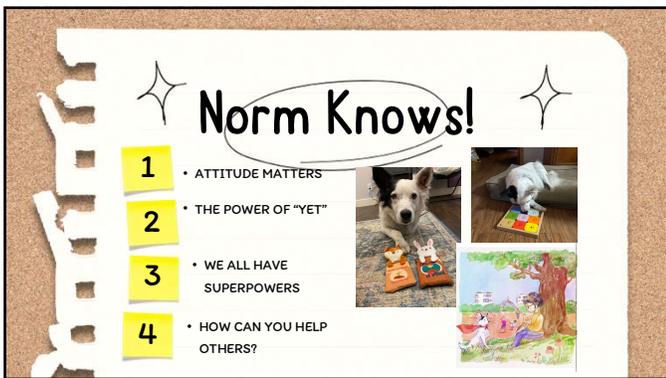


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What Is Animal Assisted Play Therapy®?

- AAPT "is 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 & Fa-Thompson, 2017).
- Multidisciplinary approach that fully integrates animal assisted services, play therapy, ethology, animal behavior, and several other fields.
- Applicable for all ages, individuals, families, and groups. Used for a wide range of mental health, allied health, and educational goals. Multiple species can be involved.



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Animal Assisted Play Therapy® Guiding Principles

- RESPECT** is a conscious decision to actively demonstrate respect for all animals, including their needs and boundaries.
- RELATIONSHIP** is always built on trust, safety, and mutual benefit. Relationships are built through consistent, positive interactions.
- PROCESS ORIENTATION** is the focus of the intervention. The process is more important than the product. The goal is to create a safe and supportive environment for the client and the animal.
- AGENCY & EMPOWERMENT** are essential for animal well-being. Therapists should always ensure that animals are in control of their own interactions and are never forced into any situation.

AAPT Principles

- Respect
- Safety
- Acceptance
- Enjoyment & Choices
- Relationship
- Animal-Friendly Training
- Agency & Empowerment
- Process Orientation
- Foundations



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AAPT Demonstrated Competencies

- Therapist-Animal Relationship Competencies**
 - Ethology, Behavior, Development
 - Senses of Species & Individual
 - Reciprocal Relationship Building
 - Fluency in Animal Body Language
 - Animal Responsive Handling & Decision-Making™
 - Animal Friendly Training
 - Proactive and Split Attention
 - Natural Environment & Awareness
- Animal-Related Competencies**
 - Selection of Animals
 - Animal Appropriateness Scale™ (personality & preferences)
 - Animal's Trained Behaviors
 - Therapy Involvement Plan™ for Each Animal
- Therapy/Education Competencies**
 - Professional Therapist or Educator Competence
 - Play Therapy Competence
 - Planning, Conducting, Facilitating, & Processing AAPT Sessions
- Ethics & Welfare Competencies**
 - Adherence to All Professional (Ethical) Standards
 - Effectiveness of Intervention (evidence of goal attainment)
 - Fidelity to AAPT Values & Principles (re. CLIENTS AND ANIMALS)
 - Adherence to Highest Welfare & Well-Being Standards
 - Voluntary Participation of All



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Free Resource!

- 60-slide PowerPoint (pdf format) on understanding animals in the therapy context
- Finalist in the Dog Writers Association of America competition for 2021-2022 in the category of Online Article on Behavior & Training
- Instructions & permissions for use included
- To obtain, contact Dr. Risë VanFleet at info@risevanfleet.com & just ask for this by title!

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Information – iaapt.org

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If Norm Doesn't Give Up Why Should I?

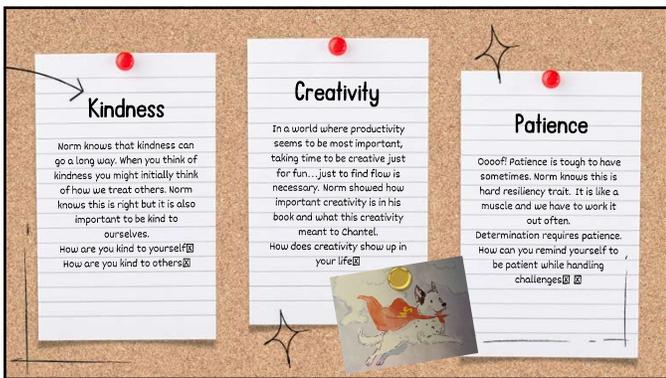
A lesson from a little stray dog

Do you believe that we are destined to meet those in our life? Norm's first lesson for others: be kind to strangers.

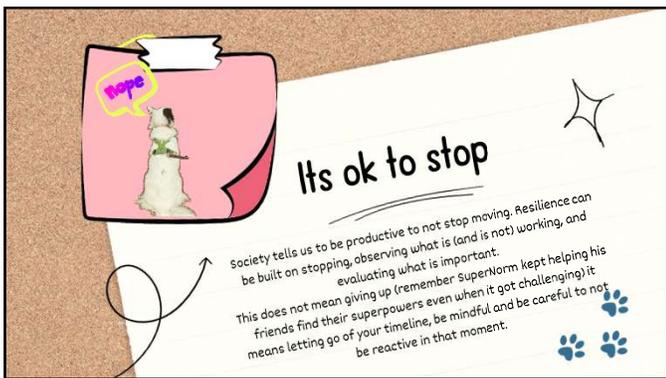
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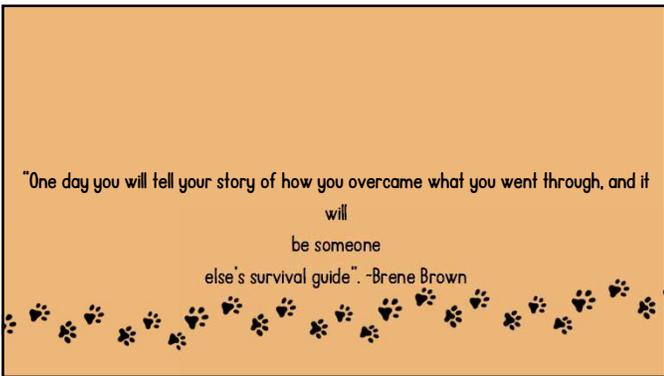
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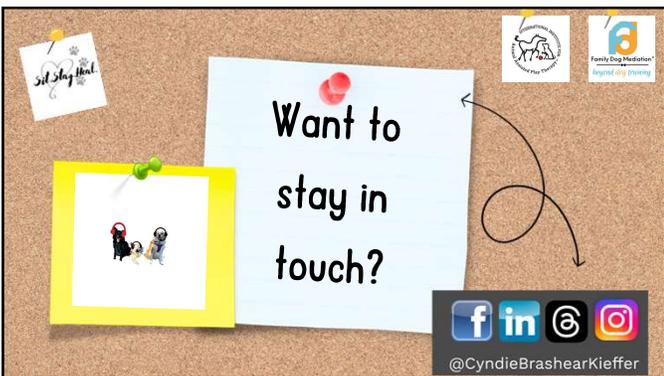
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