

# Aat Animal Assisted Therapy

## **AAT Animal Assisted Therapy: A Comprehensive Overview**

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**Editor:** Dr. Robert Miller, DVM, PhD, a renowned veterinary behaviorist with extensive experience in the ethical and practical aspects of AAT animal assisted therapy. Dr. Miller has contributed significantly to the development of guidelines and best practices in the field.

**Keywords:** AAT animal assisted therapy, animal assisted intervention, animal-assisted therapy benefits, human-animal bond, therapeutic animals, animal assisted activities, AAT effectiveness, AAT research, canine-assisted therapy, equine-assisted therapy

### **1. Introduction to AAT Animal Assisted Therapy**

Animal-assisted therapy (AAT), often referred to as AAT animal assisted therapy, is a goal-directed intervention that utilizes specially trained animals to facilitate therapeutic goals within a treatment plan designed by a licensed health professional. It's a growing field of healthcare leveraging the unique therapeutic potential of the human-animal bond. Unlike pet therapy, which focuses on the general benefits of animal companionship, AAT animal assisted therapy employs a structured approach with carefully selected and trained animals and a qualified therapist. The interaction is carefully planned and integrated into the overall treatment plan to address specific client needs.

### **2. Mechanisms of Action in AAT Animal Assisted Therapy**

The effectiveness of AAT animal assisted therapy stems from several interconnected mechanisms:

**The Human-Animal Bond:** The profound emotional connection between humans and animals fosters feelings of trust, security, and comfort. This can significantly reduce anxiety and stress, paving the way for emotional healing and improved mental well-being. Research shows increased levels of

oxytocin, the "bonding hormone," during human-animal interaction.

**Non-Judgmental Acceptance:** Animals offer unconditional positive regard, accepting clients without judgment. This is particularly beneficial for individuals with low self-esteem, trauma histories, or social anxiety, creating a safe and supportive environment for self-expression and emotional processing.

**Motivation and Engagement:** Animals can act as powerful motivators, encouraging clients to participate actively in therapy. This is crucial for clients with limited motivation or engagement due to physical or mental health challenges. The playful nature of animals can make therapy more enjoyable and accessible.

**Improved Physical Function:** For individuals recovering from physical injuries or illnesses, AAT animal assisted therapy can aid in rehabilitation. Activities involving animals, like walking a dog or grooming a horse, can improve motor skills, coordination, and strength.

### **3. Types of Animals Used in AAT Animal Assisted Therapy**

While dogs are the most common animals used in AAT animal assisted therapy, several other species have proven therapeutic benefits:

**Canine-assisted therapy:** Dogs' trainability, sociability, and affectionate nature make them well-suited for various therapeutic settings. Studies have shown their effectiveness in reducing anxiety and depression, improving social skills, and aiding in physical rehabilitation.

**Equine-assisted therapy:** Horses offer unique therapeutic opportunities through their size, power, and sensitivity. Equine-assisted therapy often focuses on improving self-esteem, self-awareness, and communication skills. The physical demands of interacting with horses can improve physical strength and coordination.

**Feline-assisted therapy:** Cats offer a calming presence and can be particularly beneficial for clients who find dogs overwhelming. Their independent nature can promote relaxation and reduce stress levels.

**Other animals:** Other animals like rabbits, birds, and miniature horses are increasingly utilized, tailored to specific client needs and preferences.

### **4. Evidence-Based Applications of AAT Animal Assisted Therapy**

Numerous studies support the effectiveness of AAT animal assisted therapy across various populations and conditions:

**Mental health:** AAT animal assisted therapy has demonstrated positive effects in treating anxiety, depression, PTSD, and other mental health disorders. A meta-analysis published in the *Journal of Clinical Psychology* (2019) showed significant reductions in anxiety and depression symptoms in

participants receiving AAT animal assisted therapy.

**Autism spectrum disorder:** AAT animal assisted therapy can help improve social interaction, communication skills, and reduce repetitive behaviors in children with autism. A study published in the *Journal of Autism and Developmental Disorders* (2021) indicated positive outcomes in social engagement following AAT intervention.

**Physical rehabilitation:** AAT animal assisted therapy can assist in stroke recovery, improving motor function and promoting physical activity. Studies have shown improvements in gait and upper extremity function in stroke patients participating in AAT programs.

**Pediatric care:** AAT animal assisted therapy can reduce anxiety and pain in children undergoing medical procedures. Studies have demonstrated its effectiveness in reducing stress levels during hospital stays and improving overall well-being.

**Geriatric care:** AAT animal assisted therapy can combat loneliness and improve cognitive function in older adults. Research indicates that interactions with animals can enhance mood, reduce depressive symptoms and stimulate cognitive engagement in elderly populations.

## **5. Ethical Considerations in AAT Animal Assisted Therapy**

Ethical considerations are paramount in AAT animal assisted therapy. The well-being of the animal is a top priority. This includes:

**Animal selection and training:** Only well-tempered and appropriately trained animals should be used. Animals must be comfortable with the therapeutic setting and capable of handling various interactions.

**Animal welfare:** Animals should be monitored closely for signs of stress or fatigue. Rest periods and opportunities for breaks are essential to prevent burnout.

**Therapist qualifications:** AAT animal assisted therapy should only be administered by qualified and licensed professionals who have received specialized training in AAT animal assisted therapy techniques.

**Client safety:** Risk assessments must be conducted to ensure the safety of both the client and the animal. Appropriate safety measures should be in place to minimize potential risks.

**Informed consent:** Clients should be fully informed about the nature of AAT animal assisted therapy, the risks involved, and the role of the animal in the therapeutic process.

## **6. Future Directions in AAT Animal Assisted Therapy**

The field of AAT animal assisted therapy is constantly evolving. Future research should focus on:

**Standardizing AAT animal assisted therapy protocols:** Developing standardized protocols will enhance the reliability and reproducibility of AAT research findings.

**Expanding research methodologies:** Using more rigorous research designs, such as randomized controlled trials, will further validate the effectiveness of AAT animal assisted therapy.

**Developing culturally sensitive AAT animal assisted therapy approaches:** Addressing cultural variations in human-animal interactions is essential to ensuring equitable access to AAT services.

**Exploring the use of technology in AAT animal assisted therapy:** Innovative technologies can enhance the delivery and effectiveness of AAT animal assisted therapy, potentially reaching more clients.

## **7. Conclusion**

AAT animal assisted therapy offers a unique and powerful approach to healthcare, leveraging the therapeutic potential of the human-animal bond. Extensive research supports its efficacy in addressing various physical and mental health conditions across different age groups. However, ethical considerations and professional standards must always be prioritized to ensure the well-being of both the animals and the clients receiving AAT animal assisted therapy. Continued research and professional development are crucial for optimizing the effectiveness and expanding the accessibility of this valuable therapeutic modality.

## **FAQs**

1. Is AAT animal assisted therapy right for everyone? Not everyone is a suitable candidate for AAT animal assisted therapy. Allergies, phobias, and specific health conditions may preclude participation. A thorough assessment by a qualified professional is necessary to determine suitability.
2. What kind of training do AAT animals undergo? AAT animals undergo rigorous training to ensure they are well-behaved, comfortable in various settings, and capable of handling diverse interactions. Training focuses on socialization, obedience, and specific therapeutic tasks.
3. What is the difference between AAT animal assisted therapy and pet therapy? AAT animal assisted therapy is a structured, goal-directed intervention integrated into a comprehensive treatment plan. Pet therapy is more generalized and focuses on the companionship benefits of animals.
4. How much does AAT animal assisted therapy cost? The cost of AAT animal assisted therapy varies based on several factors including the type of animal, the therapist's fees, and the duration of the therapy.

5. Where can I find an AAT animal assisted therapy provider? You can search for qualified providers through professional organizations such as the Delta Society or by contacting your doctor or mental health professional.
6. What are the potential risks of AAT animal assisted therapy? Potential risks include animal-related injuries, allergic reactions, and emotional distress if the interaction is not managed appropriately. A qualified professional mitigates these risks.
7. Can AAT animal assisted therapy be used for children? Yes, AAT animal assisted therapy is highly effective for children with a variety of conditions. It can be particularly beneficial in improving social skills, reducing anxiety, and enhancing communication.
8. Is insurance coverage available for AAT animal assisted therapy? Insurance coverage for AAT animal assisted therapy varies greatly depending on the insurance provider and the specific service provided. It's advisable to check with your insurance provider directly.
9. Can I bring my own pet for AAT animal assisted therapy? Generally, no. AAT animal assisted therapy uses specially trained animals that have undergone rigorous screening and training to ensure they are suitable for therapeutic purposes.

## **Related Articles:**

1. The Role of Dogs in AAT Animal Assisted Therapy for PTSD: This article explores the specific benefits of canine-assisted therapy for individuals suffering from post-traumatic stress disorder.
2. Effectiveness of Equine-Assisted Therapy for Children with Autism: This article reviews research examining the impact of equine-assisted therapy on social skills, communication, and behavior in autistic children.
3. Ethical Considerations in Selecting and Training Therapeutic Animals: This paper delves into the crucial ethical aspects involved in the careful selection and preparation of animals for therapeutic purposes.
4. The Impact of AAT Animal Assisted Therapy on Anxiety in Elderly Patients: This study investigates the effects of animal-assisted intervention on reducing anxiety and improving mood in elderly populations.
5. Measuring the Effectiveness of AAT Animal Assisted Therapy: A Review of Assessment Tools: This article reviews different methods and tools used to measure the outcomes of AAT animal assisted therapy.
6. AAT Animal Assisted Therapy in Pediatric Oncology: A Case Study Approach: This article presents a detailed case study demonstrating the benefits of AAT in pediatric oncology settings.
7. The Neurobiological Mechanisms Underlying the Human-Animal Bond in AAT Animal Assisted Therapy: This article examines the neurological factors contributing to the therapeutic effects observed in AAT.

8. Comparative Analysis of Different Animal Species in AAT Animal Assisted Therapy: This study compares the effectiveness of different animals (dogs, horses, cats) in AAT animal assisted therapy.
9. Developing and Implementing a Comprehensive AAT Animal Assisted Therapy Program: This article provides a step-by-step guide on how to create and implement a successful AAT animal assisted therapy program.

**aat animal assisted therapy:** *Handbook on Animal-Assisted Therapy* Megan Mueller, Zenithson Ng, Taylor Chastain Griffin, Aubrey H Fine, 2011-04-28 The original edition was the first book to provide a comprehensive overview of the ways in which animals can assist therapists with treatment of specific populations, and/or in specific settings. The second edition continues in this vein, with 7 new chapters plus substantial revisions of continuing chapters as the research in this field has grown. New coverage includes: Animals as social supports, Use of AAT with Special Needs students, the role of animals in the family- insights for clinicians, and measuring the animal-person bond. - Contributions from veterinarians, animal trainers, psychologists, and social workers - Includes guidelines and best practices for using animals as therapeutic companions - Addresses specific types of patients and environmental situations

**aat animal assisted therapy:** *Handbook on Animal-Assisted Therapy* Aubrey H Fine, 2019-06-27 *Handbook on Animal-Assisted Therapy: Foundations and Guidelines for Animal-Assisted Interventions*, Fifth Edition highlights advances in the field, with seven new chapters and revisions to over 75% of the material. This book will help therapists discover the benefits of incorporating animal assisted therapy into their practice, how to design and implement animal assisted interventions, and the efficacy of animal assisted therapy with different disorders and patient populations. Coverage includes the use of AAT with children, families and the elderly, in counseling and psychotherapy settings, and for treating a variety of specific disorders. - Contains seven new chapters in addition to 75% new or revised material - Includes guidelines and best practices for using animals as therapeutic companions - Addresses specific types of patients and environmental situations - Includes AAI working with cats, dogs, birds, and horses - Discusses why animals are used in therapy, as well as how

**aat animal assisted therapy: Animal Assisted Therapy in Counseling** Cynthia K. Chandler, 2012-04-23 *Animal Assisted Therapy in Counseling* is the most comprehensive book available dedicated to training mental health practitioners in Animal Assisted Therapy (AAT). It explains the history and practice of AAT in counseling, discusses the latest empirical research, and provides an in-depth explanation of the psychodynamics of AAT within various theoretical frameworks. Readers will learn the proper way to select, train, and evaluate an animal for therapy. The use of a number of different therapy animals is considered, including dogs, cats, horses, birds, farm animals, rabbits and other small animals, and dolphins. Guidelines for implementing AAT in settings such as private practices, community agencies, schools, hospices, and prisons are covered, as well as ethical and legal considerations, risk management, diversity issues, and crisis and disaster response applications. Numerous case examples illustrate the use of AAT principles with clients, and forms, client handouts, and other resources provide valuable tools. This unique resource is an indispensable guide for any counselor looking to develop and implement AAT techniques in his or her practice.

**aat animal assisted therapy:** *Handbook on Animal-Assisted Therapy* Aubrey H Fine, 2010-09-21 In the 10 years since the first edition of *Handbook on Animal-Assisted Therapy* published, the field has changed considerably. The third edition of the *Handbook* highlights advances in the field, with 10 new chapters and over 50% new material. In reading this book, therapists will discover the benefits of incorporating animal assisted therapy into their practice, how to design and implement animal assisted interventions, and the efficacy of animal assisted therapy with different disorders and patient populations. Coverage includes the use of AAT with children, families, and the elderly, in counseling and psychotherapy settings, and for treating a variety of

specific disorders. - Includes coverage of the use of cats, dogs, birds, and horses - Discusses the why to use animals in therapy as well as the how - Covers the use of animal-assisted therapy with different special populations and to treat different disorders

**aat animal assisted therapy:** *Animal-Assisted Brief Therapy* Teri Pichot, Marc Coulter, 2011-02-14 Learn to use a powerful tool in Solution-Focused Brief Therapy—a pet Animal Assisted Activities/Therapy (AAA/T) is an innovative intervention in which an animal becomes a crucial—and highly effective—part of the treatment process. Pet-Assisted Brief Therapy: A Solution-Focused Approach gives therapists the tools they need to begin and maintain an effective treatment program that meaningfully merges dogs and other therapy animals with Solution-Focused Therapy (SFT). This unique book clearly explains how AAA/T integrated with SFT in one substance abuse counseling program. It provides a revealing description of the program's challenges and successes, and discusses the possibilities for AAA/T implementation in other agencies. The authors review in detail the multitude of scenarios where animals can add a valuable dimension for treatment with clients on specific issues. *Animal-Assisted Brief Therapy: A Solution-Focused Approach* provides therapists with concrete examples of how to appropriately implement AAA/T to cultivate positive effects in treatment. The book explains how this loving and patient therapy for clients need not be the difficult challenge that it at first appears to be. This resource takes you step by step through the process, showing what practical strategies can be used to offset most obstacles and unknowns. This one-of-a-kind guide clearly explains how to blend and structure the numerous aspects of AAA/T with Solution Focused Therapy to become a more effective treatment program. Appendices provide AAA/T resources, sample policy and procedures, and training resources across the United States. *Animal-Assisted Brief Therapy: A Solution-Focused Approach* discusses: the history of AAA/T common values between AAA/T and Solution-Focused Therapy the principles and goals of SFT how to understand canine culture the creation of a successful AAA/T program phobias, allergies, liabilities, and insurance therapy dogs' needs common interventions therapy with children therapy with adolescents therapy with adults therapy with substance abusing clients *Animal-Assisted Brief Therapy: A Solution-Focused Approach* provides a comprehensive look at AAA/T and is perfect for therapists struggling to find new and effective ways to work with clients; therapists trying to utilize this approach in their practice; administrators and clinical supervisors wanting to implement AAA/T at their agency; educators; and students.

**aat animal assisted therapy:** *Animal Assisted Play Therapy* Risë VanFleet, Tracie Faa-Thompson, 2017

**aat animal assisted therapy:** *Animal-Assisted Therapy & Activities (12th Ed.)* Phil Arkow, 2021-01-15

**aat animal assisted therapy:** *Animal-Assisted Brief Therapy* Teri Pichot, 2011 *Animal Assisted Activities/Therapy (AAA/T)* is an innovative intervention in which an animal becomes a crucial - and highly effective - part of the treatment process. *Animal Assisted Brief Therapy: A Solution-Focused Approach* gives therapists the tools they need to begin and maintain an effective treatment program that meaningfully merges dogs and other therapy animals with Solution-Focused Therapy (SFT). This unique book clearly explains how AAA/T integrated with SFT in one substance abuse counseling program. It provides a revealing description of the program's challenges and successes, and discusses the possibilities for AAA/T implementation in other agencies. The authors review in detail the multitude of scenarios where animals can add a valuable dimension for treatment with clients on specific issues.

**aat animal assisted therapy:** *101 Creative Ideas for Animal-Assisted Therapy* Stacy Grover, 2010-02 This book is packed with 190 pages of step-by-step instructions for 101 practical animal-assisted therapy activities and interventions. There is also an index that correlates the activities with a myriad of goals in the areas of physical therapy, occupational therapy, mental health, social skills, educational skills, speech therapy, and recreational therapy. You will also find recipes to make for animals, animal-related booklists, and animal-related songs. This book is not limited to animal-assisted therapy with dogs. It also includes small animals, cats, birds, and horses. If you are a

handler of a therapy animal, a trainer of therapy teams, or if you are a professional who incorporates animal assisted therapy into your practice, this book was written for you.

**aat animal assisted therapy:** *Animal-Assisted Psychotherapy* Nancy Parish-Plass, 2013-07-15 The integration of animals into the therapy setting by psychotherapists has been a growing trend. Psychological problems treated include emotional and behavioral problems, attachment issues, trauma, and developmental disorders. An influential 1970s survey suggests that over 20 percent of therapists in the psychotherapy division of the American Psychological Association incorporated animals into their treatment in some fashion. Anecdotal evidence suggests that the number is much higher today. Since Yeshiva University psychologist Boris Levinson popularized the involvement of animals in psychotherapy in the 1960s, Israel has come to be perhaps the most advanced country in the world in the area of animal-assisted psychotherapy (AAP). This is true especially in the areas of academic training programs, theory-building, and clinical practice. Great effort has been put into understanding the mechanisms behind AAP, as well as into developing ethical guidelines that take into account the therapist's responsibility toward both client and animal. This book exposes the world to the theory and practice of AAP as conceived and used in Israel. It emphasizes evidence-based and clinically sound applications with psychotherapeutic goals, as differentiated from other animal-assisted interventions, such as AAE (animal-assisted education) and AAA (animal-assisted activities), which may have education or skills-oriented goals. Not just anyone with a dog can call him-or herself an animal-assisted therapist. This volume demonstrates not only the promise of animal-assisted psychotherapeutic approaches, but also some of the challenges the field still needs to overcome to gain widespread legitimacy.

**aat animal assisted therapy:** *Animal Assisted Therapy Use Application by Condition* Eric Altschuler, 2022-11-30 *Animal Assisted Therapy Use Application by Condition* provides the most updated and comprehensive data knowledge on animal-assisted therapy. The book synthesizes historical information, theory, clinical practice, and data from recent clinical studies on animal-assisted therapy for post-traumatic stress disorder (PTSD) and other diseases. Written by international experts drawn from the fields of medicine, clinical psychology and therapy, speech therapy, clinical research, and animal training and welfare, this book employs a hypothesis driven, data rich approach to inform readers on current research and serve as a reference for clinical practice and use of animal-assisted therapy. This is an important resource for clinicians, researchers, animal trainers and handlers and students who want to understand and utilize animal-assisted therapy in theory and practice. - Includes essential information on animal-assisted therapy for clinicians, researchers, students, and animal training and handling organizations - Examines PTSD in history, literature and arts, along with theories of the mechanism of clinical action of animal-assisted therapy - Features contributions by war combat veterans who use animal-assisted therapy for the treatment of PTSD

**aat animal assisted therapy:** *Handbook on Animal-Assisted Therapy* Megan Mueller, Zenithson Ng, Taylor Chastain Griffin, Philip Tedeschi, 2024-09-20 *Handbook on Animal-Assisted Therapy*, Sixth Edition continues to be the leading textbook and reference in this field for clinical practitioners. The book provides the evidence basis for the effectiveness of this treatment, as well as guidelines for how to perform it from the selection of treatment animal to application with patients. This new edition is fully updated and contains 15 new chapters on culture, research, standards, of practice, and more. Organized into four sections, the book explores the conceptualization of the animal-human bond, best practices for AAI professionals, considerations related to animal selection/ training/ welfare, and utilizing AAI in special populations. The book may serve as a study guide for the Animal Assisted Intervention Specialist Certification Exam. - Summarizes current research on AAT - Guides readers how to work with a therapy animal safely and effectively - Covers AAT with special populations and for specific disorders - Supports study for the Animal-Assisted Intervention Specialist Certification exam - Contains 15 new chapters on culture, research, standards of practice, and more

**aat animal assisted therapy:** *Animal-Assisted Interventions for Emotional and Mental Health*



Cynthia K. Chandler, Tiffany L. Otting, 2018-04-17 *Animal-Assisted Interventions for Emotional and Mental Health* provides a unique opportunity to learn from a variety of leaders in the field. Leading scholar Dr. Cynthia Chandler and colleague Dr. Tiffany Otting present interviews with pioneering experts from the U.S., U.K., Israel, India, and Hong Kong, revealing key beliefs, values, and ideas that are fundamental to animal-assisted interventions. Their words will inspire and guide current and future generations of practitioners, teachers, and researchers.

**aat animal assisted therapy: *Animal-assisted Brief Therapy*** Teri Pichot, Marc Coulter, 2007 This book provides an overview of Animal-Assisted Activities (AAA) and Animal-Assisted Therapy (AAT) and demonstrates how they can be incorporated into solution-focused treatment programs. Pichot, focusing on the use of therapy dogs, starts with a discussion of the basics of AAA/T and solution-focused therapy, as well as what every practitioner should know about dogs before partnering with them. Successfully combining all of this into an effective treatment program is considered next. Pichot draws upon her own experience developing an AAA/T program in the substance abuse counseling program at a county public health agency to illustrate the effective implementation of such a program and the struggles and lessons learned in doing so. Using AAA/T with special populations, cultural considerations, and the impact a therapy dog can have on the handler. New in this edition are client scenarios that demonstrate the therapist's thought process when making clinical decisions about when and how to use a therapy dog. Sample forms and treatment plans are also provided that professionals can use to modify or structure in their work with clients. The concepts and information provided in this valuable guide will be helpful for any therapist regardless of whether he or she is in private practice or working in an agency setting.

**aat animal assisted therapy: *Animal-assisted Therapy*** Donald Altschiller, 2011 This comprehensive overview of the many types of animal-assisted therapy provides the perfect reference for students, general readers, pet owners, animal care specialists, psychologists, occupational and physical therapists, and mental health professionals.

**aat animal assisted therapy: *Animal-Assisted Intervention*** Angela K. Fournier, 2019-12-09 This book brings the animal into the scholarly discussion of animal-assisted therapy and other interventions. Challenging the current reliance on outcome studies, the author offers a new way of thinking empirically about animal-assisted interventions—analysis of human-animal interaction as a critical component. Through empirical demonstrations from laboratory and applied settings, the book encourages practitioners and scholars to undergo a deeper examination of the basic interactions that occur between clients or patients and therapy animals. Dr. Fournier provides new ideas on measurement, experimentation, and interpretation of human-animal interaction, aimed at identifying the role of the animal in interventions for human health and well-being.

**aat animal assisted therapy: *Therapy Pets*** Jacqueline J. Crawford, Karen A. Pomerinke, 2003 Pets love us unconditionally. They're always happy to see us, they encourage us when we're feeling down, and their devotion is touching and reassuring. If this is true for the average pet owner, it is especially true for the disabled, handicapped, emotionally troubled, and seriously ill person. In this book we learn how the field of Animal Assisted Therapy is having remarkable success training animals to help and enhance the lives of children and adults with serious medical problems. Hospital rehabilitation programs, physical and occupational therapy sessions, nursing homes, and mental healthcare facilities are just some of the settings where dogs, cats, horses, and other animals have helped patients cope with medical challenges. Includes stories of the healing partnership, from disabled children to a hospice patient in his last days and emotionally drained firefighters at New York City's Ground Zero.--From publisher description.

**aat animal assisted therapy: *Oxford Textbook of Nature and Public Health*** Matilda van den Bosch, William Bird, 2018 The 'Oxford Textbook of Nature and Public Health' focuses on the role of nature for our health and wellbeing by demonstrating the multiple health benefits that can be gained from nature. Highlighting the need for healthy nature management, and to make public health issues part of all society development policies.

**aat animal assisted therapy: *Animal-Assisted Therapy*** Lynda M. King, 2007-11-01 This book

will provide the reader with a well rounded understanding of animal-assisted therapy, or pet therapy. Animal-assisted therapy is a therapeutic tool that is used to facilitate the client's treatment and recovery process. Some of the people who will benefit from reading this book include counselors, school counselors, social workers, educators, students, and anyone interested in animal-assisted therapy. Teachers may implement this book in their instructional materials. Authors, books, journals, articles, and resources have been consolidated into a descriptive designed graduate level thesis. There is a detailed table of contents that will allow the reader to quickly access the section he or she is looking for. A glossary consisting of animal-assisted therapy topics is provided. This book reads easily and will engage the reader. Ways to integrate land and marine mammals into the client's treatment will be shown, as well as kinds of land and marine mammals to be utilized. Animal-assisted therapy may be utilized with many clinical diagnoses and therapeutic issues. There are many types of facilities that may benefit from animal-assisted therapy. Examples and further explanation will be given addressing these topics. Basic tenets, ethical issues, and certification will be explained. Within the helping professions, ethics are vital and certification has become mandatory in many states. The needs of the client, the clinician, and the animal will be discussed. Benefits of animal-assisted therapy will be included. Resources that will facilitate the implementation of animal-assisted therapy will be shown. The reader who would like to pursue animal-assisted therapy in further detail will be given additional resources. The goal of this descriptive designed graduate level thesis was to consolidate many good works into one book. As time advances, the material presented in this book will continue to be useful.

**aat animal assisted therapy:** *Occupational Therapy* Meral Huri, 2018-11-21 Occupational therapy is a health care specialty with a deep focus on client-centered and holistic rehabilitation to improve the individual's occupational performance, quality of life and well-being through participation in meaningful and purposeful activities. This new book presents the importance of the therapeutic and creative use of activity in different populations, which is one of the core components of occupational therapy. Rehabilitation, rehabilitation delivery and outcomes are affected by recent changes in the meaning of health and social values. This resulted in an increasing necessity for therapeutic therapy, as well as creative use of activity in occupational therapy. This book focuses on recent advances in occupational therapy and reviews current practical guidelines. It introduces updated knowledge and skills for children, adults and the communities, including physical, mental, social, sensory, behavioral, environmental and community-based interventions to prevent, promote and improve activity use. The book will be relevant to occupational therapists, speech and language therapists, physical therapists, psychiatrists, psychologists, social workers and all the members of interdisciplinary rehabilitation team care workers.

**aat animal assisted therapy:** *Animal Assisted Therapy* Susan Bowman, 2015-01-07 Discover How Animal Assisted Therapy Can Help You Lose Weight, Overcome Phobias, Treat Your Addictions AND Help You Take Responsibility For Your Life In A Positive, Non-Invasive And Easy-To-Follow Way! Did you know pets have been used as powerful therapy and healing for centuries? The human animal bond has existed since the dawn of time, something the ancient's used for centuries to promote natural healing and self-discovery. Animals are more than simple creatures - they are therapy providers and healers with the ability to light up the lives of those who benefit supportive embrace. Animal assisted therapy will change the way you think about your pet, and just about any animal, forever. \* Discover how to take charge of your life and responsibility for your actions in 1 easy step... \* Uncover the top 10 mental & psychological benefits of pet therapy PROVEN through years of research and scientific analysis into the benefits of animal assisted therapy... \* Find out what and where the top 3 National Organizations are supporting AAT programs and how you can connect with them to start making positive changes in your life today... \* Learn about 7 little-known resources you can use to find an AAT program that specializes in the types of treatment you want located in YOUR hometown... \* Find out what your doctor might NOT be telling you about the benefits of AAT, and how AAT may be MORE effective at helping you conquer depression, anxiety, addictions and loneliness than counseling or medications alone...

**aat animal assisted therapy:** Animal-assisted Therapy , 2009

**aat animal assisted therapy:** Improving Mental Health Through Animal-assisted Therapy

Liana Joanne Urichuk, Dennis Anderson, Chimo Project, 2003

**aat animal assisted therapy:** Complementary Therapies for the Body, Mind and Soul Marcelo Saad, 2015-09-02 Complementary Therapies (CT) refers to the practices, products, or health systems that are outside the realm of conventional medicine, used to treat disease or to promote health and well-being. Defining CT is difficult, because the field is very broad and constantly changing. The title of this book includes the words body, mind, and soul. The body and the mind (and their reciprocal relations) have been extensively studied scientifically. What about the soul? The book brings some points about this new ground in CT. We hope you find in the present work the sincere desire to collaborate with the dissemination of knowledge. May this book be useful and pleasant to you.

**aat animal assisted therapy:** *Standards of Practice for Animal-assisted Activities and Animal-assisted Therapy* , 1996-11-01

**aat animal assisted therapy:** Animal-assisted Therapy Judy Gammonley, 1997

**aat animal assisted therapy:** *Pet-oriented Child Psychotherapy* Boris Mayer Levinson, Gerald P. Mallon, 1997 Boris Levinson was the first professionally trained clinician to formally introduce and document the way that companion animals could hasten the development of a rapport between therapist and patient, thereby increasing the likelihood of patient motivation. The original edition of this fascinating book was the first work to document pet-oriented psychotherapy. That text is reproduced here in its original form; furthermore, in order to update and revise the text, footnotes have been added to identify and highlight research and practices which have occurred since the book was first published in 1969. Also, a list of resources now appears in the appendix. This classic work has universal appeal, from human service practitioners, health and mental health practitioners, to educators in social work, psychology, nursing, veterinary medicine and counseling.--BOOK JACKET.Title Summary field provided by Blackwell North America, Inc. All Rights Reserved

**aat animal assisted therapy:** The Welfare of Animals in Animal-Assisted Interventions

Jose M. Peralta, Aubrey H. Fine, 2021-05-07 This is the first book focusing on the animal's perspective and best practices to ensure the welfare of both therapy animals and their human counterparts in animal-assisted interventions. Written by leading scientists, it summarizes the scientific evidence available concerning the impacts on animals in these settings, including companion species, horses, marine mammals and other animals used in therapy. There has been a dramatic increase in the range of animal-assisted interventions used in medical and allied health environments in recent years, and the field is now entering an era with a greater interest in defining the underlying mechanisms of the human-animal bond as well as the therapeutic benefits of these interactions. Animal-assisted interventions, as with other uses of animals by humans, impose a unique set of stresses on the animals, which the community has only recently begun to acknowledge. For the field to continue to flourish, more evidence is needed to shed light on the implications for the animals and what guidelines need to be put into practice to ensure welfare. With the ultimate goal of improving the impact that we have on the animals under our care, the book provides a roadmap for researchers and clinicians as they attempt to safely and humanely incorporate various species of animals into therapeutic settings. The authors also offer instructions and suggestions for areas that need to be studied more robustly over the next decade to continue to ensure the safe and proper use of animals in therapy sessions. This is an informative, thought-provoking and instructive resource for practitioners and researchers in the field of medicine and clinical psychology using animal-assisted interventions, as well as for veterinarians and welfare scientists.

**aat animal assisted therapy:** Paws & Effect Sharon Sakson, 2009-06-09 Dogs have always been our friends and changed our lives for the better. But they may save our lives as well. Seamlessly weaving scientific research with compelling narrative, Paws & Effect tells incredibly moving stories of beloved pets who have supported their people through periods of ill health and other crises—with miraculous results: \*Little Ben, a Chihuahua who can sense impending epileptic seizures \*Abdul, a Golden Retriever/Lab mix, who was the world's first service dog and helped his

owner by retrieving keys and phones, medicine from countertops, water from the refrigerator, and could even hand in credit cards at the grocery store \*A Dalmation named Trudii, whose obsessive behavior prompted her owner to seek a medical examination that revealed melanoma

**aat animal assisted therapy: Animal-Assisted Interventions in Health Care Settings**

Sandra B. Barker, Rebecca A. Vokes, Randolph T. Barker, 2019-01-15 Growing literature around the benefits of animal-assisted intervention (AAI) spurs health care professionals and administrators to start new programs. Yet the trend also raises questions of how best to begin and run successful AAI programs—under what circumstances, with what staff, and within what guidelines. *Animal-Assisted Interventions in Health Care Settings: A Best Practices Manual for Establishing New Programs* succinctly outlines how best to develop, implement, run, and evaluate AAI programs. Drawing on extensive professional experiences and research from more than fifteen years of leading the Center for Human-Animal Interaction in the Virginia Commonwealth University School of Medicine, the authors discuss both best practices and best reasons for establishing AAI programs. For thorough consideration, the text explores benefits from a variety of perspectives, including how AAI can improve patient experience, provide additional career development for staff, and contribute favorably to organizational culture and to the reputation of the facility in the surrounding community. Developed for administrators as well as for volunteers and staff, *Animal-Assisted Interventions in Health Care Settings* includes practical, case-based examples for easy comprehension and offers an accompanying online user-friendly template that can be adapted to develop practice-specific training, evaluation, and procedure manuals.

**aat animal assisted therapy: Animal-Assisted Therapy and Activities** Phil Arkow,

2011-04-01 This comprehensive study describes clinical and institutional therapies and activities using animals in physical and mental health programs with children, seniors, and a wide range of special populations. Topics include how to become an AAT/AAA practitioner, how to organize an AAT/AAA program, and techniques for conducting animal-assisted interventions. Extensive bibliographies and resources include materials on prison programs, service dogs for veterans, reading interventions, infectious disease control guidelines, state regulations, and directories of academic and programmatic centers. The 10th Edition of this book, first published in 1977, has been revised with all-new resources. This textbook is used internationally and in several college courses.

**aat animal assisted therapy: Encyclopedia of Psychotherapy, Two-Volume Set** Dr Michel

Hersen, PH.D., Dr William H Sledge, M.D., 2002-06-18 Psychotherapy is the dialogue between patient and therapist in the diagnosis and treatment of behavioral, crisis, and mental disorders. Psychoanalysis as formulated by Sigmund Freud is the first modern form of psychotherapy and this approach has given rise to several score of psychodynamic therapies. In more recent times behavioral, cognitive, existential, humanistic, and short-term therapies have been put into practice, each with a particular focus and each giving rise to variations in structure and content of treatment as well as therapeutic outcomes. These therapy approaches relate the patient/therapist dialogue to different aspects of the therapeutic process. For instance, behavior therapies focus on the patient's conduct and cognitive therapies treat the client's thought processes. The Encyclopedia covers the major psychotherapies currently in practice as well as the classical approaches that laid the foundation for the various contemporary treatment approaches. In addition, the Encyclopedia identifies the scientific studies conducted on the efficacy of the therapies and review the theoretical basis of each therapy.

**aat animal assisted therapy: Attachment to Pets** Henri Julius, Andrea Beetz, Kurt Kotrschal,

Dennis Turner, Kerstin Uvnäs-Moberg, 2012-01-01 The biological and psychological basis of pet therapy / animal-assisted therapy and what this means for practice A comprehensive, scientific foundation for human-animal therapy. (Judith Solomon) In recent years, the ancient symbiosis between humans and their pets has entered a new phase, marked by the burgeoning clinical specialty of human-animal therapy. This approach uses the relationship between humans and their (mainly) mammalian pets to support the growth of emotion regulation, social skills, and mental health in children, adolescents, and adults. But how are humans and animals able to develop close

bonds at all? What makes it possible for animals to have a therapeutic effect on humans? And how can we best use this understanding in animal-assisted therapy? In this unique book, a team of expert biologists and psychologists integrate and combine sophisticated biological and psychological knowledge to answer these questions. Together they have created a comprehensive, scientific foundation for human-animal therapy, a foundation that will facilitate the development, implementation, and evaluation of effective new interventions.

**aat animal assisted therapy:** *Animal-assisted Interventions* Lori R. Kogan, 2023-12-14 This is a practical book exploring how to conduct animal assisted intervention (AAI) in ways that protect and prioritize animal and human welfare. This resource is for social scientists (e.g., psychology, social work, human development and family studies, etc.), as well as ethologists and animal behaviour and welfare students and practitioners. The book is a series of short chapters that depict a wide array of AAIs and their potential welfare concerns. The chapters include descriptions of the AAI offered, the welfare challenges, and ways to successfully mitigate these challenges. This book also covers critical topics including therapy animals' aging, retirement, and death as well as ethical issues including animal consent. Species include not only dogs, but horses, rabbits, and other small animals (e.g., guinea pigs, mice, etc.). Types of AAI involve individual interventions as well as crisis dogs (those who help after natural and man-made disasters), and residential animals. The book is designed to be a practical, engaging book with links to video and examples of real-life situations. It is evidence-based, yet user-friendly and directly applicable to students and practitioners. An invaluable resource for ethologists and animal behaviour and welfare students and practitioners, as well as social scientists (e.g., psychology, social work, human development and family studies).

**aat animal assisted therapy:** *Health Technology Assessment of Assistance Dogs and Dog-Assisted Interventions* Martina Lundqvist, 2020-09-04 Dogs as an assistive aid for people with disabilities date as far back in time as the first century CE. Today, dogs are used in various settings to help and assist humans. 'Assistance dogs' is an umbrella term for guide dogs, hearing dogs and service dogs. They are custom trained to help and support their owners in their everyday life and thereby give them greater independence. Dogs who perform dog-assisted interventions are another type of working dog, where the dog and the owner work together as a team visiting people with various needs in different settings such as hospitals and nursing homes. These visits aim to strengthen people's inner motivation, using the dog as an external motivator. There is a lack of evaluations of working dogs in the health technology assessment context, and in the health economic evaluation context. Hence, there is a need for structured analyses that include both the short and long-term effects and the costs of assistance dogs and dog-assisted interventions. The overall aim of this thesis is to explore and assess the use of assistance dogs and dog-assisted interventions. The research questions were investigated using a variety of methods. In paper I, inferential statistical analysis was used to analyse patient-reported outcomes measures. In paper II, a thematic content analysis was employed to explore the experiences of service and hearing dogs. To study the long-term cost-effectiveness of physical service dogs and diabetes alert dogs, a decision analytic model was used in paper III. The input data in studies I, II, and III was obtained from the Service and Hearing Dog Project. In paper III, the data was also supplemented with information from published literature and expert opinions. Paper IV investigated the effects and cost-effectiveness of dog-assisted interventions, and takes the form of a systematic review. Paper I showed that a service or hearing dog may have positive impact on its owner's health-related quality of life, well-being and activity level. Paper II showed that owners of service or hearing dogs experienced both positive physical and psychosocial effects from their dog. Negative experiences were also identified, for example being denied access to public places and negative attitudes from other people. Paper III showed that physical service dogs and diabetes alert dogs are cost-effective in comparison with regular companion dogs, resulting in both lower costs and a gain in QALYs. The one-way sensitivity analysis did not change the results, but the probabilistic sensitivity analysis showed that the results were uncertain. Synthesizing the results from the review in paper IV showed that dog-assisted interventions for therapeutic purposes led to minor to moderate effects in psychiatric conditions.

Dog-assisted interventions as an activity had minor to moderate effects on cognitive disorders, and dog-assisted interventions for support purposes were beneficial in different types of medical interventions. Studies of cost-effectiveness were lacking. To conclude, assistance dogs are valuable and may be cost-effective for use as assistive aids and dog-assisted interventions render minor to moderate effects in certain situations in healthcare settings. Användning av hundar som hjälpmedel för personer med funktionsnedsättning går att spåra ändå tillbaka till första århundradet e.Kr. Idag används hundar i människans tjänst i en mängd olika sammanhang. Assistanshundar är ett samlingsbegrepp för ledarhundar, signalhundar och servicehundar. De är specialutbildade för att hjälpa och stödja sina ägare i deras vardag och på så vis ge dem möjlighet till att leva ett mer självständigt liv. Hundar som utför hundassisterade interventioner är en annan typ av tjänstehund, men deras jobb är inte att hjälpa sin ägare. Istället arbetar hundar som utför hundassisterade interventioner och deras ägare som ett team. Tillsammans besöker de personer med olika behov i olika miljöer som exempelvis sjukhus eller äldreboende. De arbetar med att stärka motivationen hos personerna de träffar. Idag saknas det övergripande utvärderingar som tittar på olika aspekter av den här typen av hundar. Det saknas även utvärderingar som specifikt studerar effekter och kostnader av assistanshundar och hundassisterade interventioner. Det finns därför ett behov av strukturerade analyser som inkluderar både kort- och långsiktiga effekter samt kostnader för denna typ av hundar och interventioner. Det övergripande syftet med denna doktorsavhandling är att utforska och utvärdera användningen av assistanshundar och hundassisterade interventioner. Frågeställningarna studeras med ett brett urval av metoder. I studie I analyseras patientrapporterade utfallsmått med statistiska metoder. I studie II genomförs en tematisk innehållsanalys för att undersöka förarnas upplevelser av service- och signalhundar. För att analysera den långsiktiga kostnadseffektiviteten av fysiska servicehundar och alarmerande diabeteshundar i studie III konstrueras en beslutsmodell. Datamaterialet i studie I, II och III hämtas från service- och signalhundsprojektet. I studie III kompletteras data med information från publicerad litteratur och med expertutlåtande. I studie IV studeras effekterna och kostnadseffektiviteten av hundassisterade interventioner genom en systematisk litteraturoversikt. Studie I visade att en service- eller signalhund kan ha en positiv inverkan på deras ägares hälsorelaterade livskvalitet, välbefinnande och aktivitetsnivå. Resultaten från de tematiska analyserna i studie II påvisade att ägare av en service- eller signalhund upplevde både positiva fysiska och psykosociala effekter av sin hund. Negativa erfarenheter av hunden identifierades också, till exempel att hunden begränsade möjligheten att vistas i offentliga miljöer och andra personers negativa attityder. Studie III visade att fysiska servicehundar och alarmerande diabeteshundar är kostnadseffektiva i jämförelse med vanliga sällskapshundar, de var både kostnadsbesparande och innebar en QALY-vinst. Känslighetsanalyser av specifika parametrar påverkade inte resultaten, men den probabilistiska känslighetsanalysen visade att resultaten var osäkra. Resultaten från den systematiska litteraturoversikten i artikel IV visade att hundassisterade interventioner som ges i terapeutiskt syfte hade små till måttliga effekter vid psykiatriska tillstånd. Hundassisterade aktiviteter hade små till måttliga effekter vid kognitiva störningar och hundassisterade interventioner som gavs som stöd vid olika typer av medicinska insatser var fördelaktiga. Studier gällande kostnadseffektivitet av hundassisterade interventioner saknades. Sammanfattningsvis, assistanshundar som hjälpmedel ger positiva effekter i flera dimensioner för sina ägare och är sannolikt kostnadseffektiva. Hundassisterade interventioner uppvisar små till måttliga effekter i vissa situationer i hälso- och sjukvården.

**aat animal assisted therapy:** *Animal Assisted Therapy Activities to Motivate and Inspire* Nancy Lind, 2009-11 An excellent resource for pet therapy teams, educators, and therapists, this text presents clearly outlined instructions with educational and clinical application suggestions from a pioneer in the area of pet therapy.

**aat animal assisted therapy:** *Creature Comfort* Bernie Graham, 1999 The beneficial effect of animals on humans has been known for centuries. It is only recently, however, that more scientific studies have been set up to assess the 'furry factor'. We now know that people are statistically less

likely to suffer an early heart attack if they have a pet, and that stroking an animal actually reduces stress levels. Projects like Guide Dogs for the Blind and Riding for the Disabled are also familiar to many and are recognised as doing sterling work. But this is only the tip of the iceberg. 'Animal Assisted Therapy', as it is known, is going from strength to strength and gaining recognition from mainstream medicine. There is a burgeoning amount of research being put into the extraordinary effect dolphins can have on children with a range of physical and mental impairments. Numerous animal schemes have been set up, including one where dogs have been trained to help disabled people with household tasks. Cats and dogs, even rabbits, are taken into hospitals to offer comfort and be cuddled by patients. People with severe epilepsy can lead near normal lives with dogs who possess the intriguing ability to predict a major seizure. Written with warmth, humour, but above all compassion, CREATURE COMFORT looks at all aspects of Animal Assisted Therapy, including the theories behind it, to provide both a practical guide and emotional journal. A must for pet lovers, health care workers and those who wish to benefit from this most holistic of therapies.

#### **aat animal assisted therapy: Building Better Schools with Evidence-based Policy**

Kelly-Ann Allen, Andrea Reupert, Lindsay Oades, 2021-04-29 Building Better Schools with Evidence-based Policy: Adaptable Policy for Teachers and School Leaders provides an extensive set of free-to-use policies for building better schools. The policies included in this book cover a broad range of popular topics for schools that are not readily accessible, and each policy is built on theory, driven by research, and created by experts. Each policy is based on substantial evidence, and this is ensured through the inclusion of contributors who are active and highly reputable in their respective field. Most schools are obliged to write and maintain policy, and not all school leaders have the required skills, time, or expertise to do this effectively. Building Better Schools with Evidence-based Policy: Adaptable Policy for Teachers and School Leaders is a time-saving resource for schools. It aims to address the reported research-to-practice gap in education by delivering accessible evidence-based practice in a ready-to-use adaptable format. All policies within this book are designed to be adapted and tailored to the unique diversity and needs of each school as reflected by the context and the people that make up the school community. This book is relevant to every person who works in a school - worldwide. Users of this book can rest assured that each policy has been carefully formulated from the current understandings of best practice. This is a practical innovation and an example of how schools can use research evidence in their day-to-day practices. The Open Access version of this book, available at [www.taylorfrancis.com](http://www.taylorfrancis.com), has been made available under a Creative Commons Attribution-Non-Commercial-No Derivatives 4.0 license.

#### **aat animal assisted therapy: Professional Applications of Animal Assisted Interventions**

Melissa Y. Winkle, 2013-07-24 The human-animal bond has therapeutic value regardless of the nature of the interaction. Recently, the work has begun to diverge into two distinct directions. First, many organizations continue to support volunteer visiting teams in a variety of community settings; however, a secondary breed of programs are emerging as more healthcare, social service, and educational practitioners carry the responsibility to ensure professional level standards of practice that blend seamlessly with each disciplines practice framework. The patient, client, and student goals are formal and practiced in a discipline specific modality. Dogwood Doga is not meant to be a "cookie cutter" book for activities, rather, it is meant to educate professionals about how to think about intervention or educational plans, activity and biomechanical analysis, modifications, and safety for human and dog. This book caters to those who use dogs in discipline specific sessions. DOGWOOD DOGA is the first book in a series that offers an occupational therapists perspective on having a canine co-therapist or co-educator work with clients, patients or students to reach functional goals including health maintenance, neuromusculoskeletal and motor skills, sensory and cognitive functions, communication and interaction skills, and more. The book includes pictured demonstrations, instructions, activity analysis, and modification ideas. Each activity in DOGWOOD DOGA also offers information about incorporating the dog and intermediate dog training requirements. It is recommended that users have experience with biomechanics/yoga, and have dogs with solid obedience and interaction skills.

**aat animal assisted therapy:** *Anthrozoös* Patricia K. Anderson, Anthony L. Podberscek, Penny Bernstein, 2007-11 \* 80 issues, over 350 articles\* 20 years of leading scholarship on human-animal relations \* Includes free online access for 1 yearAvailable for the first time as a complete set, *Anthrozoös: A Multidisciplinary Journal of the Interactions of People and Animals* now form a two-box set of 20 volumes. This set includes seminal articles on the interactions of people and animals across a wide range of disciplines. *Anthrozoös* is a quarterly, peer-reviewed academic journal which has enjoyed a distinguished history as a pioneer in the field since its launch in 1987. Academic disciplines represented include anthropology, archaeozoology, art and literature, education, ethology, history, human medicine, psychology, sociology and veterinary medicine.



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