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ANIMAL ASSISTED THERAPY



Definition: a goal-directed intervention in which an animal is incorporated as an integral part of the clinical health-care treatment process. Animal Assisted Therapy is delivered or directed by a professional health or human service provider who demonstrates skill and expertise regarding the clinical applications of human-animal interactions.”

- Pet therapy is not dependent on a specific therapy. AAT encompasses all types of psychology theories, from psychoanalytic to behavioral

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WHAT ANIMALS ARE USED

- Canines are the main animals that are used in pet therapy for people with anxiety, nervousness, difficult treatments, depression, and mainly children who suffer from ADD, ADHD, or emotionally troubled
- Horses are usually a good match for children with disabilities, like Cerebral Palsy, autism, or down syndrome
- Elephants have been used in some parts of the world for children with disabilities. This has been seen in some Zoos. The child learns discipline and concentration in order to form a bond with the animal, and so that the animal will cooperate with the child.

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HISTORY

- The earliest record of AAT was in the 18th century, York Retreat in England
- In 1860 the Bethlem Hospital in England began using this practice for patients.
- Sigmund Freud was one of the first people to believe in this therapy and its benefits. Freud believed that the presence of a dog had a calming effect on all patients, including children.



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HISTORY CONT'D

- Boris Levinson, in the 1960's, discovered that he could reach a disturbed child in therapy sessions when his dog Jingles was present.
- Levinson believed that sessions while Jingles was present formed a bond of trust and developed a solid relationship with the child from then on.
- US 1970 Martha Rogers, nurse, provided the conceptual framework for pet therapy intervention
- Founded the Delta Society in 1977- research with pet therapy

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BENEFITS OF ANIMAL-ASSISTED VISITS



Hospitalized patients encounter stressors that impact their experience and recovery.

Our goal is to create a therapeutic and healing environment that decreases stress and improve patients experiences.

Multiple controlled research studies have shown that compared with baseline, patients had significant decreases in pain, respiratory rate and negative mood state and a significant increase in perceived energy level.

Quantitative and Qualitative findings support a decrease in tension/anxiety and improved overall mood.

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CONCLUSIONS

Pet therapy:
low tech
low cost therapy
improved mood
meaningful to hospitalized patients

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SERVICE DOGS VS EMOTIONAL SUPPORT DOGS VS THERAPY DOGS

There is a difference !
These terms are not interchangeable

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SERVICE DOGS

- **Service dogs** (also known as "assistance dogs") are trained to perform quantifiable tasks that directly ease the challenges associated with their owner's physical, psychiatric, sensory, and/or developmental disability. The most common types of service dogs include guide, hearing, medical alert, mobility, autism service, and psychiatric service dogs. Service dogs (also known as "assistance dogs") are trained to perform quantifiable tasks that directly ease the challenges associated with their owner's physical, psychiatric, sensory, and/or developmental disability. The most common types of service dogs include guide, hearing, medical alert, mobility, autism service, and psychiatric service dogs
- The Americans with Disabilities Act (ADA) protects the rights of people with disabilities to bring their service dogs with them to most public places, including restaurants, theaters, shops, hotels, government

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EMOTIONAL ASSISTANCE DOGS

- **Emotional support** animals are companion animals who help their owners cope with the challenges associated with emotional and mental health conditions (such as depression and anxiety) by providing comfort with their presence. not expected to perform specific tasks related to their owner's condition, nor must they adhere to any behavior standards or training. Their presence alone is what is thought to provide their owner with solace and therapeutic benefit
- The Fair Housing Act requires that most housing units accommodate emotional support animals with appropriate documentation.

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THERAPY DOGS

- Therapy dogs are not service dogs.
- Therapy dogs **do not** have the same special access as service dogs
- Therapy dogs worked as a trained and certified team in a variety of settings and gladly interact with people.

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COMPARISON	SERVICE DOGS	THERAPY DOGS	EMOTIONAL SUPPORT ANIMALS
ADA covered rights to bring animal into public establishments	✓	✗	✗
Needs to tolerate a wide variety of environments, people	✓	✓	✗
May live with their disabled owners, even if "his first" priority in place	✓	✗	✓
Primary function is to provide emotional support, through companionship	✗	✗	✓
Specifically trained to assist just one person	✓	✗	✗
Provide emotional support and comfort to many people	✗	✓	✗

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THERAPY CERTIFICATION

- Alliance of Therapy Dogs (formerly Therapy Dogs, Inc.)
- Bright and Beautiful Therapy Dogs
- Love on a Leash
- Pet Partners (previously Delta Society)
- Therapy Dogs Incorporated (TD Inc.) –Therapy Dogs International

Over 100 certification organizations

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THERAPY DOG CERTIFICATION

- Since the 1980's, there have been significant advances in the field of animal assisted therapy and the use of therapy dogs. Organized therapy dog groups provide educational material to volunteers, they screen both volunteers and dogs, and they provide liability insurance for when the dog and handler are volunteering in a therapy setting.
- Therapy dog certification organizations are the experts in this field. It is their dedication that has organized and advanced the work of therapy dogs and their efforts should be acknowledged and appreciated. The following certification organizations are recognized by the AKC. A dog must be certified by one of these organizations to be eligible to receive the AKC Therapy Dog title.

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AKC THERAPY DOG TITLE

- The purpose of this program is to recognize AKC dogs and their owners who have given their time and helped people by volunteering as a therapy dog and owner team.
- The AKC Therapy Dog™ program awards official AKC titles to dogs who have worked to improve the lives of the people they have visited.
- AKC Therapy Dog titles can be earned by dogs who have been certified by AKC recognized therapy dog organizations and have performed the required number of visits.
- AKC does not certify therapy dogs; the certification and training is done by qualified therapy dog organizations. The certification organizations are the experts in this area and their efforts should be acknowledged and appreciated.

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DOG THERAPY TEAM



Handler:

- Must be at least 18 years old
- Commit to minimum required visits/month
- Commit to one year of volunteering
- Certification requirements of the facility
- Background check (at organization)
- Covid, Flu and TB vaccination proof
- MMR- vaccine or titer, Chicken pox- vaccine or titer
- Team Interview
- Written and practical skill tests

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EXAMPLE OF REQUIREMENTS FOR DOGS ON A THERAPY TEAM



- At least one year of age
- Lived with owner for at least 6 months
- House-trained
- Rabies vaccination is current
- May not be fed raw meat diet
- No history of aggression
- Basic obedience skills: walk on leash without pulling, "sit, stay, come, leave it."
- Welcome interactions with strangers
- Veterinarian signed physical release, up-to-date vaccinations
- Written Quiz

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COVID

- Handler must be fully vaccinated with booster
- Distancing for handler
- Antibacterial
- There is no evidence that viruses, including Covid viruses, can spread to people from skin, fur or hair of pets
- Deer?

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RISKS

The biggest risk among pet therapy is safety and sanitation. The animals are regularly screened for health and behavior. It is uncommon, but people can be harmed if unsuitable animals are used or not handled correctly.

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ABERDEEN AIRPORT THERAPY DOG TEAM



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PROTECT YOUR TEAM

- Dogs get stressed too
- Pee and Poop break if needed
- Safe situation
- They work hard, set a time limit

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THIS IS VOLUNTEER

- Make up a schedule
- Site policies
- Supervised visits



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HERBIE AND ME

Herbie's Bio:

18 months he was adopted from Georgia Basset Hound Rescue
 Fostered
 Manners, house broken
 Obedience classes at AKC Durham

Canine Good Citizen

AKC Advanced Trick Dog : crawl, get in a box, high five, shake, paws up, bow, identify toy by name, rollover , back up, circle right and left, stand on a barrel, go find, catch, heel and automatic sit, go to your place, hand signals, kiss

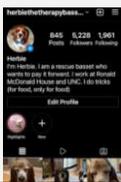
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STATS

"Special" Paw



Tricks



Instagram with over 5,000 followers

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THIS IS US



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THANKS!

I hope this gave you all a break, you learned a bit about therapy animals and most of all, that Herbie and I made you smile. That is what therapy teams do!

Thanks to Herbie for his incredible patience and belief in me.

Without a doubt, he was the team Leader.

Happy New Year!

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