

Animal-Assisted Therapy

Applications & Strategies

James (Jim) DeCarli, PhD, MPH, MPA, PGDip, MCHES

Injury & Neuroepidemiologist,

Pro Consumer Safety/Public Health Behavior Solutions



Healthy Pets Healthy Family - Forum

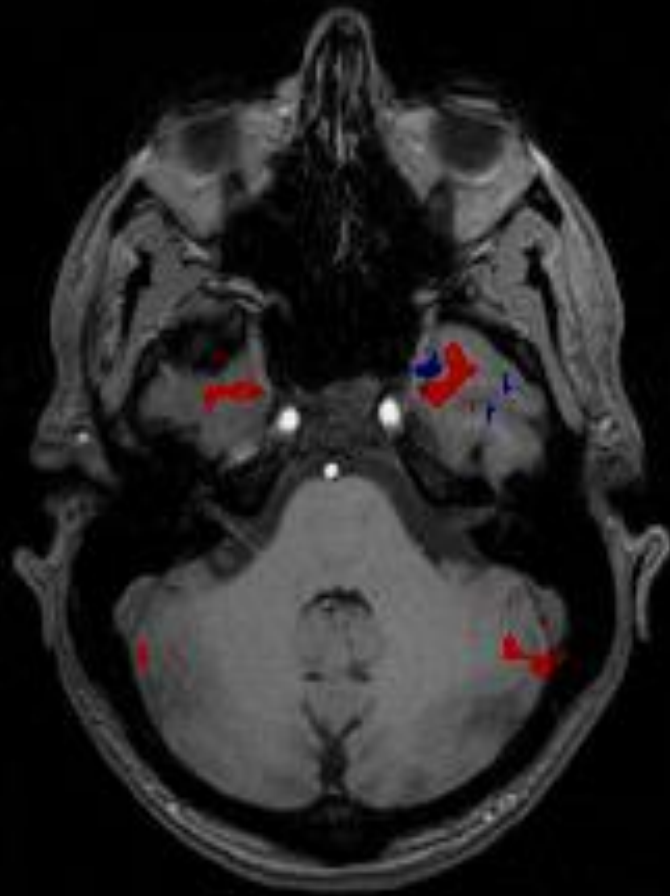
Los Angeles County, Veterinarian Public Health

5555 Ferguson Drive

Commerce, California 90022

October 29, 2019









Types of Animal-Related Assistance

Assistance Animal

Hippotherapy



REGISTERED

**Emotional
Support Animal**



Guide Dog

**Equine-Assisted
Therapy**

Support Animal

**Therapy
Animal**

CERTIFIED

TRAINED



Companion Animal

Seeing-Eye Dog

Service Animal



LICENSED

Psychiatric Service Animal

Types of Animal-Related Assistance

ESA Products

<https://www.flightquarters.com/bird-diapers/product/esa-flightsuit.html>



ESA (Emotional Support Animal) FeatherWear FlightSuit™

ESA-FLIGHTSUIT

\$21.99

FlightSuit Size:

FlightSuit Color:

Patch Options:

- Front Cross and Back ESA Patch
- Back ESA Patch only (add \$5)

Bird Type, please be very specific

(For example, *UMBRELLA Cockatoo* instead of just *Cockatoo*)

Is the bird less than six months old?:

- Yes
- No



Types of Animal-Related Assistance

Assistance Animals

Service Animal

Emotional Support Animal

Animals



Animal-assisted Interventions

Therapy Animal

Assistance Animals (Service & Emotional Support)

Assistance Animals



Service Animal



Emotional Support Animal



Animals



Animal-assisted interventions

A dog or miniature horse that is trained to do work or perform tasks for the individual with disability

Any species of animal that a mental health professional had determined, provides a benefit for and individual with a disability-related need. But does not have to be trained for a particular task.

Therapy Animal

➤ Federally Regulated

➤ Public Access Requirements

➤ Identification

➤ Certification

Regulation/Legislation

Protecting the rights of individuals with disability



Assistance Animals (Service & Emotional Support)

	American's with Disability Act (ADA)	Air Carrier Access Act (ACAA) (airplanes or airports)	Fair Housing Act (FHA)
Service animal	✓	✓	✓
Service animal in-training	✗	✗	✓
Emotional support animal	✗	✓	✓

Public Access

Protecting the rights of individuals with disability








	Service Animal	Service animal in-training	Emotional support animal
Housing	✓	✓	✓
Hotels	✓	* X	X
Airlines	✓	* X	✓
Public transit	✓	* X	X
Restaurants	✓	* X	X
Kitchen food prep	X	X	X
Sterile rooms	X	X	X
Jail/prisons cells	X	X	X
Churches	X	X	X
Private clubs	X	X	X

Certification

Protecting the rights of individuals with disability




	Training?	Proof of training?	Proof of certification?
Service animal	 To perform a specific task for and individual with disability		
Emotional support animal			*But letter from Mental Health Professional

Federal Registration

Animal Identification



	Visible identification?	Verified paper identification?
Service animal	X	X
Service animal in-training	X	X
Emotional support animal	X	 Letter from mental health professional for the specific animal

➤ Carry current Rabies certificate

Air Travel

Air Carrier Access Act (ACAA)



- **Dogs & Cats** – most common
- **Increase** – Emotional Support Animals (ESA):
 - Pot-bellied pig
 - Turkey
 - Peacock
 - Possums
 - Snakes
 - Spiders
- **Animal Incidents** – 84% increase
 - Urination/defecation
 - Barking
 - Bites
 - Attacks



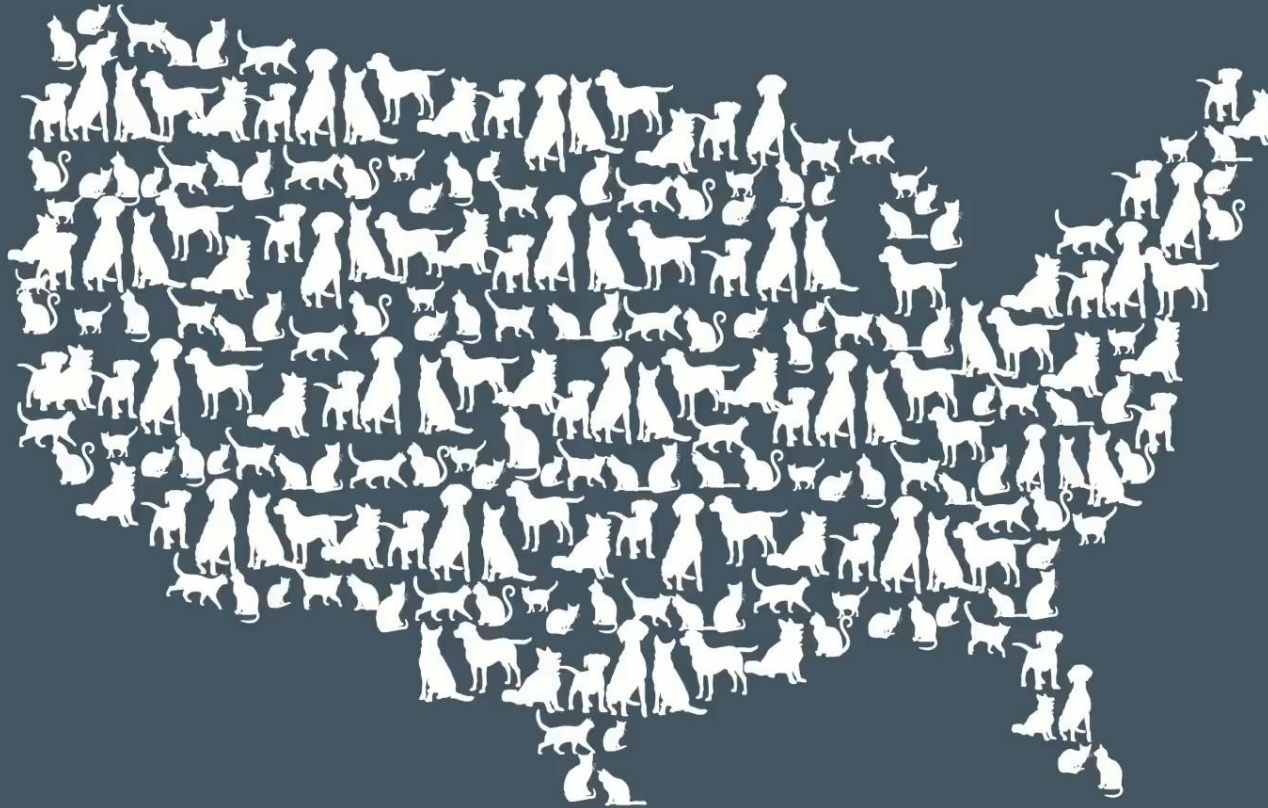
Source: thejetset.tv

- **Resource:** FAA Travel Brochure

https://www.transportation.gov/sites/dot.gov/files/docs/AirTravel_with_ServiceAnimals-TriFold.pdf

Air Travel

Air Carrier Access Act (ACAA)



CC: Every year thousands of passengers travel with service animals, including emotional support and psychiatric service animals, via air travel.

Video Resource: <https://www.transportation.gov/individuals/aviation-consumer-protection/service-animals-including-emotional-support-animals><https://youtu.be/LbZhrHJKdA>

Veterinarians & ESA's



What questions can a veterinarian ask regarding service & emotional support animals?

1. Is this your pet?
2. What tasks or functions does the animal provide for you?
3. What has the animal been trained to do?
4. Would you describe how the animal performs this task or function for you?

Not allowed to ask

(Health Insurance Portability and Accountability Act - HIPAA):

- Can your pet demonstrate tasks or functions?
- What type of disability do you have?

Types of Animal-Related Assistance

Assistance
Animals

Service
Animal

Emotional
Support
Animal



Animal-
assisted
Interventions

Therapy
Animal

Animal-Assisted Intervention (AAI)

International Association of Human-Animal Interaction Organizations (IAHAIO)

- Definitions for Animal-Assisted Interventions
- Guidelines for wellness of animals involved in AAI
- Resources [iahaio.org]
- White Paper (2018-2019 Update)



White Paper:

[iahaio.org/wp/wp-content/uploads/2019/01/iahaio_wp_updated-2018-19-final.pdf]

Types of Animal-Related Assistance

Assistance
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Emotional
Support
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Animal-
assisted
Interventions

Animal-Assisted
Activities (AAA)

Therapy
Animal

Animal-Assisted
Education (AAE)

Animal-Assisted
Therapy (AAT)

Animal-Assisted Interventions

Animal-Assisted Education (AAE)

Animal-Assisted Reading Program

Humane Education

Animal-Assisted Activities (AAA)

Animal-Assisted Crisis Response

Therapy Animal Hospital Visit

Therapy Animal Nursing Home Visit

AAA for At-Risk or Delinquent Youth

Stress Reduction Airports/University

Animal-Assisted Therapy (AAT)

Animal-Assisted Psychotherapy

Animal-Assisted Social Work

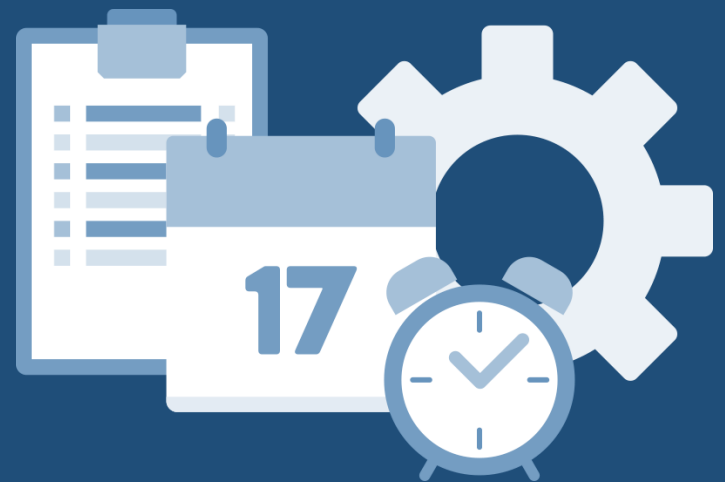
Animal-Assisted Physical Therapy

Animal-Assisted Speech Therapy

Animal-Assisted Paraprofessional AAT Service Model

Animal-Assisted Interventions (AAI)

- Goal oriented and structured
- Includes or incorporates animals in health, education and human services (e.g., social work) for the purpose of therapeutic gains in humans
- Developed and implemented as an interdisciplinary approach
- Incorporates human-animal teams in formal human services through:
 - Animal Assisted Education (AAE)
 - Animal Assisted Activity (AAA)
 - Animal Assisted Therapy (AAT)



Animal-Assisted Interventions (AAI)

Animal Species



- **Domesticated** and well socialized
- Common animals used in AAI:
 - Dogs
 - Cats
 - Rabbits
 - Gerbils
 - Guinea pigs
 - Birds
 - Rats
 - Horses
 - Miniature horses
 - Cows
 - Goats
 - Chickens



- **Non-domesticated animals:**
 - Not well socialized
 - Unpredictable
 - Can cause harm to those around them

Animal-Assisted Interventions (AAI)



Handler

- The human that cares for and leads the animal
- Also trained for ensuring needs of the animal



Therapy Animal Team

- Handler
- Trained Animal



Educator

- Mental Health Professional
- Physical/Occupational Therapist
- Speech-Language Pathologist
- Teacher, Librarian, etc.

Animal-Assisted Interventions

Animal-Assisted Education (AAE)

Animal-Assisted Reading Program

Humane Education

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Animal-Assisted Physical Therapy

Animal-Assisted Speech Therapy

Animal-Assisted Paraprofessional AAT Service Model

Animal-Assisted Education (AAE)

- Goal oriented, planned and structured
- The student's (any age) progress is measured and documented
- Delivered by educational and service professional
- **Purpose:**
 - To improve academic goals, social skills and cognitive functioning

Animal-Assisted
Reading Program

Humane Education

- **Examples:**
 - Animal-Assisted Reading Program:
Library or classroom visit to improve reading skills
 - Humane Education: Classroom visit that promotes responsible pet ownership



- IAHAIO White Paper, 2014-2018 [http://iahaio.org/wp/wp-content/uploads/2019/01/iahaio_wp_updated-2018-19-final.pdf]
- AVMA AAI Definitions [<https://www.avma.org/KB/Policies/Pages/Animal-Assisted-Interventions-Definitions.aspx>]
- Fine, A. H. (2019) Handbook on Animal-Assisted Therapy: Theoretical Foundations and Guidelines for Practice (5th ed.). Burlington: Elsevier Science.

Animal-Assisted Education (AAE)

AAE Definition - AVMA

(American Veterinary Medical Association)

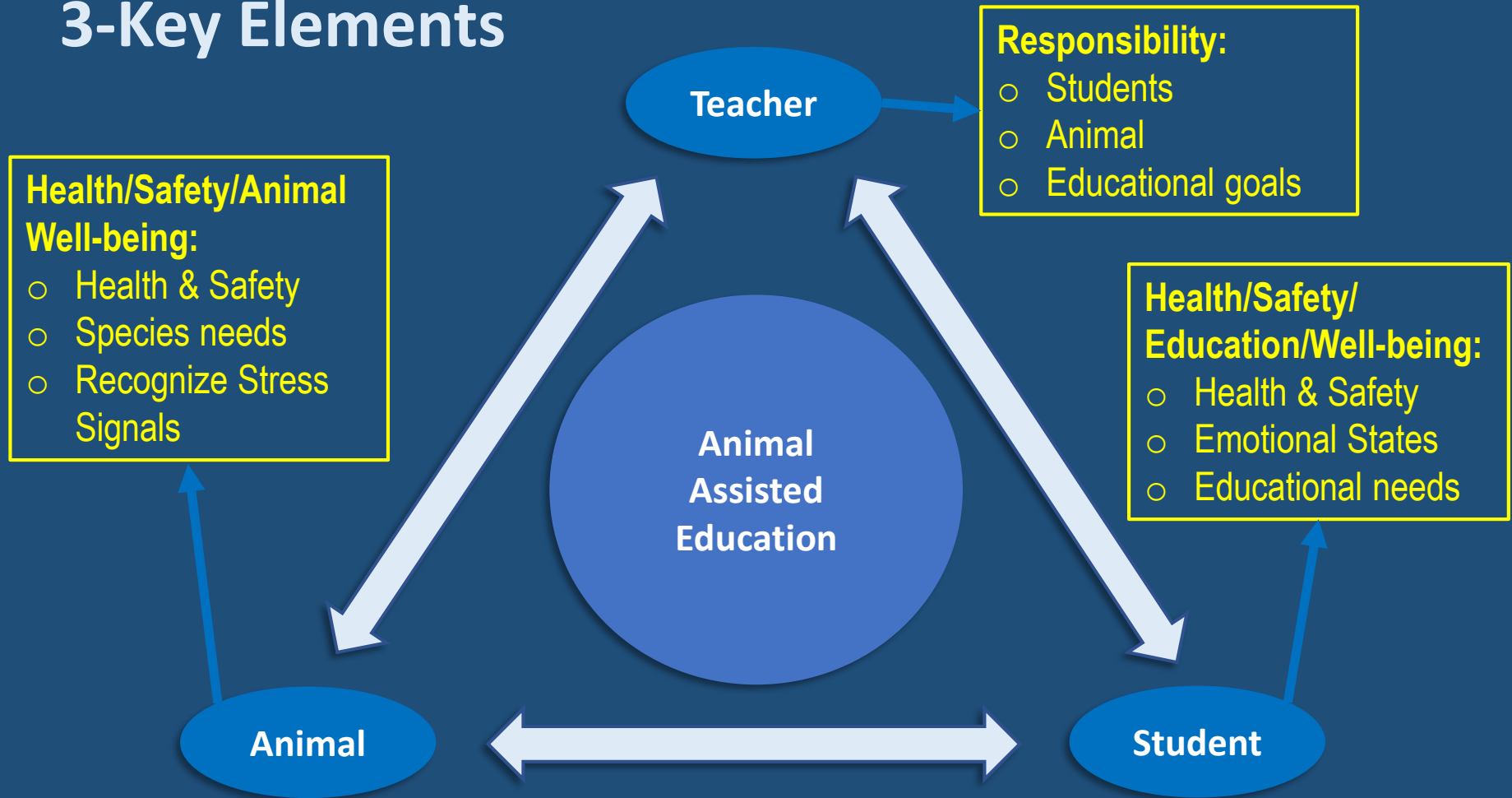
Animal-Assisted
Reading Program

Humane Education

“Animal-assisted education (AAE) is a planned and structured intervention directed and/or delivered by an educational and related service professional with specific academic or educational goals.”

Animal-Assisted Education (AAE)

3-Key Elements



- CDC Guidelines [<https://www.cdc.gov/mmwr/preview/mmwrhtml/rr5605a5.htm>]
- AVMA AAI Definitions [<https://www.avma.org/KB/Policies/Pages/Animal-Assisted-Interventions-Definitions.aspx>]
- Fine, A. H. (2019) Handbook on Animal-Assisted Therapy: Theoretical Foundations and Guidelines for Practice (5th ed.). Burlington: Elsevier Science.

Animal-Assisted Reading Program



- Provides children with an opportunity to practice reading skills by reading to a certified therapy dog.

- Libraries
- Classrooms (Elementary)
- After-school programs



- **Approach**

- Reading Educational Assistance Dogs (R.E.A.D.)
 - Individual
 - Small group



-
- IAHAIO White Paper, 2014-2018 [http://iahaio.org/wp/wp-content/uploads/2019/01/iahaio_wp_updated-2018-19-final.pdf]
 - Le Roux, Marieanna & Swartz, Leslie & Swart, Estelle. (2014). The Effect of an Animal-Assisted Reading Program on the Reading Rate, Accuracy and Comprehension of Grade 3 Students: A Randomized Control Study. Child and Youth Care Forum. 43. 655-673. 10.1007/s10566-014-9262-1.

Animal-Assisted Reading Program



Animal-Assisted Education (AAE)

Video Resource: UPI Health News – Science Magazine

- IAHAIO White Paper, 2014-2018 [http://iahaio.org/wp/wp-content/uploads/2019/01/iahaio_wp_updated-2018-19-final.pdf]
- Le Roux, Marieanna & Swartz, Leslie & Swart, Estelle. (2014). The Effect of an Animal-Assisted Reading Program on the Reading Rate, Accuracy and Comprehension of Grade 3 Students: A Randomized Control Study. Child and Youth Care Forum. 43. 655-673. 10.1007/s10566-014-9262-1.

Animal-Assisted Reading Program



➤ Efficacy – Small Randomized Control Studies

➤ Reading:

- Reading fluency & comprehension
- Sustainable

➤ Other improvements:

- Behavior control
- Academic performance
- Self-esteem
- Listening skills
- Social integration
- Reduced aggressive & hyperactive behaviors
- Reduced anxiety among students & teachers



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- IAHAIO White Paper, 2014-2018 [http://iahaio.org/wp/wp-content/uploads/2019/01/iahaio_wp_updated-2018-19-final.pdf]
 - Le Roux, Marieanna & Swartz, Leslie & Swart, Estelle. (2014). The Effect of an Animal-Assisted Reading Program on the Reading Rate, Accuracy and Comprehension of Grade 3 Students: A Randomized Control Study. *Child and Youth Care Forum*. 43. 655-673. 10.1007/s10566-014-9262-1.

Animal-Assisted Reading Program



➤ Organizations:

- Animal Health Foundation [animalhealthfoundation.net/how-we-help/read.html]
- High Desert Obedience Club [highdesertobediencceclub.org]
- Orange County Society for the Prevention of Cruelty to Animals (OCSPCA) [ocspca.com]
- Paws To Heal [pawstoheal.com]
- Intermountain Therapy Animals [therapyanimals.org]

➤ Programs & Resources:

- Reading Educational Assistance Dogs (R.E.A.D.) [therapyanimals.org/California.html]
- Canine Literacy Program (OCSPCA) [ocspca.com/program/canine-literacy-program]
- Read With Me [petpartners.org/read-with-me]

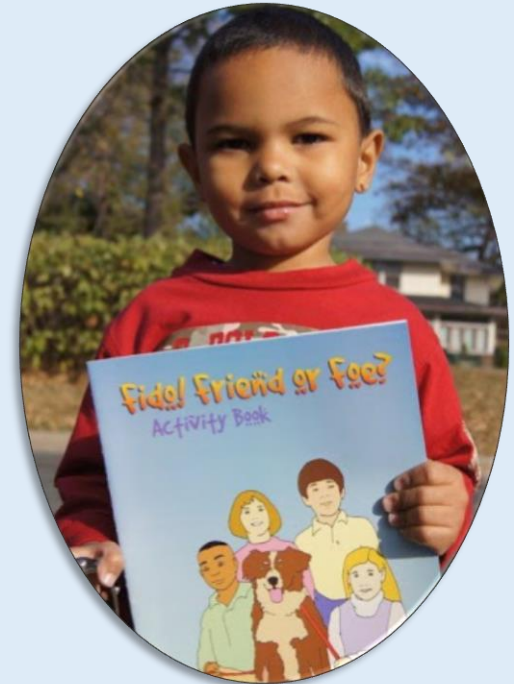


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 - Le Roux, Marieanna & Swartz, Leslie & Swart, Estelle. (2014). The Effect of an Animal-Assisted Reading Program on the Reading Rate, Accuracy and Comprehension of Grade 3 Students: A Randomized Control Study. Child and Youth Care Forum. 43. 655-673. 10.1007/s10566-014-9262-1.

Humane Education



- Teaches people to understand the consequences of their behavior and encourages the value of all living animals
- **Purpose:** To enhance empathy and build respect for animals





➤ Organizations

- Pet Partners [petpartners.org]
- Inland Empire Pet Partners [hssbv.org/inland_empire_pet_partners]
- Orange County Society for the Prevention of Cruelty to Animals (OCSPCA) [ocspca.com]

➤ Programs & Resources

- Pet Classroom [petclassroom.com]
- National Education Association [nea.org/tools/lessons/pets-in-the-classroom.html]
- OCSPCA Human Education Programs [ocspca.com/programs]



Animal-Assisted Interventions

Animal-Assisted Education (AAE)

Animal-Assisted Reading Program

Humane Education

Animal-Assisted Activities (AAA)

Animal-Assisted Crisis Response

Therapy Animal Hospital Visit

Therapy Animal Nursing Home Visit

AAA for At-Risk or Delinquent Youth

Stress Reduction Airports/University

Animal-Assisted Therapy (AAT)

Animal-Assisted Psychotherapy

Animal-Assisted Social Work

Animal-Assisted Physical Therapy

Animal-Assisted Speech Therapy

Animal-Assisted Paraprofessional AAT Service Model

Animal-Assisted Activities (AAA)

- Planned & goal oriented
- Provides informal interaction and visitation to improve motivation, education, or recreation to enhance quality of life
- Hosted in a variety of environments
- Delivered by specially trained professionals, paraprofessionals, or volunteers in association with animals that meet specific criteria
 - Work with
 - Healthcare professional
 - Educator/teacher
 - Human service provider

Animal-Assisted
Crisis Response

Therapy Animal
Hospital Visit

Therapy Animal
Nursing Home Visit

AAA for At-Risk or
Delinquent Youth

Stress Reduction
Airports/University



Animal-Assisted Activities (AAA)

AAA Definition - AVMA

(American Veterinary Medical Association)

“Animal-assisted activities (AAA) provide opportunities for motivation, education, or recreation to enhance quality of life. Animal assisted activities are delivered in a variety of environments by specially trained professionals, paraprofessionals, or volunteers in association with animals that meet specific criteria.”

Animal-Assisted
Crisis Response

Therapy Animal
Hospital Visit

Therapy Animal
Nursing Home Visit

AAA for At-Risk or
Delinquent Youth

Stress Reduction
Airports/University



Animal-Assisted Crisis Response

➤ Crisis:

- Home fire
- Family/relationship violence
- Suicide
- School shooting
- Child abuse
- Victim of crime, etc.
- Natural disasters
- Community trauma



➤ Crisis Response Teams (Dog & Handler):

- Comfort
- Stress-relief
- Emotional support



➤ Benefits:

- Victim
- Responders

Animal-Assisted Crisis Response



Animal-Assisted Activities (AAA)

Video Resource-Purdue University: <https://www.habricentral.org>



Animal-Assisted Crisis Response

➤ Organizations

- National Crisis Response Canines [crisisresponsecanines.org]
- HOPE Animal-Assisted Crisis Response [hopeaacr.org]
- Pet Partners – Animal-Assisted Crisis Response [petpartners.org/act/aacr]
- National Voluntary Agencies Active in Disaster [nvoad.org]
- Therapy Dogs International
[[tdi-dog.org/OurPrograms.aspx?Page=DSRD+\(Disaster+Stress+Relief+Dogs\)](http://tdi-dog.org/OurPrograms.aspx?Page=DSRD+(Disaster+Stress+Relief+Dogs))]

Programs & Resources

- Mini Therapy Horses [MiniTherapyHorses.com]
- Animal-Assisted Crisis Response National Standards
[hopeaacr.org/wp-content/uploads/2010/03/AACRNationalStandards7Mar10.pdf]
- A Beginner's Guide to Comfort Dogs (FEMA)
[fema.gov/blog/2016-03-22/beginners-guide-comfort-dogs]

Therapy Animal Hospital Visit



➤ **Therapy Animal – Hospital settings:**

- General & children's hospitals
- Inpatient & outpatient
- Hospice



➤ **Benefits:**

- Reduction in pain and emotional distress for surgery
- Reduces blood pressure & anxiety
- Improves feelings of well-being



-
- Marcus DA1, Bernstein CD, Constantin JM, Kunkel FA, Breuer P, Hanlon RB. Animal-assisted therapy at an outpatient pain management clinic. *Pain Med.* 2012 Jan;13(1):45-57.
 - Kathie M. Cole, RN, MN, CCRN, Anna Gawlinski, RN, DNSc, Neil Steers, PhD, and Jenny Kotlerman, MS. *AJCC AMERICAN JOURNAL OF CRITICAL CARE*, November 2007, Volume 16, No. 6.



- **Guidelines for hospitals** (Society for Healthcare Epidemiology of America-SHEA):
 - **Animal:**
 - At least 1-year old (ideal 2+)
 - Fully trained & evaluated for appropriate behavior
 - Rabies vaccination
 - Preparation (combed to prevent dander & loose hair)
 - Evaluated annual by a veterinarian
 - **Handler**
 - Formal training
 - Appropriate vaccinations

Therapy Animal Hospital Visit



- **Resource:** Animals in Healthcare Facilities (SHEA)
 - Recommendations for Facility Management of:
 - Animal-Assisted Activities
 - Service Animals
 - Research Animals
 - Personal Pets
 - Leeches, fish tanks, maggots, & farm & zoo animals
 - Tables
 - Diseases Transmitted by Dogs
 - Summary of Recommendations
 - Ordering Information



[guidelinecentral.com/shop/animals-in-healthcare-facilities-guidelines-pocket-card]

Therapy Animal Hospital Visit



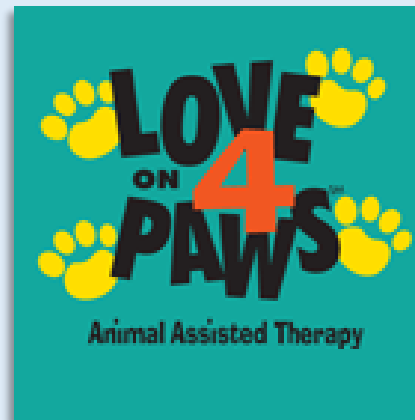
➤ Organizations & Programs

➤ Local Programs:

- Mini Therapy Horses [MiniTherapyHorses.com]
- Love On 4 Paws [loveon4paws.org]

➤ Training Organizations:

- Pet Partners [petpartners.org]
- Alliance of Therapy Dogs [therapydogs.com]
- Therapy Dogs International [tdi-dog.org]



Guest Panel Examples – Hospital Visit



Animal-Assisted Activities (AAA)



MINI·THERAPY HORSES
hooved angels, healing hearts & minds

Therapy Animal Nursing Home Visit



- **Dogs in nursing homes:**
 - Interactive & stimulating activity
 - Give & receive physical touch
 - Display affection & raises spirits
 - Petting, stroking & playing – physical activity
 - Improves participation among residents
 - Especially – limited mobility
- **Therapy Dogs International Hospice**
 - Provides comfort – patient & family members
- **Guidelines**
 - Similar to “Hospital Visits”
 - Handler & animal



Therapy Animal Nursing Home Visit



➤ Organizations & Programs

- Love on a Leash Angeles Valley Foothill Chapter
[loveonaleash.org/Who-We-Are]
- Love On 4 Paws [loveon4paws.org]
- Training Organizations:
 - Pet Partners [petpartners.org]
 - Alliance of Therapy Dogs [therapydogs.com]
 - Therapy Dogs International [tdi-dog.org]



AAA for At-Risk or Delinquent Youth



- Abuse & Traumatized Children & Teens (ages 10-18):
 - Remember:
 - Brain adapts to the environment it's exposed to
 - Teen brain is also developing – Limbic System
 - Neurodevelopmental changes
 - Add trauma & abuse - Let down by adults in their life
 - Result (acting out behaviors):
 - Attempted suicide
 - Truancy
 - Tobacco use
 - Alcohol & drugs
 - Relationship violence, robbery, etc.
 - Animals – Safer closer connection & opportunity behavior change



AAA for At-Risk or Delinquent Youth



- **Engages youth:**
 - Empathy-based, animal welfare education and social-emotional learning
 - Beneficial treatment for at-risk or disadvantaged youth

- **Time with a domesticated animal reduces:**
 - Stress and hyper-arousal
 - Antisocial behavior
 - Builds trust in others & themselves
 - Improves empathy & compassion
 - Established boundary control
 - Encourages advocacy for animals, themselves and others



AAA for At-Risk or Delinquent Youth



➤ Organizations & Programs

- Society for the Prevention of Cruelty to Animals Los Angeles (spcaLA)
[spscala.com/programs-services/humane-education/about-humane-education]
- Coalition for At-Risk-Restoring Youth (CARRY)
[foratriskyouth.org/program-descriptions]
- Therapy Animals Supporting Kids (TASK) Program
[americanhumane.org/app/uploads/2016/08/therapy-animals-supporting-kids.pdf]
Mini Therapy Horses [MiniTherapyHorses.com]



Stress Reduction – Airports & University



- **Animal interaction – stress reduction**
- **College campuses**
 - Reduce stress – exam week
 - Lowers blood pressure
 - Reduces depression
- **Airports**
 - Reduce stress & enhance airport experience
 - Airport Foundation [airportfoundation.org]
 - Animals & handlers – certification
 - Pet Partners [petpartners.org]
 - Alliance of Therapy Dogs [therapydogs.com]



Stress Reduction – Airports & University



Animal-Assisted Activities (AAA)

Video Resource: <https://www.airportfoundation.org>

Animal-Assisted Interventions

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Animal-Assisted Therapy (AAT)

Animal-Assisted Psychotherapy

Animal-Assisted Social Work

Animal-Assisted Physical Therapy

Animal-Assisted Speech Therapy

Animal-Assisted Paraprofessional AAT Service Model

Animal-Assisted Therapy (AAT)

- Planned & goal directed
- Animal is part of the therapeutic treatment
- Delivered by health or human service providers working within the scope of their profession
 - Mental Health Clinician
 - Speech-Language Pathologist
 - Physical/Occupational Therapist
 - Other Paraprofessional
- Provided in a variety of settings
 - Individual
 - Group
- Enhances treatment, promoting physical, social, emotional & cognitive functioning – Patient/client



Animal-Assisted
Psychotherapy

Animal-Assisted
Social Work

Animal-Assisted
Physical Therapy

Animal-Assisted
Speech Therapy

Animal-Assisted
Paraprofessional
AAT Service Model

Animal-Assisted Therapy (AAT)

AAT Definition - AVMA

(American Veterinary Medical Association)

“Animal-assisted therapy (AAT) is a goal directed intervention in which an animal meeting specific criteria is an integral part of the treatment process. Animal-assisted therapy is delivered and/or directed by health or human service providers working within the scope of their profession. Animal-assisted therapy is designed to promote improvement in human physical, social, emotional, or cognitive function. Animal-assisted therapy is provided in a variety of settings, and may be group or individual in nature. The process is documented and evaluated.”

Animal-Assisted
Psychotherapy

Animal-Assisted
Social Work

Animal-Assisted
Physical Therapy

Animal-Assisted
Speech Therapy

Animal-Assisted
Paraprofessional
AAT Service Model

Guidelines for Incorporating Animals AAT

Animal-Assisted Therapy (AAT)

Basic requirements

- Excellent temperament
- Calm and gentle, enjoy being around people
- Does not react to unusual sights, sounds, smells
- Obedient and follow directions
- Maintain self-control after play
- Able to sit quietly for extended periods
- Navigate through crowded environments
- Attentive to handler



Guidelines for Incorporating Animals AAT

Preparation

- Certification – obedience training
 - Comfortable with a friendly stranger
 - Walk comfortably on a leash
 - Sit, stay, come & lie down on command
 - Be able to ignore a neutral dog
 - Practice self-control
 - Refrain from aggressive responses



Guidelines for Incorporating Animals AAT

Safety and Comfort Guidelines to Consider

- Handler – protect therapy animal
 - Remove from stressful situations
- Provide animal with breaks, walks, play time – with favorite toy, etc.
- Have fresh water available at all times
- Maintain grooming
- During therapy session, establish a safe space away from stimulation

Handler or therapist:

- Chooses the most appropriate therapy animal for specific client or treatment



Animal-Assisted Therapy (AAT)

**Animal-Assisted
Psychotherapy**

**Animal-Assisted
Social Work**

**Animal-Assisted
Physical Therapy**

**Animal-Assisted
Speech Therapy**

**Animal-Assisted
Paraprofessional
AAT Service Model**

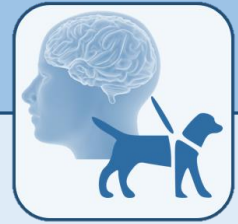
Animal-Assisted Psychotherapy



- Mental health professional – responsible well-being:
 - Client
 - Animal
- Incorporates trained therapy animals into existing forms of psychotherapy
 - EMDR (Eye Movement Desensitization and Reprocessing)
 - CBT (Cognitive Behavioral Therapy)
- Treat (Effects from IPV, youth violence, child abuse & neglect, physical, emotional & sexual abuse):
 - Anxiety
 - Depression
 - Trauma
 - PTSD
 - Addiction,
 - Suicidal ideation, etc.



Animal-Assisted Psychotherapy



- **Enhances traditional psychotherapy techniques**
- **Animals**
 - Nonjudgmental, empathetic & affectionate
 - Reduces physiological & psychological stress signs (client)
 - Lowering heart rate & blood pressure
 - Result – Client feeling calmer & less anxious
 - Client relate to animal – rescued or abused animal
 - **Increases:**
 - Social interactions
 - Self-esteem
 - Trust in self & others
 - Engages – client in the counseling session



Animal-Assisted Psychotherapy



CASE EXAMPLE: Jodie (true case-names have been changed)

- Josie was a 14 year-old girl whose father and sister died in a car crash
- After 12-months - behavior was becoming increasingly challenging
 - Grades dropping drastically
 - Skipping school
 - Not eating well
 - Becoming depressed – isolating herself from friends
- Josie's mother tried two other therapists
but Josie:
 - Refused to talk
 - Skipped sessions



Animal-Assisted Psychotherapy



CASE EXAMPLE: Jodie (true case-names have been changed)

- Josie agreed to come to AAT because of animals
- She immediately bonded with the therapy horse, Cody, who had been rehomed to us after his companion horse died
- Most sessions were in the arena with Cody, talking about his story, grooming or walking him
- Josie also spent time each session laying her head on his huge belly and listening to him breathe
- Each session, she talked about how Cody must miss not only his companion but the life they'd had together and the things they did
- She told Cody, that even though he was safe, his life is changed forever



Animal-Assisted Psychotherapy



CASE EXAMPLE: Jodie (true case-names have been changed)

- This awareness, led to discussions about how Josie not only desperately missed her father and sister but also mourned the loss of her “normal” family
- She processed how she struggled to discuss these issues with her mother because she did not want to cause more hurt to her mom
- Josie invited her mother to a session
- They both became emotional and were able to share their own grief to more forward



Animal-Assisted Psychotherapy



Incorporating animals:

- Cuddling or petting an animal
- Teaching an animal a new trick or skill
- Haltering and walking horse
- Spending time with the animal
- Executing an obstacle course with an animal
- Doing artwork of or with an animal
- Creating play scenarios with an animal
- Watching animals interact while discussing body language and non-verbal communication



Additional Resources:

- Society for Psychotherapy [societyforpsychotherapy.org]
- The National Psychologist [nationalpsychologist.com]
- Special Spirit [specialspirit.org]

Animal-Assisted Social Work



- Animal-Assisted Therapy - Social Work specialization
- Human-animal connection
 - Improve recovery from physical and emotional trauma
- **Two client system:**
 - Human client (handlers-bring pet to clinic)
 - Pet loss & grief counseling
 - Human-Animal abuse link
 - (Animal, IPV, Elder Maltreatment)
 - Promote health & wellness (animal & human)
 - Veterinary medical & support staff
 - Compassion fatigue
 - Promote health & wellness (animal & human)



Animal-Assisted Social Work



Animal-Assisted Therapy (AAT)

Video Resource – University of Tennessee: <https://youtu.be/MEfIKHPaddg>

Animal-Assisted Social Work



➤ Resources:

- Pet Loss Support Directory
 - [aplb.org/support/groups/california.html]

➤ Organizations

- Association for Pet Loss and Bereavement
 - [aplb.org]



Animal-Assisted Physical Therapy



- **Physical Therapy**

(Treatment from disability or injury)

- **Occupational Therapy**

(Rehabilitation from physical, developmental or mental illness)

- Enhances existing treatments

- Increases beta-endorphins

- Neuropeptide – Reduces perception of pain



Animal-Assisted Physical Therapy



➤ **Benefits:**

- Motor skills, balance, weight-bearing
- Sensory functioning (visual, auditory)
- Cognitive skills (problem-solving, attention)
- Respiratory functioning (blowing, positioning)
- Psychosocial skills (self-concept, self-regulation)
- Perceptual processing (body awareness, depth perception)
- Neuromusculoskeletal ability (range of motion, strength, endurance)



Additional Resources:

- American Occupational Therapy Association [aota.org]
- American Physical Therapy Association [apta.org]
- Mini Therapy Horses [MiniTherapyHorses.com]

Animal-Assisted Physical Therapy



Animal-Assisted Therapy (AAT)

Video Resource – Inter-mountain Therapy Animals:

<https://www.youtube.com/watch?v=qe87cNLQCqA&t=27s>

Animal-Assisted Speech Therapy



- Not a separate type of therapy or service
- Animal - part of the clinical health-care treatment process
- Delivered by licensed Speech-Language Pathologist (SLP)
- Animal types:
 - Dogs*
 - Horses
 - Rabbits
 - Cats
 - Donkeys
 - Sheep
 - Goats, and
 - Chickens



Animal-Assisted Speech Therapy



Animal-Assisted Therapy (AAT)

Video Resource – Pawsitive Friendships: <https://www.youtube.com/watch?v=avqsrELWIhU>

Animal-Assisted Speech Therapy



- Increases motivation and participation
- Builds confidence
- Improves – 5 main areas of speech treatment:
 - Speech
 - Language
 - Social communication
 - Cognitive-communication
 - Swallowing



➤ Resources & Organizations

- Therapy Dogs International [tdi-dog.org]
- Pet Partners [petpartners.org]
- Intermountain Therapy Animals [therapyanimals.org/Home.html]



Animal-Assisted Paraprofessional AAT Service Model



- Focuses on professionals collaborating with dog trainers and paraprofessionals in providing AAT services
 - Provides in-service training of therapy animals to the paraprofessional
 - Veterinary Assistant/Technician
 - Teacher Assistant
 - Mental Health Intern



REVIEW: Animal-Assisted Interventions

Animal-Assisted Education (AAE)

Animal-Assisted Reading Program

Humane Education

Animal-Assisted Activities (AAA)

Animal-Assisted Crisis Response

Therapy Animal Hospital Visit

Therapy Animal Nursing Home Visit

AAA for At-Risk or Delinquent Youth

Stress Reduction Airports/University

Animal-Assisted Therapy (AAT)

Animal-Assisted Psychotherapy

Animal-Assisted Social Work

Animal-Assisted Physical Therapy

Animal-Assisted Speech Therapy

Animal-Assisted Paraprofessional AAT Service Model

Equine Animal-Assisted Interactions

- **Therapeutic value of interaction with horses**
 - Size
 - Emotional connection
- **Diverse applications**
 - Similarly to those with other animals



Equine Animal-Assisted Interactions

Professional Certification Organizations



Professional Association of Therapeutic Horsemanship International

[pathintl.org]



American Hippotherapy Association

[americanhippotherapyassociation.org]



Equine Assisted Growth and Learning Association

[eagala.org]

Equine Animal-Assisted Interactions

Professional Organization – **Certification**



**Professional Association of Therapeutic
Horsemanship International**

[pathintl.org]

- **Therapeutic riding** – client is on the horse
- **Promotes safety & outcomes** – individuals with special needs
 - Physical
 - Emotional
 - Behavioral & cognitive challenges
- Utilizes - motion of the horse – part of the therapeutic treatment
- Physical & occupational therapies

Equine Animal-Assisted Interactions

Professional Organization – **Certification**



American Hippotherapy Association

[americanhippotherapyassociation.org]

- **Therapeutic riding** – client is on the horse
- **Participants** - clients with special needs
- Promotes functional outcomes:
 - Sensory
 - Neuromotor
 - Cognitive systems
- Utilizes - motion of the horse – part of the therapeutic treatment
- Physical & occupational therapies

Equine Animal-Assisted Interactions

Professional Organization – **Certification**



Equine Assisted Growth and Learning Association

[eagala.org]

- **Ground based** – never on the horse
 - Problem solving (emotional issues, anxiety, etc.)
- **Team based – Equine-assisted Psychotherapy**
 - Mental health professional
 - Equine specialist
 - One or more horses
- Addresses specific treatment issues for the client

Equine Animal-Assisted Therapy



1. Equine-assisted activities (EAA)



2. Equine-assisted therapies (EAT)



3. Hippotherapy (HPOT)



4. Equine-facilitated/assisted psychotherapy (EEP/EAP)



5. Equine-assisted/facilitated learning



6. Therapeutic carriage driving (TCD)



7. Therapeutic vaulting (TV)

Equine-Assisted Activities (EAA)



- Any activity with horses:
 - Clients, participants, volunteers, instructors are involved
- **Activities designed to focus on:**
 - Social, emotional, physical or cognitive well-being

Activities include:

- Therapeutic riding
- Mounted or ground activities
- Horsemanship skills
- Stable management
- Horse shows/parades
- Demonstrations

Benefits:

- Balance
- Muscle strength
- Range of motion
- Sensorimotor integration
- Lowers blood pressure
- Social skills



Equine-Assisted Therapy (EAT)



- Incorporates horses and/or their environment
- Rehabilitative goals are based on the patient's needs
- **Purpose:**
 - Injury rehabilitation
 - Disability
- **Treatment performed by:**
 - Medical professional
 - Physical or occupational therapist
 - Speech-Language Pathologist



Benefits:

- Motor skills & balance
- Sensory functioning (visual)
- Neuromusculoskeletal ability (Range of motion, strength, endurance)

Hippotherapy (HPOT)



- **Defined (American Hippotherapy Association):**
 - A physical, occupational or speech therapy treatment strategy using equine movement – as part of an integrated program
 - The movement of the horse increases physical mobility of the client
- **Conducted by a licensed physical, occupational or speech therapist**
 - Engages sensory, neuromotor & cognitive systems
 - Promotes functional outcomes of therapy

Benefits:

- Muscle strength
- Motor coordination
- Posture & flexibility
- Socialization
- Communication
- Self-confidence/control
- Concentration



Equine-Facilitated/Assisted Psychotherapy



- Treatment conducted by a mental health professional
- Horse – ***enhances mental health treatment***
- Emphasis on psychosocial/behavioral interaction with an equine and therapy-based treatment plan
- **Enhances treatment for:**
 - Autism
 - At-risk youth
 - Terminal illness
 - Substance abuse
 - Eating disorders
 - Learning disorders
 - Intellectual disabilities
 - Developmental deficit hyperactivity disorder
 - Emotional or behavioral challenges
 - Posttraumatic stress disorder (PTSD)



Equine-Assisted/Facilitated Learning



- **Goal-oriented approach – promoting:**
 - Development of life skills
 - Educational
 - Professional
 - Personal goals
- Interaction with the horse within the animals environment

Benefits:

- Personal growth
- Trust
- Anxiety
- Focus/attention
- Personal boundaries



Therapeutic Carriage Driving (TCD)



- Use for participants with physical, mental, emotional or sensory challenges
- Connect with an equine and control the animal while driving from a carriage seat or wheelchair within a modified carriage

Benefits:

- Coordination
- Strength & posture
- Visual perception
- Communication
- Cause-and-effect relationships



Therapeutic Vaulting (TV)



- Participant performs movements on and around the horse
 - Often with assistance – depending on disability
 - Sitting on the horse without grasping the handhold
 - Gymnastic forms of movements such as kneeling or standing on the horse

Benefits:

- Balance
- Motor skills
- Focus
- Coordination
- Confidence
- Strength & flexibility



REVIEW: Equine Animal-Assisted Therapy



1. Equine-assisted activities (EAA)

➤ **Incorporates horses**



2. Equine-assisted therapies (EAT)

➤ **Animal-Assisted Interventions (AAI's)**



3. Hippotherapy (HPOT)



4. Equine-facilitated/assisted psychotherapy (EEP/EAP)



5. Equine-assisted/facilitated learning



6. Therapeutic carriage driving (TCD)



7. Therapeutic vaulting (TV)

Human-Animal Interaction & AAI's

➤ Benefits of incorporating animals in therapy sessions

➤ *Limited controlled trials*

➤ Small sample size

➤ *Federal & private research grants – university research*

➤ **Benefits:**

➤ Motivation

➤ Participation in treatment

➤ Sensorimotor skills

➤ Social skills and behaviors

➤ Socio-emotional functioning

➤ Lowering blood pressure

➤ **Other neurotransmitter changes:**

➤ Beta-endorphins

➤ reducing pain perception

➤ Increased Oxytocin in the brain

➤ Changes in levels of:

➤ Cortisol

➤ Epinephrine

➤ Norepinephrine



Animal Wellness – AVMA Guidelines

Animal-Assisted Interventions (AAI)

➤ Veterinarians

- **Vita role** - ensuring the health and well-being of the people and the animals involved in human-animal interaction activities and programs



➤ Common concerns:

- Behavioral problems (Animal)
- Zoonotic disease risk



➤ Actively involved in AAI programs:

- To ensure the health and welfare:
 - Animal
 - Humans involved



Animal Wellness – AVMA Guidelines

Animal-Assisted Interventions (AAI)

- **A Wellness Program** - provide reasonable assurance that animals across the spectrum AAI services are:
 - Healthy - reduce bi-directional risk of zoonotic transmissions
 - Behaviorally appropriate for the program
 - Protected from being harmed by participation in the program
- **AVMA Guidelines for AAI**
 - Preventive Medical Strategies
 - Preventive Behavioral Strategies



AVMA website resource:

[avma.org/KB/Policies/Pages/Animal-Assisted-Interventions-Guidelines.aspx]

Summary

➤ Assistance Animals

➤ Service Animals

- Trained – tasks
- Regulation

➤ Emotional Support Animals

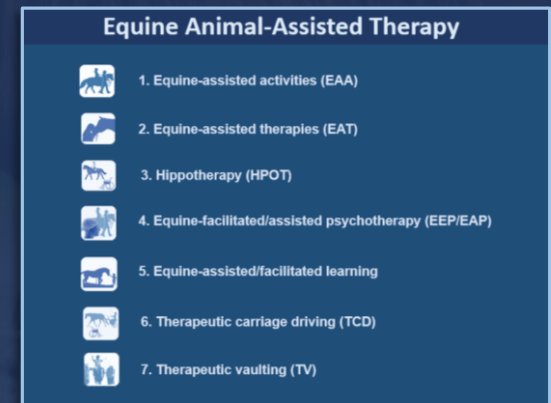
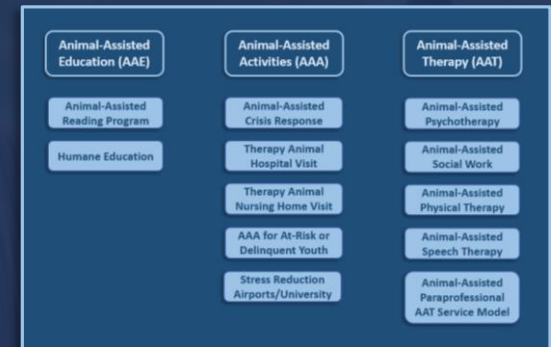
- Not trained
- Mental health provider designation

➤ Therapy Animals

- Animal-assisted Interventions
- Equine-assisted Interventions/Therapy

➤ Organizations & Services – types of therapy

- Training (Animal & Human handler)



Summary

➤ Animal-assisted Interactions

- Enhancing existing treatment
- Completing treatment
 - Emotional trauma
 - Injuries
 - Disability



Summary

➤ Guidelines

- Incorporating animals into AAI's
- Preparation & Safety and Comfort
 - Animals needs
 - Appropriate for sessions
- Chosen specific type of therapy and client needs

➤ Veterinarians – Involved in the AAI program

- Behavioral problems
- Zoonotic disease risk

➤ Efficacy & future research

- Upcoming Federal & private grants





Animal-Assisted Therapy
Strategies & Application

James (Jim) DeCarli, PhD, MPH, MPA, PGDip, MCHES
Injury & Neuroepidemiologist,
Pro Consumer Safety/Public Health Behavior Solutions



Healthy Pets Healthy Family Forum
Los Angeles County, Veterinarian Public Health
5555 Ferguson Drive
Commerces, California 90022
October 29, 2019



Questions

James (Jim) DeCarli

jdecarli@ProConsumerSafety.com

(323) 491-6197

