCUE PARADE!**

FRIDAY MAY 2^N WARWICK, RI
AT THE NEWFOUNDLAND CLUB OF AMERICA NATIONAL
CO-DEDICATE TO CATHY DERENCH
JOIN US WITH YOUR RESCUE DOG!

**CLICK
HERE**



That
Newfoundland
Place
Rescue With A Heart

Be Part Of The Rescue Parade

The 2025 Newfoundland Club of America will host the National Specialty in Warwick, Rhode Island from April 28 to May 3 (Click here for more info). TNP is hosting the Rescue Parade on May 2 at 4 pm to honor Cathy Derench, and celebrate all of our rescue Newfoundlands and the dedication of so many who make rescue possible. Take a celebration lap around the ring, receive a medallion in honor of your rescue Newfoundland and pose outside the ring for photos with your Newf! **RSVP HERE BY April 1.**

Didn't make the deadline? Come and cheer on all the other rescue Newfs in honor of Cathy and TNP!

Perfect for Spring - A Cathy's Crew Hoodie



Cathy's Crew is a special project within TNP that ensures elderly or hard to home animals have a beautiful farm in Connecticut with space, resources, and love to safely live out their lives forever. The farm is the life work of animal rescue legend Cathy Derench who was the divine intervention to thousands of animals that found a new beginning because

they crossed Cathy's path. All animals that have been rescued, crossed paths, or helped in any way by Cathy are part of Cathy's Crew. Hoodies available in black, pink, and orange.

Visit the TNP Facebook page or website for order information.

Thinking of leaving a bequest to TNP?

Donations should be made payable to:
That Newfoundland Place, Inc.
EIN (Tax ID): 27-2176439

Payment Address:
554 Pucker Street
Coventry, CT 06238

Thank you for your consideration!

To continue to support Cathy's work & her foundation please see below.
Thank you for all the generous support.

THAT NEWFOUNDLAND PLACE DONATIONS

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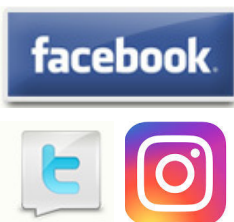
 



Support TNP through Amex Round-up

<https://www.americanexpress.com/en-us/banking/round-up/frequently-asked-questions/>

Follow us! Support Us! *Click on any of the icons below to connect to that source.*



That Newfoundland Place Inc. is a nonprofit corporation organized and operated exclusively for charitable purposes. Specifically, this organization has been formed to prevent cruelty to animals. Our mission is to offer quality of life to senior dogs of various breeds, to assist in rescue, rehabilitation, and re-homing of dogs in need, with a focus on Newfoundland dogs, and to provide humane education as related to care and life quality. of animals. Ed Derench, President *Newsletter editor and publisher Joanna Dumas: joanna.l.dumas@gmail.com*