

# Animal Assisted Interventions (AAI) course





What is AAI and why a course on  
AAI?

# BARK

## Building Academic Retention Through K-9s

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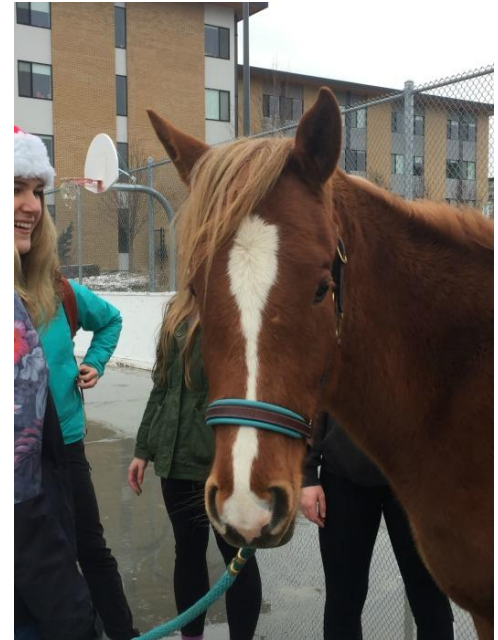
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# Horse Sense





# Syllabus

Our 41-page document that has yet to be completed



**IF I JUST KEEP LOOKING CUTE**

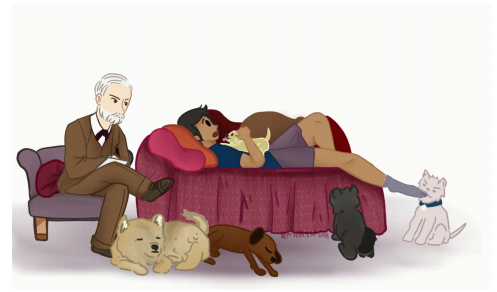


**THEY'LL SURELY BLAME THE DOG**



# What's inside?

1. Course Overview, Description, and Objectives
2. Class Weekly Outline
3. Class Format, Course Requirements (i.e., Assessment Criteria)
4. Administrative matters (e.g., prerequisites, contacting the instructor, class policies, etc.)



# Class Overview, Description and Objectives

This course is designed to teach students about the **science and its application** behind how animal-assisted interventions works. It focuses on the: differentiation between Animal-Assisted activities & therapy (AAA & AAT) and other forms of therapy; history and effects of AAI on humans; strengths and weaknesses behind AAA & AAT; design and implementation of AAA & AAT; existing state of AAA & AAT; ethical, legal concerns; and the potential for AAA & AAT development for clinical usage and research. With the skills garnered from the course, you will have a thorough understanding of the methodology involved as well as the possibilities for exploration. Learning will occur through lecture presentation, class discussions and in-class activities, experiential activities, and guest lectures.

Part 1 of the course (up until Lecture 14) focuses on the theories behind AAA & AAT, and the use of AAA & AAT in a general counselling setting. Part 2 of the course (Lecture 14 onwards) focuses on the clinical usage of AAT, and psychotherapeutic techniques that employ AAT in our present society today.



# How to make it “Scientific”?



## Goals:

- Make the course both Theory and Application-based
- Let students acquire both Clinical and Research Knowledge

Question: how?





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# Class Weekly Outline (Part 1)

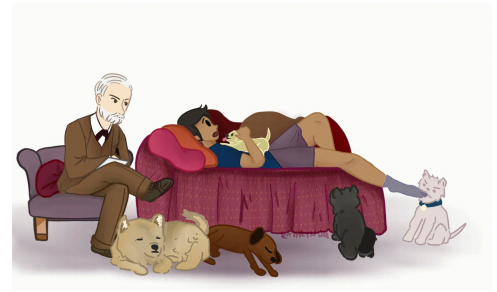
1. Introduction, Animal Psychology and its relationship with AAI
2. The History of Animals being used in human work
3. Research
4. Human-Animal Bond
5. AAA in the General Population (Theory, Guest Speaker, Skills Involved)



*"It's always 'Sit,' 'Stay,' 'Heel'—never 'Think,' 'Innovate,' 'Be yourself.'"*

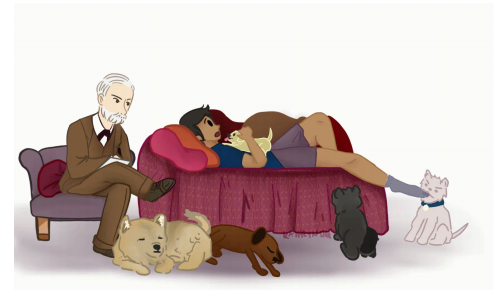
# Class Weekly Outline (Part 1)

1. AAI and Counselling (Theory and Application)
2. Canine & Feline Assisted Therapy (Theory and Application)
3. Field Trip
4. Equine-Assisted Therapy and Use of Farm Animals (Theory and Application)



# Class Weekly Outline (Part 2)

1. Animal-Assisted Therapy in the House! (Theory and Application)
2. Animal-Assisted Therapy in relation to people with psychological special needs/under special conditions - Helping Animals (Theory, Guest Speaker and Application)
3. Psychotherapy and AAT (Skills-Based)
4. Animal-Assisted Therapy in relation to people with physical special needs/under special conditions (Theory and Application)
5. Animals at work - Benefits of Animals in Occupations Outside of Clinical Purposes (Theory)





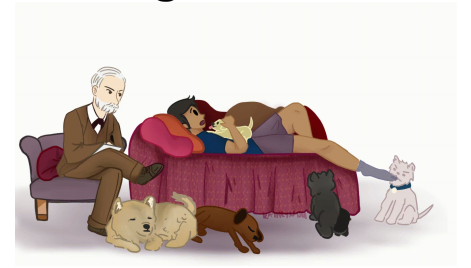
**Kitten doesn't care if you are a tough soldier.**



**To him, you are "dad."**

# Class Format

- 1. Assigned Readings and Lectures based on relevant journal articles**
  - Allowing for students to obtain the most updated research information
- 2. Inclusion of multimedia sources**
  - Policy to have 1-2 multimedia sources (make teaching more engaging + more applicable to real-world)
- 3. In-Class activities, Field Trips, Guest Speakers**
  - Alternative perspectives, on-ground experiences, critical thinking



# Course Requirements



<b>Class Participation (through Quizzes)</b>	10%
<b>In-Class Activities (8)</b>	10%
<b>Experiential Activities</b>	20%
<b>Mid-Term Examination (Part 1 of course)</b>	20%
<b>Research Proposal OR Literature Review OR Clinical Case Study Report</b>	20%
<b>Final Examination (Cumulative)</b>	20%

## Currently working on...

- 1) Lecture Slides
- 2) Draft Lecture Script
- 3) Question Banks





# Lecture Slides

Purpose:

- Key points of class
- Videos to make class engaging
- Facilitate Class activities



# Lecture Slides

Purpose:

- **Key points of class**
- Videos to make class engaging
- Facilitate Class activities

Start of  
Lesson

## Theme 1: Animal Psychology

Focus Question: How do animals think, behave and learn, such that they are able pick up skills relevant for Animal-Assisted Therapy? With that, how do we employ AAT in our society today?

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End of Lesson

## Next Class: Animal Psychology and the History of Animal-Assisted Work

Focus Question: How did animals come to play a role in humankind? What are the ethics and risks when we bring animals into our programmes?

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# Lecture Slides

Purpose:

- Key points of class
- **Videos to make class engaging**
- Facilitate Class activities

Video: Horse therapy at hospice



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Video: Signs of K9 Stress

<https://www.youtube.com/watch?v=vCwS5915s0g&t=69s>

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# Lecture Slides

Purpose:

- Key points of class
- Videos to make class engaging
- **Facilitate class activities** →

## In-Class Activity (Poor Research Method)

1. **Form Groups of 4 - Create a Document and upload on Canvas**
  - a. List your Names and your Student ID in your Document. This will be used to credit your work for the day.
2. **For all your articles in the group (on Poor Research Methods)**
  - a. Title
  - b. Summary of Articles
  - c. Critique of Articles (Why is the research methodology problematic?)
3. **Rank your articles from Best to Poorest - and give justification to your article**

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# Draft Lecture Script

## Purpose:

- Act as a guide
- Paired with slides
- Video cues
- Class activities instructions
- Gives explanations and examples



**Slide 19:** Are you ready to delve into the minds of animals and humans, and their bonds and interactions?

**Slide 20:** As I mentioned earlier, the first slide of every class starts with focus questions, so these are what we the class is going to be about today.

**Slide 21:** Since this is the first class after all, let's start light with a video on animal behaviour. [\[Play video: Start at 0:16, Stop at 2:51.\]](#)

**Slide 22:** You guys were researching on the differences between AAA and AAT earlier in the class and here are the definitions of AAI, AAT and AAA.

Basically, AAI is the use of therapy animals in therapeutic activities in any context. With AAT, the focus is on the therapy, so there is a treatment process and it has to be directed by a professional. The therapy usually focuses on improving social, emotional or cognitive functions and can be held as a group or individually. As it is a therapy, the progress will be measured and documented.

AAA on the other hand, the focus is on activities. It focuses more to motivate, educate or even just for recreation. With AAA, a professional is NOT needed. It can be conducted by a non-trained individual who volunteered. To summarise, AAT is more structured and goal-oriented while AAA is more casual and informal.

*Please take note that the terms AAI, AAT, and AAA are the preferred industry terms. The term 'pet therapy' should be avoided because it is inaccurate and misleading. The term was widely used several decades ago to refer to animal training programs. By contrast, the currently preferred terms imply that the animal is acting as a motivating force to enhance the treatment provided by a well-trained person.*

**Slide 23:** Next, we need to differentiate between service animals and therapy animals.

# Question Banks + Answers



## Purpose:

- Can be used for test, exams or practice.

## Types of questions: (so far)

- Definition
- Multiple-choice
- Short answer
- Explanation + example

### Lecture 1

1. What is AAI and what is included in it? AAT, AAA, AAE
  - AAI: Includes AAT, AAA and AAE - use of therapy animals in therapeutic activities
2. Definition of AAT
  - Integration of selected animals (based on criteria) into systematic treatment process by therapist. Can be targeted towards a group or individual setting; must be recorded.
3. Definition of AAA
  - Use of selected animals (based on criteria) for "motivational, educational, recreational and/or therapeutic benefits to enhance quality of life" by trained and untrained individuals (Delta Society, 1996)
4. What is the difference between service and therapy animals?
  - Service animals are considered working animals, not pets. The work or task it has been trained to provide must be directly related to the person's disability. Examples for service animals include guide dogs for people who are blind, hearing dogs for people who are deaf, or dogs who to provide mobility assistance or communicate medical alerts.
  - Therapy animals on the other hand are more for providing affection and comfort to members of the public. Therapy animals are not focused on one person like service animals. These pets have a special aptitude for interacting with the public and enjoy doing so.

Thank You for your attention :)

Any Questions?

