



#10 Holding Space for Self and Others

Animal Assisted Therapy

Agenda



- Welcome
- Animal Assisted Therapy
- Special Guest: Jay Anderson
- Connecting In
- Prize Giveaways

Making a Difference....

**UNDERSTANDING
ANIMAL Assisted
Therapy**

Special Focus on.....

**ANIMAL Assisted PLAY
Therapy (AAPT)**

Jay Anderson

Psychologist & Play Therapist

info@swwellbeing.com.au

Ph: 0411 138 036

Mrs Jay Anderson

UNDERSTANDING.....

Animal Assisted Therapy

- **Jay is a Play Therapist, Counsellor, Psychologist & Supervisor.**
- **Trained in Animal Assisted Play Therapy with the International Institute of AAPT ®**



Mrs Jay Anderson

- **12 yrs -Specialist skills in Mental Health –
>child mental health**
- **Registered Psychologist**
- **2 yrs Play Therapy Study**
- **12 years Play Therapy**
- **Therapy dog for 7 yrs**
- **Training in Animal Assisted Play Therapy**
- **20+ years with people**



Presentation Overview

Considerations:

- **Communication.....Animals....Dogs**
- **Animal Assisted Therapy**
- **Animal Assisted Play Therapy**
- **Considerations.....**
- **Interventions/Relationship**
- **Opportunities for skills development**



What Are Animal-Assisted Services?

Animal-Assisted Services are goal-directed programs designed to promote improvement in people with intellectual, physical, sensory, cognitive and psychosocial disability in which a specially trained animal-handler team is an integral part.

They are directed and/or delivered by a qualified practitioner with specialized expertise within the scope of practice of his/her profession.



Pictured: from all calendar sales will go towards advancing the understanding, acceptance and accessibility of animal-assisted interventions for those suffering from trauma, disability or adversity.

Animal-Assisted Services

are an effective pathway to help prevent and manage mental illness, disease, disability and suffering for millions of Australians



Some Health Statistics...

- 3 million Australians are living with anxiety and depression
- 8% of Veterans have experienced Post Traumatic Stress in a given year
- Autism rates are up from 1 in 100 to 1 in 70 people - 353,880 people
- Life threatening food allergy rates have doubled in ten years
- 1 in every 5 Australians, 4 million people suffer from a mental illness in a given year
- In 2019, there is an estimated 447,115 Australians living with dementia
- Every 15 hours, an Australian child is born with cerebral palsy
- Around 1.7 million Australians have diabetes
- Over 250,000 Australians are currently living with epilepsy
- Over 575,000 Australians are vision impaired, 30,000 with total hearing loss
- In 2017 there were more than 475,000 people living with the effects of stroke
- In Australia, almost one in five people – 4.3 million – have a disability



TODAY YOU WILL FIND OUT A LITTLE MORE ABOUT HOW
THESE SERVICES CAN HELP PEOPLE WITH A RANGE OF
DIFFERENT CONDITIONS.

4 types of Animal-Assisted services



Dogs, guinea pigs, rabbits, horses, donkey's, chickens, cats and even farm animals are being incorporated into animal-assisted programs.

- ❖ Animal-Assisted Therapy
- ❖ Animal-Assisted Learning
- ❖ Therapeutic Animal Visits
- ❖ Assistance Animals



Definitions –

The American Humane Association Animal-Assisted Therapy (AAT) as:

“a **goal-directed** intervention in which an **animal** is incorporated as an **integral part** of the clinical health-care treatment process.

AAT is delivered or directed by a **professional** health or human service provider who **demonstrates skill & expertise** regarding the clinical applications of human-animal interactions.”



Definitions –

The Delta Society (Pet Partners) defines AAT:

- a **goal-directed** intervention → an **animal meeting specific criteria** is an integral part of the treatment process.
- as delivered or directed by a health/human **service provider working within the scope** of his or her profession.
- **Designed to promote improvement** in human physical, social, emotional &/or cognitive functioning.

Some Play Therapists participating in the
Animal Assisted Play Therapy Group
(Australia 2016)



WHAT IS ANIMAL ASSISTED PLAY THERAPY®?

- Represents the full integration of Animal Assisted Therapy and play therapy, plus several other animal-related fields.
- Definition: “the integrated involvement of animals in the context of play therapy, in which appropriately trained therapists and animals engage with clients primarily through systematic playful interventions, with the goal of improving clients’ developmental and psychosocial health, while simultaneously ensuring the animal’s well-being and voluntary engagement. Play and playfulness are essential ingredients of the interactions and the relationship.” (VanFleet, 2004; VanFleet & Faa-Thompson, 2017)
- All ages--individuals, families groups—mental health, allied health, education (professionals involving animals in their work)
- Wide range of therapeutic goals addressed
- Most common: dogs, horses, cats.
- Growing: goats, rabbits, guinea pigs, cows, pigs, etc.





Association for Play Therapy (1997)

- Play Therapy
- → systematic use of a **theoretical model**
- → establish an interpersonal process ...
- **trained** play therapists use the therapeutic **powers of play** to help clients prevent or resolve psychosocial difficulties and to **achieve optimal** growth & development
 - (Gil 1997)
- ...A developmentally sensitive therapy

MODES OF PRACTICE

1. Child Directed Approach

2. Therapist Directed Approach

3. Collaborative Approach

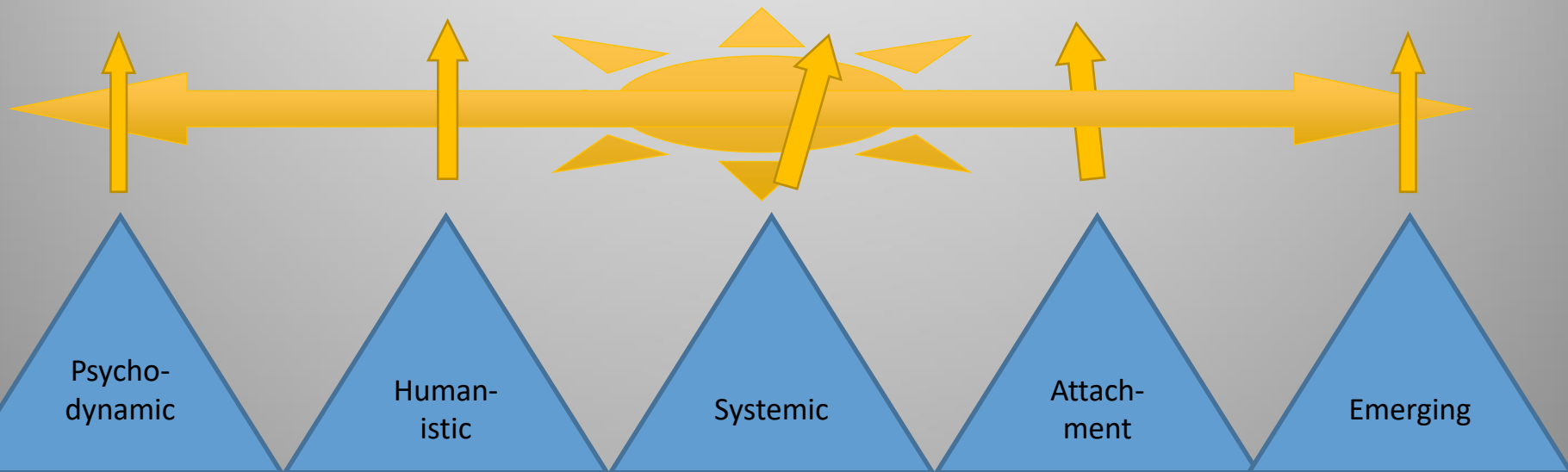
Dighton (2001)

Psychoanalytic Child Therapy
The World Technique
Adlerian Play Therapy
Release Play Therapy
Jungian Analytic PT

Non-directive Play therapy
Relationship Play therapy
Child-Centred Play therapy
Gestalt Play Therapy

Eco-systemic Play therapy
Dynamic Family PT
Filial Therapy
Theraplay
Group PT

Theraplay
Learn to Play
Play Therapy Dimensions
Narrative Play Therapy
Prescriptive Play Therapy
Flexibly Sequential PT



Adapted from Stagnitti and Parson, 2015 (forthcoming)

Animal Assisted Play Therapy[®]

- The **integrated involvement** of animals in the context of play therapy
- Appropriately **trained therapists & animals**
- Engage with clients & families
- Primarily in **play interventions**
- Aimed at improving the client's well-being
- Can be directive, non-directive or family therapy
- Play & playfulness as essential ingredients of interactions & relationship.

Van Fleet 2004,2008,2015



Play & Change

A Therapist who creates a **playful process** in the **context of relationships** (human & animal) and **assists clients** as they **gain mastery** over challenging areas of their lives is what **allows lasting change** to happen.

Play sets the tone,
animals are assistants & partners
(not magicians or therapists)

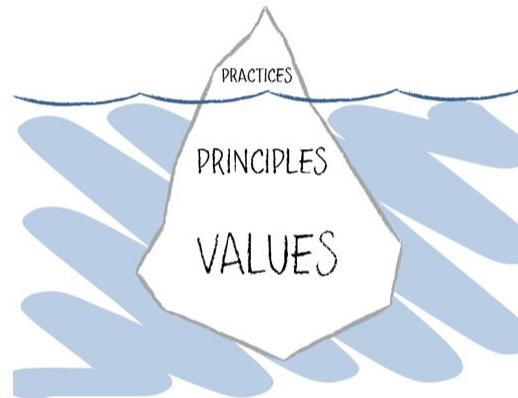
WE CANT
HELP
EVERYONE,

BUT
EVERYONE
CAN
HELP
SOMEONE.



AAPT PRINCIPLES

- Respect – equal & reciprocal of clients & animals
- Safety – physical & emotional for all
- Enjoyment & Choices – option of nonparticipation for clients & animals; enjoyment, not tolerance
- Acceptance – of client and animal for who they are
- Training – use of only positive reinforcement, noncoercive, animal-friendly methods



- Relationship – primary focus of all; reciprocal, empathic, playful
- Empowerment – encourages growth, independence, competence, & confidence for clients & animals
- Process – more important than any single outcome; unexpected events are expected and woven into therapy
- Foundations – grounded in well-established theories & practice, animal welfare & well-being forefront, guided by research



AAPT – Philosophy & Guiding Principles

- Respect – equal & reciprocal
- Safety – physical & emotional
- Enjoyment (option of non participation)
- Acceptance
- Training (positive/reward, play & relationship based)
- Relationship (not control)

- Process (not outcome)
 - Foundations (play therapy & child dev.)



Key Goal Areas

- Self-Efficacy

Safety & protection Competence (skills)
Planning ahead confidence

- Attachment/Relationship

Being cared for. Healthy Attachment

Learning to relate to another

Reciprocity in relationships

Reduction of resistance Social lubricant effects

(slide information from Rise Van Fleet)



Animal Assisted Play Therapy photo by Jodi Smith

Key Goal Areas

- Empathy

Care-giving empathy development
Ensuring the welfare of another

- Self-Regulation

Patience

Communication

Emotional & behavioural regulation

Perseverance



Key Goal Areas

Problem Resolution

- Anxiety, fears, phobias
- Trauma
- Anger, aggression
- Oppositionality
- Frustration tolerance
- Animal maltreatment
- Other psychosocial difficulties

(slide information from Rise Van Fleet)



Other considerations

- EAP – Equine Assisted Psychotherapy
- www.eagala.org & www.pathintl.org
- Equine assisted growth & learning Assoc.
- Playful pooch program
- Cats.....Horses
- Rabbits....Guinea pigs
- (slide taken from Rise Van Fleet)



Midway Summary

This presentation highlights the Importance of...

- the use of animals in therapy
- Animal Assisted Play Therapy as a therapeutic tool → engaging with child clients
- Now we're going to look at.....
- Importance of specific Training & Certification of Professionals.....

THANKS!!

Training & Certification

Animal Assisted Play Therapy (AAPT)

Jay Anderson & Rise Van Fleet

International Institute for AAPT®

Part B: Overview

TRAINING/CERTIFICATION

for

Animal Assisted Play

Therapy:

- **Development of International Institute – IIAAPT®**
- **Training Process**
- **Certification Program**
- **Further skills development**



Background

- International Institute for AAPT®
- Developed in 2004 (The Institute)

AAPT prior to that, developed over the course of about 30 years

- After seeing gap in Profession & need for training & certification for utilising Animals in Play Therapy
- On-site training held in 7 countries – for people from 24 countries, since 2004

Face to Face Training

- International Institute for AAPT®

Australian Courses

- April 2016 → October 2017 → November 2019

Courses in USA (several each year) since
2004 – also Canada, UK, Europe, Australia

*** Throughout the world → online courses**



Australian Course 2017 photo by Rise Van Fleet

Certification Process

- **Training undertaken over 2 years**
- **Online Modules & assessments**
- **Onsite – 4 day program (2 programs)**
- **Monthly supervision classes – showing video of sessions & case discussions**
- **Certification Level depends on Quals**
- **Demonstrated competencies**



Animal Assisted Play Therapy photo by Jodi Smith

Scale of Therapist – Animal Relationship

STARS - 6 Domains

- Partnership/Engagement
- Communication/Attunement
- Appreciation/Respect
- Time together/Fun/Mutual Interests
- Security/Structure/Planning Ahead
- Nurturance/Attention to needs



DEMONSTRATED COMPETENCIES

Animal-Related Skills

- Observation
- Communication fluency
- Welfare/well-being advocacy
- Ethology/behavior
- Handling
- R+ training
- Clear-eyed view of animal strengths & sensitivities

AAPT Therapy Skills

- Core therapy skills within field (without animal)
- Client goals fit with animal
- Split/proactive attention
- Application of principles/methods



Relationship Focus

- Therapist-animal reciprocity
- Healthy attachment relationship
- Facilitation of client-animal interaction in service of client goals
- Integration of all
- Decision-making
- Effectiveness
- Ethics

Certification levels –

- Certified Animal Assisted Play Therapist
(profession plus Play Therapy Certification)
- Certified Professional Practitioner in AAPT
(other professional credentials)
- Certified Associate in AAPT
(Paraprofessional to support/engage with)
- Certified Canine/Equine Support Specialist
for AAPT
(Animal Professional with AAPT training)

Winner of the Dog Writers Association of America
2018 MAXWELL Award in the Human-Animal Bond category



Animal Assisted Play Therapy



Risë VanFleet
Tracie Faa-Thompson

Forewords by Aubrey H. Fine and Patricia McConnell



BOOK BY AAPT'S CO-FOUNDERS

*Winner of the 2018
Maxwell Award*



*Best Book on the
Human-Animal Bond*

- VanFleet, R., & Faa-Thompson, T. (2017). *Animal Assisted Play Therapy™*. Sarasota, FL: Professional Resource Press.
- Includes details about AAPT as a distinct therapeutic modality
- Includes details about animal welfare and well-being and considerations for both in animal-assisted interventions
- Mostly dogs and horses, but applies to other species as well

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- Risë VanFleet, PhD, RPT-S, CDBC – rise@risevanfleet.com
- Tracie Faa-Thompson, MA, AASW, PGdipNDPT – tracie.j.faa@gmail.com
- International Institute for Animal Assisted Play Therapy® - www.iaapt.org

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Animal-Assisted
Services

An innovative &
effective pathway
forward.



**WE
BELIEVE IN
COLLABORATION
&
PARTNERSHIPS**



Australian focus –

Animal Therapies ATL

- Register –
National Directory
- Annual Conference
First held 2020
in Melbourne
Next → Feb 2021
in Adelaide





Peak body / umbrella
organisation
Board and governance

Subject matter expert and state committee structure

South Australia	Queensland	New South Wales / ACT	Victoria / Tasmania	Northern Territory	Western Australia
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Animal-Assisted Service Providers

- Animal-Assisted Therapy
- Animal-Assisted Learning
- Animal-Assisted Activities
- Assistance Animals

PORTAL

- Common language
- Education
- Correct Classification
- Data warehouse
- Industry Standards
- Client Feedback

Those in need

- Condition
- Location
- Options
- Personal Stories of Success

Research validating benefits

Conclusion –

This presentation highlights → Importance of...
Animals engaging with Humans in Therapy

- the relationship in AAPT – training over a period of time, clinical supervision
- Animal Assisted Play Therapy as a therapeutic tool for engaging with clients
- Importance of
Training & Registration of Professionals.....

THANKS!!





**Register
Now**

Special Guest
Mary Jo McVeigh
**Finding Ethics in the
Time of COVID**

Wednesday 8th July
11am - 12pm AEST