

Client Name: _____
Client DOB: _____

Animal Assisted Therapy (AAT) and Animal Assisted Activities (AAA) Form

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AAT is a goal directed intervention in which an animal that meets specific criteria is an integral part of the treatment process. This intervention will include a professional working within their scope of competency. The animal will be certified through an organization and its training protocol. This process will be documented and evaluated. AAT and AAA are designed to promote improvement in human physical, social, emotional, behavioral, and cognitive functioning.

AAA provide opportunities for motivational, educational, recreational, and therapeutic benefits to enhance quality of life. They are delivered in a variety of environments in association with animals that meet specific criteria.

While each person's process is unique, people who have participated in AAT and AAA have experienced the following benefits:

Animals help improve motivation and engagement in therapy.

Animals help build trust and provide a sense of security.

Animals offer unconditional acceptance.

Animals can act as symbols and metaphors in a client's life.

Animals help in the areas of focus and attention.

Animals act as agents of de-arousal as they help clients learn soothing and calming skills.

Animals can be a source of social and emotional support.

Animals can act as objects of attachment.

Animals can be instruments of learning.

Animals can help clients in projecting and exploring their problems

Animals offer humor and fun in the session, as they help facilitate play.

Animals help promote the caring, cooperation compassion, empathy, gratitude, humanity, nurturance, patience, perseverance, respect, responsibility, self-control, self-esteem and service.

Although AAT/AAA come with many benefits, there are inherent risks. When working with therapy animals, their behavior can be unpredictable. Standards of practice, policy and procedure regarding animal participation are followed. All companion animals have been medically screened. All therapy animals have engaged in and passed a nationally recognized Canine Good Citizen Program and test. Knowing this, I and anyone who might claim on my behalf, release Noelle W. Clouse, LMHC, from any liability of any kind arising out of personal injury, and property damage resulting from participation in AAT and/or AAA sessions.