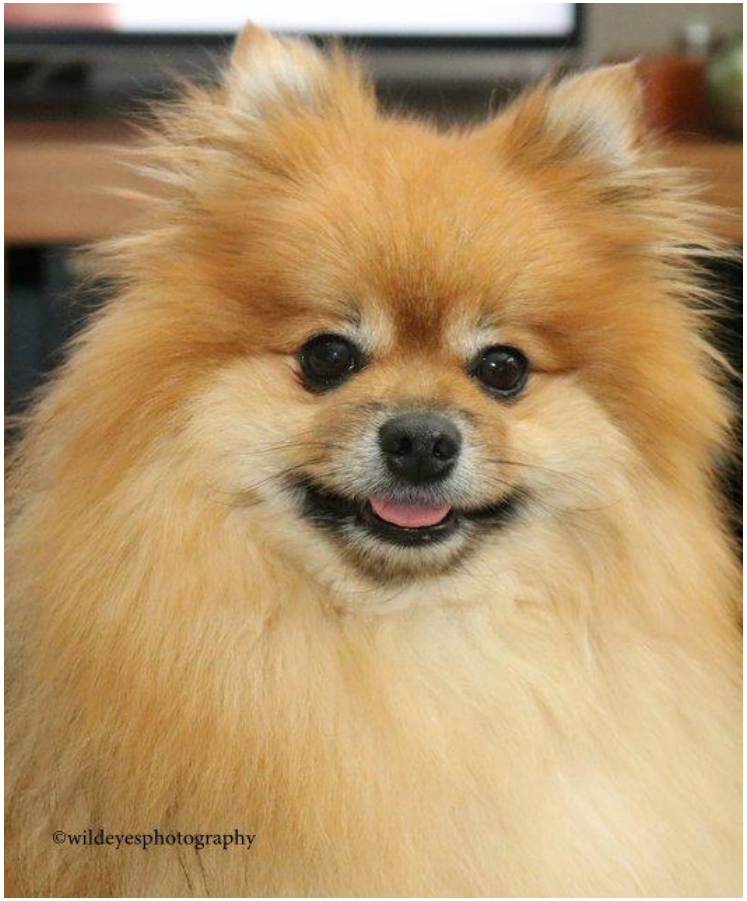
Canines as Co-Therapists
in the Healing Process from Sexual Trauma



Janus Moncur, LCSW, CPC, CHAIS -Therapist and Coach
Co-Creative Coaching & Counseling

Janus Moncur, LCSW, CPC, CHAIS
Co-Creative Coaching and Counseling
Adapted with permission from Debra Berger, Founder of Canine Assisted Therapy, Inc (CAT) and Mack/Considerations for AAT(2016)

Beginnings…

Janus Moncur, LCSW, CPC, CHAIS -Therapist and Coach
Co-Creative Coaching & Counseling

Beginnings…

Jack was supposed to be Kalli's Dog

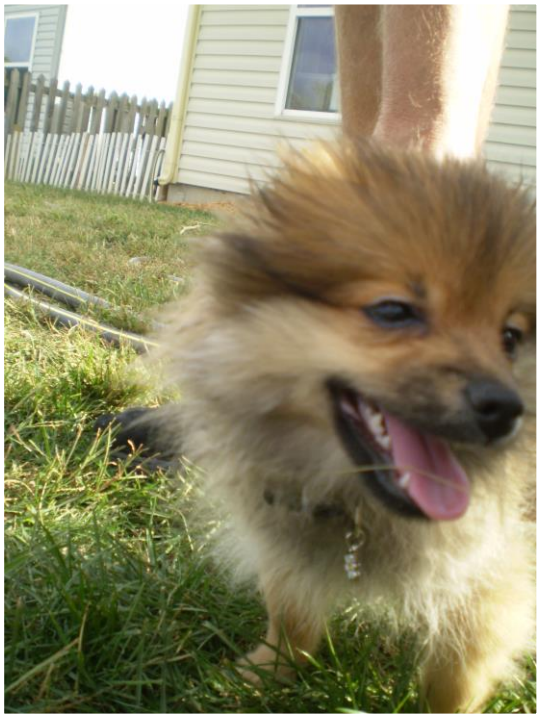
But

The night Kalli and Denny brought him home and Kalli went off to bed,

Jack had other ideas

Janus Moncur, LCSW, CPC, CHAIS -Therapist and Coach
Co-Creative Coaching & Counseling

And along came Mack



Janus Moncur, LCSW, CPC, CHAIS -Therapist and Coach
Co-Creative Coaching & Counseling

The Mission was Revealed

The Team Emerged

Janus Moncur, LCSW, CPC, CHAIS -Therapist and Coach
Co-Creative Coaching & Counseling

Service Dogs, Working Dogs and Emotional Support Animals (ESA)

Janus Moncur, LCSW, CPC, CHAIS -Therapist and Coach
Co-Creative Coaching & Counseling

Service Dogs

Animals Assisting with a Human Function

Service Dogs

Assistance animals

- Helpers (i.e. hearing, sight, seizure detection)
- Visitation
- Therapy programs (physical, mental, skill-building)

http://www.seeingeye.org

The Americans with Disabilities Act defines service dogs as "any guide dog, signal dog, or other animal who is trained to provide assistance to an individual with a disability."

Service dogs are not considered pets!

Janus Moncur, LCSW, CPC, CHAIS -Therapist and Coach
Co-Creative Coaching & Counseling

Working Dogs

Animals as Partners in Work

Search and rescue dogs

Bomb detection dogs

Police dogs

Crisis Response Canines

Therapy dogs

Janus Moncur, LCSW, CPC, CHAIS -Therapist and Coach
Co-Creative Coaching & Counseling

ESA – Emotional Support Animals

ESA are considered pets and are not covered by ADA laws but are allowed in certain housing situations and allowed to be uncrated in the cabin of an airplane.

The ES animals do not have to be dogs and do not need any special training but a person may be asked to leave if an animal is a behavioral issue.

Janus Moncur, LCSW, CPC, CHAIS -Therapist and Coach
Co-Creative Coaching & Counseling

Therapy Dogs

A *therapy dog* is a dog which has been specially trained to offer companionship, affection, and comfort. Therapy dogs are considered pets and are not covered by ADA laws.

Pet Therapy usually consist of Animal-Assisted Activities (AAA) and Animal-Assisted Therapy (AAT) In fact, Sigmund Freud had his own therapy dog, a Chow Chow named Jofi, who hung around the office during therapy sessions. Freud himself came to the conclusion that the dog had a relaxing effect on himself and his patients (Fine, 2010). *Image via online.wsj.com*

Janus Moncur, LCSW, CPC, CHAIS -Therapist and Coach
Co-Creative Coaching & Counseling

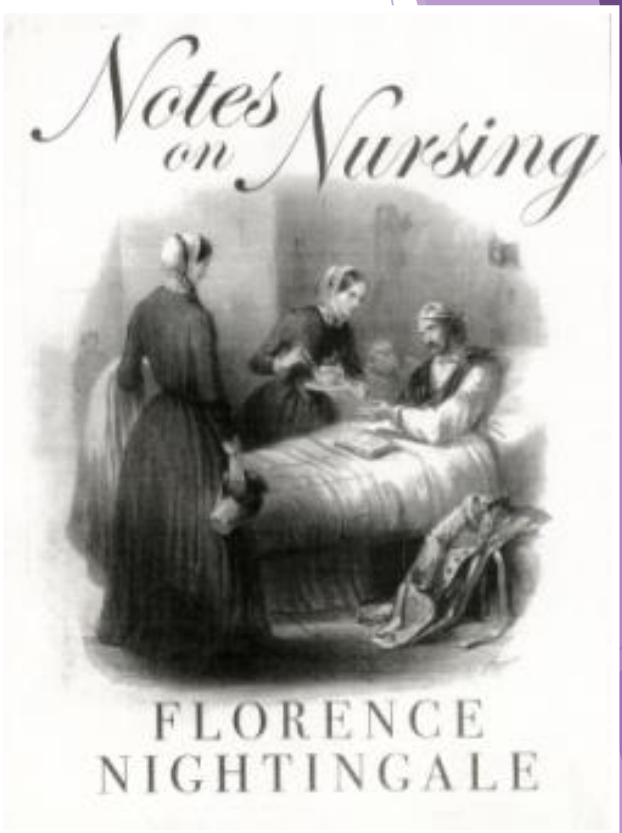
History of Animal Assisted Therapy

- Prehistoric cave paintings of wolves and humans around camp fires
- Egyptians were buried with their pets
  - Tomb walls were covered with drawings of their favorite pets.
- Ancient Greeks believed that animals had healing powers

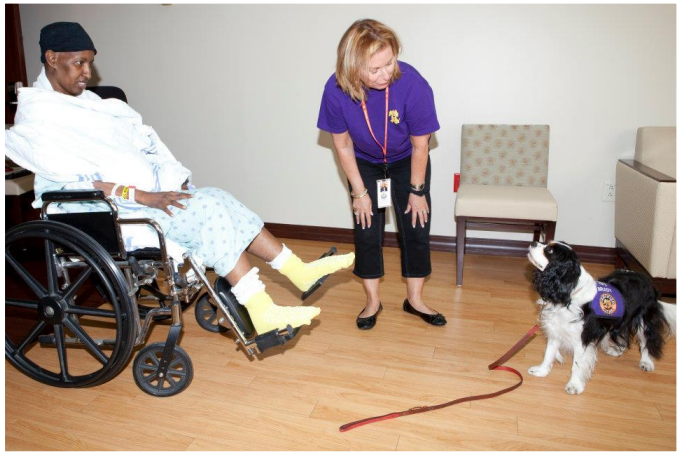
Janus Moncur, LCSW, CPC, CHAIS -Therapist and Coach
Co-Creative Coaching & Counseling

History of Animal Assisted Therapy

- 1859 Florence Nightingale wrote about pet therapy in her Notes on Nursing.“A small pet is often an excellent companion for the sick, for long chronic cases especially.”
- 1919 – Animals were used in men’s mental health in Washington D.C. and in WW2 for the treatment of “battle fatigue” now known as Post Traumatic Stress Disorder or PTSD.
- 1960 - Formal documentation of pet therapy began and the term “Pet Therapy” was coined. American Child Psychiatrist Dr. Boris Levinson wrote about a using a dog to facilitate work with a child.
- 1980 – Nursing literature addressed the use of animals as “nursing intervention resources”.



General Uses of Animal Assisted Therapy



Janus Moncur, LCSW, CPC, CHAIS -Therapist and Coach
Co-Creative Coaching & Counseling

Therapy Dog Programs – Animal-Assisted Activities (AAA)

The casual “meet and greet” activities that involve pets visiting people.

Example of AAA:

Dogs visiting residents of a nursing facility. There are no set goals for the interactions.

Janus Moncur, LCSW, CPC, CHAIS -Therapist and Coach
Co-Creative Coaching & Counseling

Therapy Dog Programs – Animal-Assisted Therapy (AAT)

A goal-directed intervention directed and/or delivered by a health/human service. AAT is designed to promote improvement in human physical, social, emotional, and or cognitive function.

Examples of AAT:

Individual with Cerebral Palsy grasping a brush and grooming the dog.

Encouragement to motivate an individual to come take a walk.

Janus Moncur, LCSW, CPC, CHAIS -Therapist and Coach
Co-Creative Coaching & Counseling

Therapy Dog Programs – Facility Animal

Facility Dogs either live at the facility or are brought regularly to the facility and provide therapy to individuals in that facility.

- Creates a more welcoming and relaxed atmosphere
- Decreases job stress and elevates mood
- Creates a sense of comfort with where the family may be staying within the facility
- Bonding experience for family, patients and staff

Janus Moncur, LCSW, CPC, CHAIS -Therapist and Coach
Co-Creative Coaching & Counseling

Outcomes and Benefits of Animal Assisted Therapy

- Maintain a higher level of activity of living status “something to live for” significantly correlated with self care and personal health
- Increased socialization in patients with
- Alzheimer’s Disease
- Decreases loneliness, increases group cohesion and fosters therapeutic communication
- Enhances quality of life
- Unconditional acceptance
- Motivation

Janus Moncur, LCSW, CPC, CHAIS -Therapist and Coach
Co-Creative Coaching & Counseling

Outcomes and Benefits of Animal Assisted Therapy

Detailed descriptive articles on the positive effects of pet therapy with correlated nursing goals in a variety of health care settings.

- Decreases pain and anxiety during painful procedures
- Releases endorphins and reduces the need for pain medication
- Fosters trust and removes barriers of communication
- Assist with patient and staff interactions
- Lower blood pressure and heart rates

Cited outcomes of using AAT in critical care:

- Patients experience joy by being with the animal
- Increased participation in activities when an animal is present
- Improved patient mood after pet visitation
- Decreased anxiety in the family and the patient

Janus Moncur, LCSW, CPC, CHAIS -Therapist and Coach
Co-Creative Coaching & Counseling

Outcomes and Benefits of Animal Assisted Therapy

- Dog ownership is a significant contributor to the survival status of cardiovascular patients
- It has been proven to enhance the quality of life and increase survivability.
- Increased mood / decreased loneliness, depression and homesickness
- Decrease fears of the facility/future
- Stress reduction
- Motivation
- Relaxation of the environment
- Sense of ownership and being needed

Janus Moncur, LCSW, CPC, CHAIS -Therapist and Coach
Co-Creative Coaching & Counseling

Current AAT Applications

Research supports AAT for:

- Autism
- Dementia
- Depression
- PTSD
- Schizophrenia
- Substance Dependence
- Other mental illnesses and disorders in individuals, groups, family therapy, with children, adolescents & adults – from

Animals as Helpers with Childhood Development

Cuddly Plush Animals

Stories and Metaphors for Learning Life Lessons

Janus Moncur, LCSW, CPC, CHAIS -Therapist and Coach
Co-Creative Coaching & Counseling

Benefits to Humans: Childhood Development

Pets:

- Provide a sense of security and self-esteem
- Facilitate play, exploration, independence
- Facilitate an understanding of life events and life-changing events
- Promote responsibility, nurturing, loyalty, empathy, sharing, and unconditional love

Janus Moncur, LCSW, CPC, CHAIS -Therapist and Coach
Co-Creative Coaching & Counseling

Benefits to Humans: Childhood Development

Animals in classrooms:

- Motivate students to work well and learn
- Improve behavior
- Provide care-giving opportunities important to psychological development

Janus Moncur, LCSW, CPC, CHAIS -Therapist and Coach
Co-Creative Coaching & Counseling

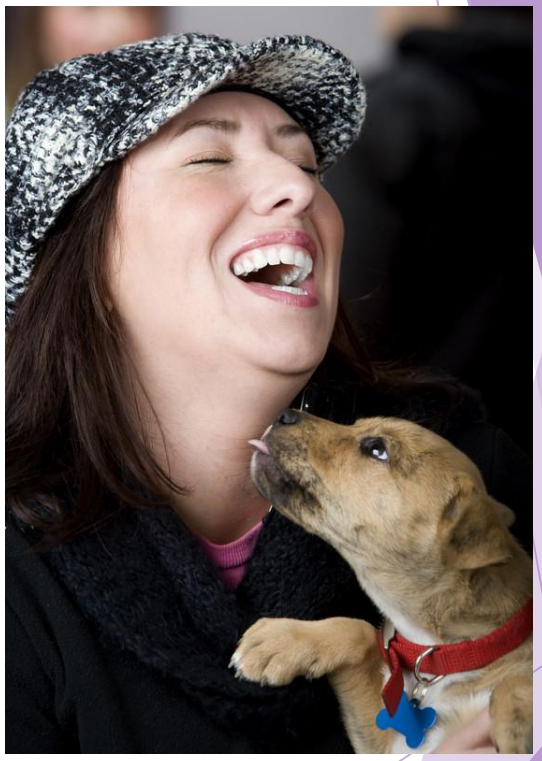
AAT and Trauma

Van der Kolk (2014) informed, “In the past two decades it has become widely recognized that when adults or children are too skittish or shut down to derive comfort from human beings, relationships with other mammals can help” (p. 80).

Janus Moncur, LCSW, CPC, CHAIS -Therapist and Coach
Co-Creative Coaching & Counseling

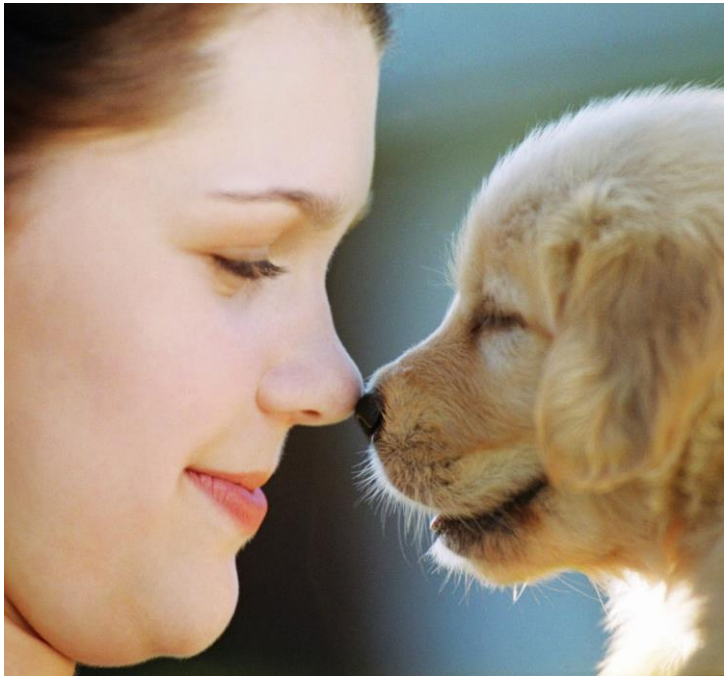
The Oxytocin Factor

In addition to the well-known benefits of unconditional love and acceptance, relaxation and slowed heart rate, one of the major reasons that AAT is so effective is that interaction with domestic animals significantly increases the oxytocin levels, particularly for women, as compared to other relaxation techniques such as reading (which results in decreased oxytocin levels) (Fine, 2010).



Janus Moncur, LCSW, CPC, CHAIS -Therapist and Coach
Co-Creative Coaching & Counseling

The Oxytocin Factor



Beetz et al., (2012) wrote that oxytocin is, "…released via eye contact, but in particular, via pleasant tactile interactions which seem to play a major role for the OT-mediated decrease of stress levels. OT effects may be triggered in response to single meetings with animals…" (p.12).

Dr. Janet Courtney - Touch

Chandler (2012) pointed out, the advantage of a canine co-therapist over a stuffed toy is that "…the animal responds in kind with affectionate behaviors that reinforce the therapeutic benefits of the touch" (p. 168)

Modalities and Interventions

AAT can be paired with most other therapeutic techniques and interventions that the therapist already practices. The presence of the therapy dog allows a client temporary relief and support to examine uncomfortable issues more thoroughly (Chandler, 2012).

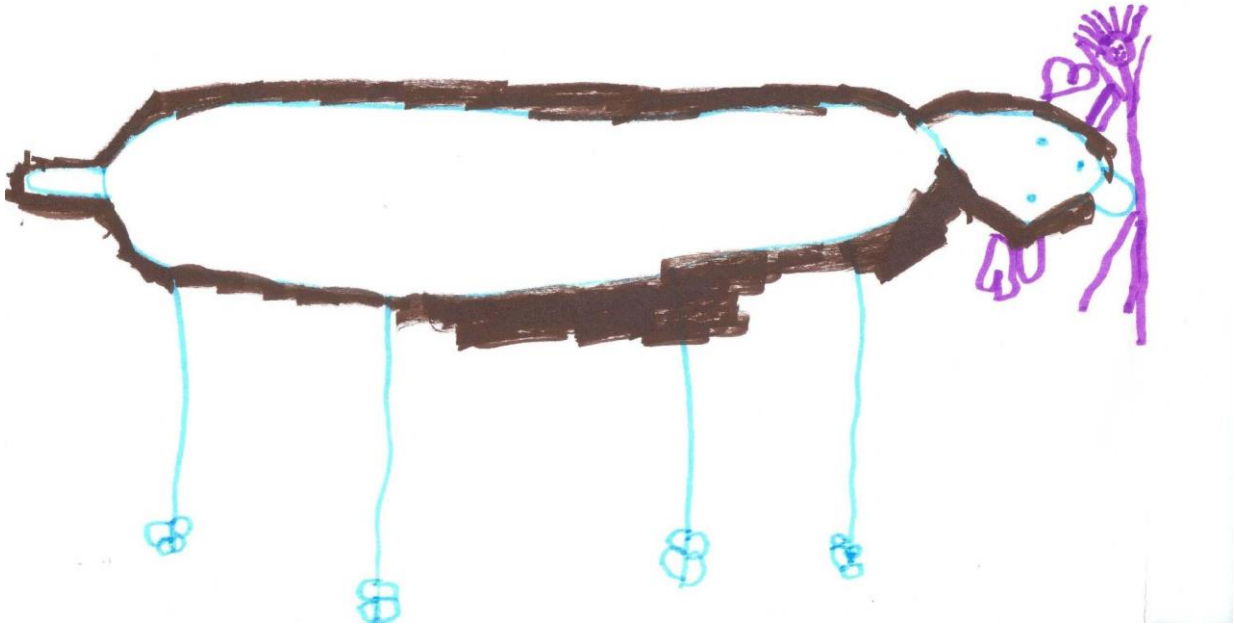
"The therapist's orchestrated interactions between the client and the therapy animal as well as between the client and the therapist are a vital component to the success of therapy" (p. 166).

Janus Moncur, LCSW, CPC, CHAIS -Therapist and Coach
Co-Creative Coaching & Counseling

Modalities and Interventions

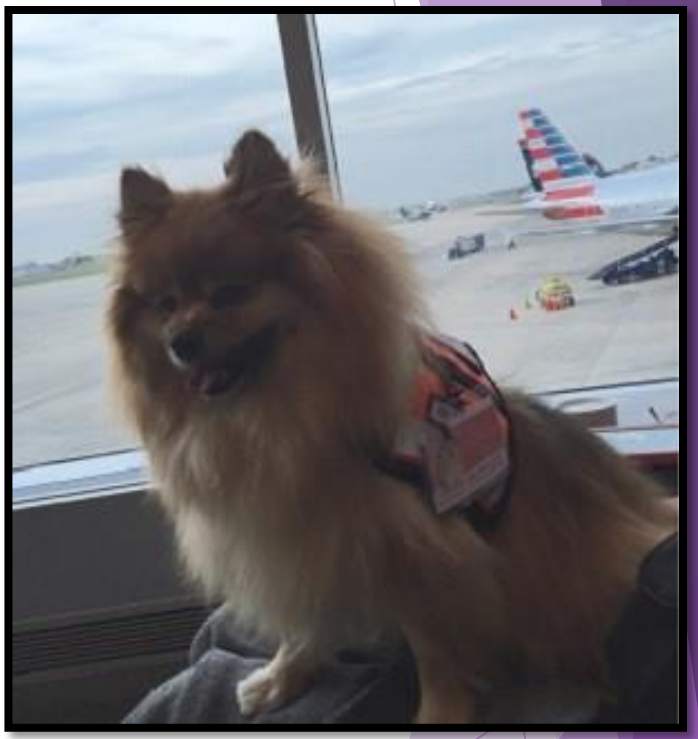
- Animal Assisted Play Therapy ® (AAPT®) was developed by Risë Van Fleet by combining Play Therapy and AAT – www.iiaapt.org

Modalities and Interventions



- Bonnie Martin – Pet Assisted Play Therapy – (PAPT)

Mack Moncur-Lee



Certified Canine-Assisted Therapy (CAT) and National Crisis Response Canines

Janus Moncur, LCSW, CPC, CHAIS -Therapist and Coach
Co-Creative Coaching & Counseling

Modalities and Interventions

Real-life Case Study of Sexually Abused Adolescent Female

Janus Moncur, LCSW, CPC, CHAIS -Therapist and Coach
Co-Creative Coaching & Counseling

AAT Program Ideas

- Pet Friendly Therapy Sessions
- Groups/Retreats
- Training Groups for Ownership
  - Domestic Violence
  - Grief and Bereavement
  - Self-Esteem

Janus Moncur, LCSW, CPC, CHAIS -Therapist and Coach
Co-Creative Coaching & Counseling

Ethical Considerations for Canine Co-Therapists

Number one consideration in any work must be:
Safety of client, canine co-therapist and you

- Therapists need training in a recognized animal assisted therapy program that addresses the ethical considerations of touch between children and canines.
- The canine co-therapist also needs extensive training specifically with each population to work with, i.e.: children, mentally ill, crisis, etc.. in sessions.

Janus Moncur, LCSW, CPC, CHAIS -Therapist and Coach
Co-Creative Coaching & Counseling

Ethical Considerations for Canine Co-Therapists

- Include an Informed Consent that specifies the factors and boundaries involved in the inclusion of canines in therapy that all addresses the therapeutic variable of touch between the client and canine.

- The client and in the case of a child client, the parent are educated on the appropriate interactions of touch between the child and canine. The child specifically is taught how to pick up on the cues of the canine, and the therapist is trained to monitor all interactions.

- The therapist takes responsibility for prevention and handling acts of aggression—either by the client to the dog, or the dog to the client.

Janus Moncur, LCSW, CPC, CHAIS -Therapist and Coach
Co-Creative Coaching & Counseling

Ethical Considerations for Canine Co-Therapists

- The client's cultural background related to touch must be considered.
- The client's history related to touch and trauma must be an included factor.
- Therapist self-awareness regarding biases and countertransference related to touch that may emerge during canine assisted sessions must be explored
- Document any significant incidents involving touch during the sessions, as well as consultation from peers and legal counsel regarding any ethical issues.
- Malpractice insurance must be secured which includes the canine's involvement in sessions. (NASW has such a policy)

From Dr. Janet Courtney's publication in process, with the expertise of Bonnie Martin.

Janus Moncur, LCSW, CPC, CHAIS -Therapist and Coach
Co-Creative Coaching & Counseling

Requirements for Animals

Requirements should include:

- American Kennel Club Canine Good Citizen Certification
- Dogs should be at least 1 year old and have lived with the owner/handler for at least 6 months
- Well socialized to people, other dogs and exposed to a variety of environments
- Should be carefully evaluated for the appropriate temperament and personality and the evaluation should take place in an environment unfamiliar to the dog
- Temperament and training should fit the work that the dog will be doing
- Periodic re-evaluation of the dog

THERAPY DOG ORGANIZATIONS

- Canine Assisted Therapy
  www.catdogs.org
- Delta Society
  www.deltasociety.org
- Humane Society of Broward County
  www.humanebroward.com
- Therapy Dogs, Inc.
  www.therapydogs.com
- Therapy Dogs International
  www.tdi-dog.org

CHECKLIST TO START YOUR OWN PROGRAM

- ❑ Waivers
- ❑ Liability
- ❑ 501(c)3
- ❑ Program Proposal
- ❑ Approval –Decision maker
- ❑ People Needed
- ❑ Budget
- ❑ Protocol
- ❑ Location
- ❑ Letters – family
- ❑ Pre and post measures
- ❑ Curriculum
- ❑ Type of animals
- ❑ Adoption Policies

Used with permission from
Amy Johnson, Unit Marketing Manager
Director of Animal Assisted Therapy Certificate Program
Director of Center for Human Animal Interventions
Oakland University, Rochester, MI 2008

The Mission Continues…

Special Thank You to Marcella of
Wild Eyes Photography
www.**wildeyes**gallery.com

Janus Moncur, LCSW, CPC, CHAIS -Therapist and Coach
Co-Creative Coaching & Counseling

The Secret to “Pet Therapy”

“My therapy is quite simple: I wag my tail and lick your face until you feel good about yourself again.”

ADDITIONAL READING

Animal Assisted Therapy in Counseling. Chandler, C. K. (2005). Routledge, New York and Hove, New York, New York.

The Animal-Human Bond and Ethnic Diversity. Risley-Curtiss, C., Holley, L. C., Wolf, S. Social Work, 51(3) 2006:257-68

Are Pets a Healthy Pleasure? The Influence of Pets on Blood Pressure. Allen, K. Current Directions in Psychological Science. Dec 2003; 12(6):236-9

Behavioral and Physiological Responses of Guide Dogs to a Situation of Emotional Distress. Fallani, G., Prato Previde, E, Velsecchi, P. Physiology & Behavior, 90(4) 2007 Mar:648-55.

Benefits of Animal-Assisted Therapy at a Veterinary School by Deborah Linder, Tufts Veterinary School

Between Pets and People: The Importance of Animal Companionship by Alan M. Beck, et al. 1996.

Coping with Life Changes & Transitions: The Role of the Pet by Karen Allen.

A Counterbalanced Version of Ainsworth's Strange Situation Procedure Reveals Secure-Base Effects in Dog-Human Relationships. Palmer, Robyn; Custance, Deborah. Applied Animal Behaviour Science. 2008 Feb; 109(2-4): 306-319.

Dog Ownership, Health and Physical Activity: A Critical Review of the Literature. Cutt, H., Giles-Corti, B., Knuiman, M., Burke, V. Health & Place, 13(1) 2007 Mar:261-72

ADDITIONAL READING

Doggie ‘doctors’ diagnose their owners’ ills: Canines’ keen sense of smell, intuition helps them detect people's disease by Kim Campbell Thornton, MSNBC contributor, August 27, 2008

•**The Effects of Animals on Human Health and Well-Being**. Wells, D.L. Journal of Social Issues. 2009 Sep; 65(3); 523-543.

Empathic Differences in Adults as a Function of Childhood and Adult Pet Ownership and Pet Type. Daly, B.;Morton, L.L. Anthrozoös, 2009 Dec; 22(4): 371-382.

•**Feature Article: Developing a Physiology of Inclusion: Recognizing the Health Benefits of Animal Companions** by James Lynch.

•**A Four-Legged Cure** by Heather Grimshaw - Thrive nyc, July 2008

•**Furry Families: Making a Human-Dog Family Through Home**. Power, Emma. Social & Cultural Geography, 2008 Aug; 9(5): 535-555. Correspondence to Power, Department of Human Geography, Macquarie University, NSW 2109, Australia; **epower@els.mq.edu.au**

•Handbook on Animal-Assisted Therapy, Third Edition: Theoretical Foundations and Guidelines for Practice by Aubrey H. Fine (Aug 18, 2010)

•**Health Promotion for Dogs and Humans: the 10,000 Steps Rockhampton Dog Walking Intervention**. Schofield, G.; Steele, R.; Mummery, K.; Brown, W.; Trost, [S.]; Eakin, L. Journal of Science and Medicine in Sport. 2003 Dec; 6(4) Supplement: 64-64.

ADDITIONAL READING

•The Healthy Pleasure of Their Company by Karen Allen (part of Companion Animals in the Community.)

•**Human Interaction and Cortisol: Can Human Contact Reduce Stress for Shelter Dogs?** Coppola, C. L., Grandin, T., Enns, R. M. Physiology & Behavior, 87(3) 2007 Mar:537-41.

•**The Human-Companion Animal Bond: How Humans Benefit**. Friedmann, E.; Son, H. Veterinary Clinics of North America. Small Animal Practice. 2009 Mar; 39(2): 293-326.

The Illusion of Love: Does a Virtual Pet Provide the Same Companionship as a Real One? Chesney, Thomas; Lawson, Shaun. Interaction Studies, 2007; 8(2): 337-342. Correspondence to Chesney, Division of Information Systems, Nottingham University Business School, Jubilee Campus, Wollaton Road, Nottingham, UK NG18 1BB; thomas.chesney@nottingham.ac.uk

Investigating the Therapeutic benefits of Companion Animals: Problems and Challenges. Franklin, A., Emmison, M., Haraway, D., Travers, M. Qualitative Sociology Review, 3(1) 2007 Apr:42-58.

Loneliness: A Health Hazard of Modern Times by Susan L. Duncan.

More Than a Furry Companion: The Ripple Effect of Companion Animals on Neighborhood Interactions and Sense of Community. Wood, L. J., Giles-Corti, G., Bulsara, M. K., Bosch, D. A. Society & Animals, 15(1) 2007:43-56.

ADDITIONAL READING

•.**The PPET Study: People and Pets Exercising Together**. Kushner, R. F., Blatner, D. J., Jewell, D. E., Rudloff, K. Obesity (Silver Spring, Md.), 14(10) 2006 Oct: 1762-70.
Pet First Aid: Cats & Dogs by Robbie Mammato and The American Red Cross. 1997.

•**Pets and Human Health in Germany and Australia: National Longitudinal Results.** Headey, B., Grabka, M. M. Social Indicators Research, 80(2) 2007 Jan:297-311.

•**Pseudoseizure Dogs**. Krauss, G. L., Choi, J. S., Lesser, R. P. Neurology, 68(4) 2007 Jan 23:308-9

•**Psychophysiological Effects of Human-Animal Interaction: Theoretical Issues and Long-Term Interaction Effects.** Virues-Ortega, J., Buela-Casal, G. J Nerv Ment Dis. 2006 Jan; 194(1):52-7.

•**Recent Discoveries About Our Relationships with the Natural World** by Leo Bustad.

•**Recent Studies on How the Presence of Pets Affects People During Life Transitions** by Ann Howie.

•**The Role of Pets in the Social Networks of Children, Adolescents, and Elderly People** by June McNicholas and Glyn M. Collis

•**She was Family:" Women of Color and Animal-Human Connections.** Risley-Curtiss, C., Holley, L. C., Cruickshank, T., Porcelli, J., Rhoads, C., Bacchus, D. N A., Nyakoe, S., Murphy, S. B. Affilia: Journal of Women & Social Work, 21(4) 2006 Winter: 433-47.

ADDITIONAL READING

- **Studies of Loneliness: Recent Research into the Effects of Companion Animals** by Andrea Leigh Ptak
- **Study Results: Stress in Pet Owners and Non-Pet Owners** by Jill Kraus
- **Teachers' Pets and Why They Have Them: An Investigation of the Human-Animal Bond.** Staats, S., Sears, K., Pierfelice, L. Journal of Applied Social Psychology, 36(8) 2006 Aug:1881-91.
- **The Use of Canines in the Detection of Human Cancers**. Gordon, Robert T; Schatz, Carole Beck; Myers, Lawrence J.; Kosty, Michael; Gonczy, Constance; Kroener, Joan; Tran, Michael; Kurtzhals, Pamela; Heath, Susan; Koziol, James A.; Arthur, Nan; Gabriel, Madeleine; Hemping, Judy; Hemping, Gordon; Nesbitt, Sally; Tucker-Clark, Lydia; Zaayer, Jennifer. Journal of Alternative and Complementary Medicine, 2008 Jan-Feb; 14(1): 61-67.
- **Veterinary Students' Attitudes About the Legal Status of Dogs and Cats Francois Martin1, Sylvia Glover JD21 Center for the Study of Animal Well-being**, Washington State University, United States, 2WSU Office of the Attorney General [Presentation from the 11th International Conference on Human-Animal Interactions, People & Animals: Partnership in Harmony, Tokyo, Japan, October 5-8, 2008]

REFERENCES

Association for Play Therapy. (2015). *Paper on touch: Clinical, professional, & ethical issues*. Retrieved from: http://c.ymcdn.com/sites/www.a4pt.org/resource/resmgr/Publications/Paper_On_Touch_2015.pdf

Beetz, A., Uvnas-Moberg, K., Julius, H., Kotrschal, K. (2012). Psychosocial and psychophysiological effects of human-animal interactions: The possible role of oxytocin. Frontiers in Psychology, 3 (234), 1-13.

http://barkpost.com/crisis-response-dogs/

Berger, D, (2014). Canine-Assisted Therapy, www.catdogs.org.

Berger, D. (2013) PowerPoint Presentation, NASW Pet Therapy Presentation

http://barkpost.com/life/sigmund-freuds-dog/ (2016). The Surprising Way Sigmund Freud Used His Dog for Psychoanalysis of Humans

Carson, Lynn. (2006).The Animal/Human Bond: A Prescription for Good Health. American Journal of Health Education, 2006 Nov-Dec; 37(6): 361-365.

Cavanaugh, L, A, Leonard, H. Scammon, D.L. (2008) . A Tail of Two Personalities: How Canine Companions Shape Relationships and Well-being. Journal of Business Research, 2008 May; 61(5): 469-479

Chandler, C. (n.d.). ED459404 2001-10-00 Animal-Assisted therapy in Counseling and School Settings. ERIC/CASS Digest. Retrieved from www.eric.ed.gov

Chandler, C. K., Portrie-Bethke, T. L., Bario Minton, C. A., Fernando, D. M., & O'Callaghan, D.M. (2010, October). Matching Animal-Assisted Therapy Techniques and Intentions with Counseling Guiding Theories. Journal of Mental Health Counseling, 32, 354 - 374.

Chandler, C. K. (2012). Animal Assisted Therapy in Counseling. Routledge, New York and Hove, New York, New York.

Chu, C. I., Liu, C., Sun, C., & Lin, J. (2009). The effect of animal-assisted activity on inpatients with schizophrenia. Journal Of Psychosocial Nursing And Mental Health Services, 47(12), 42-48. doi:10.3928/02793695-20091103-96

Cutt, H. E, Giles-Corti, B., Wood, L. J, Knuiman, M., W; Burke, V.,(2008). Barriers and Motivators for Owners Walking Their Dog: Results from Qualitative Research. Health Promotion Journal of Australia. 2008 Aug; 19(2): 118-124.

Daly, B., Morton, L.L. Empathic Differences in Adults as a Function of Childhood and Adult Pet Ownership and Pet Type. Anthrozoös, 2009 Dec; 22(4): 371-382.

http://www.deltasociety.org/Page.aspx?pid=333

Evans, N., & Gray, C. (2012). The Practice and Ethics of Animal-Assisted Therapy with Children and Young People: Is It Enough that We Don't Eat Our Co-Workers?. British Journal Of Social Work, 42(4), 600-617.

REFERENCES

Fine, A. (2010). *Handbook on Animal-Assisted Therapy; Theoretical Foundations and Guidelines for Practice* (3rd ed.). London, UK: Academic Press.

Johnson, A. Oakland University

Lange, A. M., Cox, J. A., Bernert, D. J., & Jenkins, C. D. (2006). Is Counseling Going to the Dogs? An Exploratory Study Related to the Inclusion of an Animal in Group Counseling with Adolescents. *Journal Of Creativity In Mental Health*, *2*(2), 17-31. doi:10.1300/J456v02n0203

Lawrence, G. & Kurpius, S. (2000). Legal and ethical issues involved when counseling minors in non-school settings. *Journal of Counseling and Development*, 78, 130-136.

Martin, B. (2012). Pet Assisted Play Therapy (PAPT): The theory and dynamics of PAPT… your pet assistant can be much more than a friendly visitor. Port Richey FL.

Martin, B. & Moncur, J. (2017). The Ethics of Tough with Canines as Co-Therapist with Children. In J. Courtney & R.Nolan (Ed.), Touch in Child Counseling and Play Therapy; An Ethical and Clinical Guide (pp. ND). New York, New York: Rutledge.

Rossetti, J., & King, C. (2010). Use of animal-assisted therapy with psychiatric patients. *Journal Of Psychosocial Nursing & Mental Health Services*, *48*(11), 44-48. doi:10.3928/02793695-20100831-05

Rugaas, T. (2006). On talking terms with dogs: Calming signals (2nd ed.). Wenatchee, WA: Dogwise Pub.

Seymour, J.W., and Rubin, L. (2006). Principles, principals, and process (P3): A model for play therapy ethics problem solving. *International Journal of Play Therapy, 15(2),* 101-123.

Stone, B. H. (2010). COCKAPOOS IN THE CLASSROOM: Providing Unique Learning Opportunities for Children with Autism. *Exceptional Parent*, *40*(5), 24-25.

Thompson, M. J. (2009). Animal-assisted play therapy: Canines as co-therapists. In G. R. Walz, J.C. Bleuer, & R. K. Yep (Eds.), *Compelling counseling interventions,* (pp, 199-209). Alexandria, VA: American Counseling Association.

van der Kolk, B. (2014). *The body keeps the score: Brain, mind, and body in the healing of trauma.* New York: Penguin Group.

VanFleet, R. & Faa-Thompson, T. (2015). Animal assisted play therapy. In D. A. Crenshaw & A. L. Stewart (Eds.), *Play therapy: A comprehensive guide to theory and practice* (pp.201-214). New York: Guilford.

VanFleet, R. (2008). *Play therapy with kids & canines: Benefits for children's developmental and psychosocial health.* Sarasota, FL: Professional Resource Press.

www.wsj.com/.../SB10001424052748703886 90.. Beside Freud's Couch

WALSH, F. (2009). Human-Animal Bonds II: The Role of Pets in Family Systems and Family Therapy. *Family Process*, *48*(4), 481-499. doi:10.1111/j.1545-5300.2009.01297.x

Wesley, M. C., Minatrea, N. B., & Watson, J. C. (2009). Animal-Assisted Therapy in the Treatment of Substance Dependence. *Anthrozoos*,*22*(2), 137-148. doi:10.2752/175303709X434167

Weston, F. (2010). Using animal assisted therapy with children. *British Journal Of School Nursing*, *5*(7), 344.