









# HISTORY OF ANIMAL ASSISTED THERAPIES

# WELCOME

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## History of Animal-Assisted Therapies

-  Definitions
-  Historical Overview
-  Group Activity
-  Research
-  Demonstration
-  Discussion/Questions/Comments

# WHAT ARE ANIMAL-ASSISTED INTERVENTIONS?

Animal Assisted Interventions (AAI) include:

“Any intervention that intentionally includes or incorporates animals as a part of the therapeutic or ameliorative process or milieu” (Kruger & Serpell, 2006)<sub>1</sub>

-  Not just “Hanging out with pets”
-  Planned program where the individual participates with animals in focused and purposeful way

# WHAT IS ANIMAL-ASSISTED EDUCATION?

- 🐾 “Animal Assisted Education (AAE) is a goal oriented, planned & structured intervention directed &/or delivered by educational & related service professional.
- 🐾 AAE is conducted by qualified (with degree) general & special education teacher.
- 🐾 Regular education teachers who conduct AAE must have knowledge of the animals involved. An example of AAE delivered by a regular education teacher is an educational visit that promotes responsible pet ownership.
- 🐾 AAE, when done by special (remedial) education teachers is also considered therapeutic & a goal oriented intervention. The focus of the activities is on academic goals, pro-social skills and cognitive functioning. The student’s progress is measured & documented.
- 🐾 An example is an Animal Assisted Reading Program delivered by a special education teacher .” (IAHAIO, 2014)

# WHAT ARE ANIMAL-ASSISTED ACTIVITIES?

**Animal Assisted Activities (AAA)** are primarily social visits, which involve goal directed activities designed to improve patient's quality of life through the use of the human-animal bond.<sup>1,2</sup>

- 🐾 AAA provides opportunities for motivation, recreation, education to enhance quality of life<sup>3</sup>
- 🐾 Less formalized; service provided by specially trained professionals, paraprofessionals and/or volunteers with animals
- 🐾 Animals must meet specific criteria (Pet Partners, etc.)
- 🐾 No treatment goals
- 🐾 Providers not required to take detailed notes
- 🐾 Visit content is spontaneous<sup>1,2</sup>

# WHAT IS ANIMAL-ASSISTED THERAPY?

Animal Assisted Therapy (AAT) utilizes the human-animal bond in *goal-directed interventions* as an integral part of the treatment process.<sup>1,2</sup>

- 🐾 Always involves a credential therapist, working within their scope of practice;
- 🐾 Therapist sets therapeutic goals; est. guidelines for interactions between clients & animals; evaluates progress
- 🐾 Animals & handlers must be trained, screened & meet specific criteria <sup>1,2</sup>
- 🐾 As an adjunct to traditional therapies<sub>1</sub>

# AAT

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## Human-Animal (HA) Bond vs. Human-Animal Interaction

- 🐾 HA Bond: on-going relationship; bi-directional-benefits both; central/important relationship to each; represents a deeper attachment
- 🐾 HA Interaction: Shorter term, situational & sporadic; formed rapidly & easily terminated; not as enduring as that of the animal handler/pet owner
- 🐾 Clients benefit from the existing bond between the therapist and/or animal handler and the animal

## Influence of HA Bond & Interaction

- 🐾 HA Bond demonstrates trust & nurturance between therapist & the animal; can assist client in trusting them both & stimulate the social connection, reinforcing the therapeutic alliance<sub>1</sub>
- 🐾 Therapists who conduct sessions in the presence of a therapy animal may seem less threatening & more human, which may assist the client in revealing more of himself<sub>2</sub>
- 🐾 Friendly animals convey a sense of safety & have a calming effect<sub>3</sub>
- 🐾 Animals may function as transitional objects, helping clients bridge to a higher level of functioning<sub>4</sub>

# AAT

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## Physical responses between humans & animals

- Spending time with friendly animal can increase the endorphin levels released into body and decreases cortisol levels (hormone that controls stress/arousal)<sub>1</sub>
- Domestic animals respond to human behavior & emotions, reflecting/mirroring back both positive and negative actions<sub>2, 3</sub>
- Concentrations of  $\beta$ -endorphin, oxytocin, prolactin,  $\beta$ -phenylethylamine & dopamine increase in both species (humans & dogs) following positive interactions<sub>4</sub>



# EQUINE-FACILITATED PSYCHOTHERAPY

Treatment approach that offers client opportunities to improve self-awareness and re-pattern maladaptive behaviors, feelings and attitudes.

- Effective for individuals with mental health needs related to: Cognition, perception, communication, social skills, anxiety, judgement, mood, behavior.
- Individuals manifesting behavior due to: ADHD, Autism, PTSD, Depression, Schizophrenia, Language disorders
- Major life changes due to grief, divorce, abuse, environmental trauma

(PATH International, 2012)

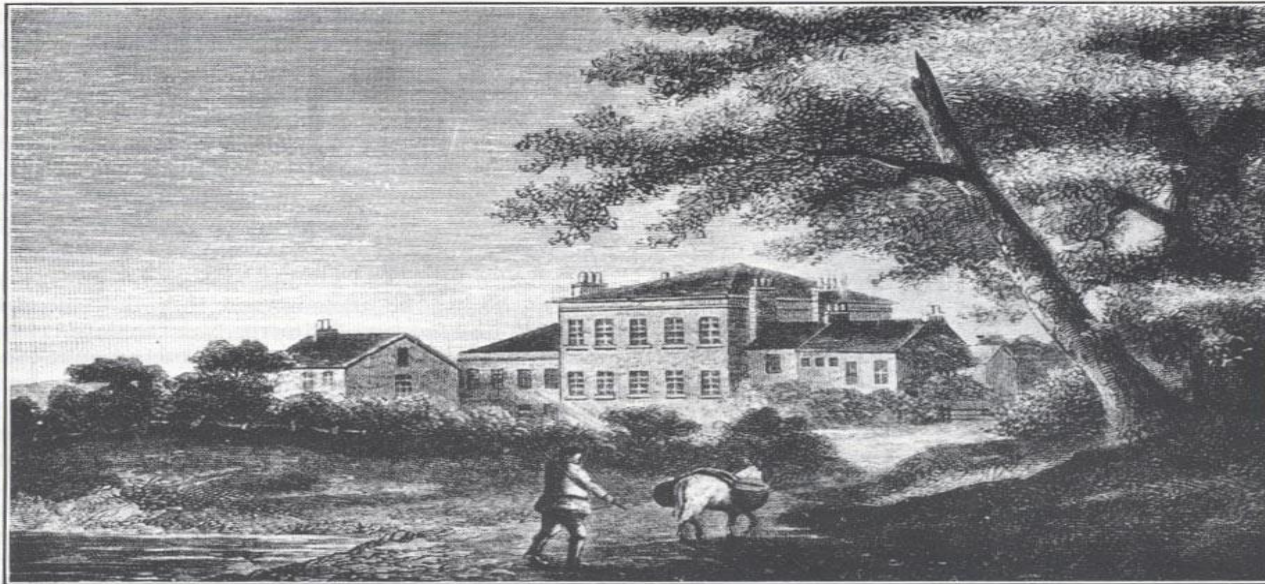
# HISTORICAL PERSPECTIVES

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## Historical perspectives of therapeutic interventions with animals

- 🐎 Ancient Greeks document horse-assisted therapy to 600 BC to raise the spirits of the incurably ill.<sub>1</sub>
- 🐎 17<sup>th</sup> Century medical texts note riding horseback as beneficial for gout, neurological and emotional problems<sub>2</sub>
- 🐎 York Retreat, England founded by Quakers in 1796 as a “quiet haven” for 30 residents, who were taught behavioral management through care & interaction with smaller creatures (rabbits, poultry)<sub>3</sub>

# 1796-PRESENT



*From a Painting by Cave.]*

*Original building of The Retreat, York. Instituted 1795.*



# HISTORICAL PERSPECTIVES

- 🐎 1860 Florence Nightingale recommended small companion animals (birds) as an adjunct to healing, especially for the chronically ill<sub>1</sub>
- 🐎 1867 Bethel in Bielefeld, Germany animals (birds, cats, dogs & horses) integrated into a community for those with disabilities<sub>2</sub>







# HISTORICAL PERSPECTIVES

- 🐎 Late 1800's – Research into horse's ability to support physical recovery of humans<sub>1</sub>
- 🐎 Human-animal interaction (companionship w/dogs) first used in the US at St. Elizabeth's Hospital (formerly Government Hospital for the Insane), Washington, DC in 1919; for soldiers with MH problems<sub>2</sub>
- 🐎 Pawling Convalescent Hospital, NY 1944 began a comprehensive rehabilitation program for wounded & disabled veterans\*, working with farm animals & caring for dogs, 1<sup>st</sup> of 12 centers opened during WWII<sub>3, 4</sub>
- 🐎 Important predecessors but involved no formal research





# HISTORICAL PERSPECTIVES

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-  An early case of horses aiding in the healing process was that of Liz Hartel
-  Hartel became ill with polio
-  Effectively rehabilitated herself by working with a horse
-  So successful that she was awarded the Silver Medal for dressage at the Helsinki Olympics in 1952




# HISTORICAL PERSPECTIVES

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-  1962 Dr. Boris Levinson observes benefits of human-animal interaction in his therapy practice<sub>1</sub>
-  North American Riding for the Handicapped Association-(NARHA) founded 1969 & became Professional Association of Therapeutic Horsemanship (PATH) in 2011<sub>2</sub>
-  Delta Society founded in 1990, became Pet Partners in 2012<sub>3</sub>
-  Equine Assisted Growth & Learning Association (EAGALA) founded 1999.

# SMALL GROUP ACTIVITY

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-  Break into small groups of 4-5
-  Briefly discuss question within small group
-  Collaborate on an answer & report back to the class



# OF COURSE, NOT ALL ANIMALS ARE SUITABLE!

DUFFELBLOG

Trending

PENTAGON ANNOUNCES  
GENDER NEUTRAL HAIR

AFGHAN HIPSTER CRAFTS  
LOCALLY-SOURCED

EOD DETONATES  
UNATTENDED TEEN AT

LAB GROWN TESTICLES  
GIVE NEW HOPE TO

DRUNK SOLDIER SUPPORTS  
WOMEN REGISTERING FOR

NEWS MARCH 18, 2016

## Tests 'Service Shark Therapy' With Mixed Results



JACK S. MCQUACK

2.0K  
SHARES

f SHARE 2017

t TWEET

p PIN



IRISH AMERICANS ACCUSE  
ARMY OF 'CULTURAL  
APPROPRIATION' OVER  
COLOR GREEN



Very Popular  
Military  
Satire/Comedy  
"News" Website

# EVIDENCE-BASED RESEARCH

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## Areas of study within Equine-Assisted Psychotherapy

### Children:

ADHD, Anger, At-risk, Autism, Behavioral/Emotional disorders, Disabilities, Self-esteem/concept, Substance abuse, Trauma

### Adults:

Cancer, Depression/Commitment to Treatment, Distress/Psychological well being, Eating Disorders, Grief, Intellectual Disabilities, Anxiety, Depression, Schizophrenia/Schizoaffective Disorders, Stroke, Trauma

# EVIDENCE-BASED RESEARCH

- 🐾 Klontz, et al. (2007) examined the effects of Equine Assisted Experiential Therapy(EAET) program on distress & psychological well-being in 31 adults
- 🐾 Activities included both mounted (walking, trotting) & unmounted work (selecting a horse, brushing, & games such as role playing, role reversal)
- 🐾 Treatment groups rec'd 28 hours of EAET during a 4.5 day, residential program
- 🐾 Participants evaluated pre/post-treatment & at 6 mo. with **significant & stable reductions in distress & enhancement in well-being.**

# EVIDENCE-BASED RESEARCH

- ❏ Trotter, et al. (2008) demonstrated the efficacy of Equine Assisted Counseling (EAC) with 164 elementary & middle school children identified as high risk for academic or social failure
- ❏ Study compared EAC with another respected program
- ❏ Participants received 12 weekly counseling sessions
- ❏ Using BASC\* for externalizing, internalizing maladaptive behaviors the EAP group made **statistically significant improvements in 17 behavioral areas:**

# EVIDENCE-BASED RESEARCH

- ❏ BASC self-report: Emotional symptom index; Clinical maladjustment composite; Atypical behaviors; inadequacy; relations with parents
- ❏ BASC parental report: Behavioral symptom index; Internalizing/Externalizing problems composites; Adaptive skills composite; Hyperactivity; Aggression: Conduct problems; Anxiety; Depression; Somatization; Adaptability; Social skills
- ❏ Authors concluded that **EAC is very effective** in reducing emotional & behavioral problems in children

# EVIDENCE-BASED RESEARCH

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- 🐎 Gabriel, et al. (2011) conducted a pilot study
- 🐎 Examined the effects of 10 weekly -1 hour sessions
- 🐎 42 participants, ages 6-16, with ASD (DSMIV)
- 🐎 Compared to waitlist control group of 16
- 🐎 Base-line compared to post-treatment
- 🐎 **Significant improvements in self-regulation behaviors**

# EVIDENCE-BASED RESEARCH

## Parental comments from the study exit interview:

- 🐾 “The day of riding my child was quiet, calm & peaceful.”
- 🐾 “The day of the riding we see very different behaviors. Very calm. This morning he struggled getting into the building but once he saw the horse, he was fine.”
- 🐾 “....more conversational....sharing & compromising more....”
- 🐾 “Fewer meltdowns” & “Decreased negativity”

# EVIDENCE-BASED RESEARCH

- 🐾 Kemp et al., (2014) evaluated an Equine Facilitated Therapy (EFT) Program for children & adolescents offered at a sexual assault referral center in Australia
- 🐾 6 boys & 9 girls-ages 8-11; 15 girls-ages 12-17 with children of Indigenous & non-Indigenous status
- 🐾 Participants established psychological distress at intake, after 6 weeks of in-clinic counseling (pre-EFT) & at post EFT
- 🐾 **Significant improvements in alleviating trauma symptoms** between 2<sup>nd</sup> & 3<sup>rd</sup> measurements across gender, ages & Indigenous status



# EVIDENCE-BASED RESEARCH

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## Overview of Study Methodologies/Designs

- 🐎 Observational
- 🐎 Case Studies
- 🐎 Quasi-experimental
- 🐎 Pilot
- 🐎 Qualitative
- 🐎 Few Quantitative/RCT studies
- 🐎 Few Longitudinal
- 🐎 Small number of subjects

# AREAS FOR ADDITIONAL RESEARCH

- Additional studies to verify efficacy of findings<sub>1</sub>
- Research utilizing an equine-placebo:
  - Considering horse-back riding w/no adjunct treatment intervention to determine the influence of the novelty of the environment<sub>1</sub>
- Examining the effects of therapeutic alliance & attrition rates<sub>2</sub>

# AREAS FOR ADDITIONAL RESEARCH

- 🐎 Longitudinal studies to determine the sustainability of improvements<sub>2</sub>
- 🐎 Research using additional experimental controls<sub>1</sub>
  - 🐎 Random selection
  - 🐎 Random assignment
  - 🐎 Use of a control or comparison groups

# DEMONSTRATION




# GUINEA PIGS

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Similar to horses

 Herd animals-prefer to be in groups

 Prey animal

 Emotionally sensitive to the environment, as a means to protect themselves

 Startle easily

# GUINEA PIG

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Pet Partners Registered Animal-Handler Team

 Volunteer Visits

 8-Hour Handler Class

 30 minute Animal-Handler team evaluation

 Must be presented in a harness & on a leash


 May be carried in a basket while visiting

 Must be bathed & groomed prior to visits

# WRAP UP

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## Discussion

 What other organizations are involved with AAI?

## Questions?

## Comments

## Concerns

 Please see additional resources

 *Thank you* for attending!!!

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