



“Animal Assisted Therapy in Counselling”

*A systematic introduction to
Animal Assisted Therapy
for counsellors, therapists & health professionals*

A three day course

Held at Exotic Zoo CIC, Lakeside Plant Centre, Priorslee, Telford TF2 9UR

Saturdays
19th September, 17th October and 14th November 2020
From 9:30am - 4:30pm

Course details & Programme

Course aims

Anthrozoology (the study of the human-animal bond) is a relatively new academic field which is being increasingly explored and studied thanks to the growing body of evidence attesting to the relevance and benefits that can and have been gained from human-animal interactions.

Animal Assisted Therapy (AAT) is just one of the many forms of Animal Assisted Interactions (AAI) that is being applied in a variety of health and social care settings to access, amongst others, the physical, psychological and emotional benefits that have been evidenced. AAT is most frequently encountered in treatment settings for those with physical disabilities and learning disabilities. However, now there is a growing recognition of its potential application within psychotherapeutic, psychological and mental health treatment.

How can we benefit from human-animal interactions? What is Animal Assisted Therapy in the context of psychotherapeutic practice? When is AAT in counselling suitable? How can it be applied ethically, safely and effectively for the benefit of our clients? Importantly, how can animal welfare be ensured and maintained?

This workshop, based on the presenter's personal interest, development and research over the last 9 years will help you to explore these questions and to discover techniques that can be applied within your counselling practice whilst working with animals directly and indirectly. In conjunction with existing research, I suggest that the therapeutic relationship can be developed more quickly and enhanced when incorporating AAT into your counselling practice. In addition, I will be looking to educate, inform and encourage you to cultivate your own relationship with animals safely not only for your own benefit, but for the animals' benefit also.

The course is open to experienced therapists/ counsellors working in any relevant therapeutic tradition and setting who want to learn how to incorporate working with animals through Animal Assisted Therapy (AAT) into their practice. Prior knowledge of companion animal behaviour and care would be beneficial.

Indicative topics

- Personal development in counsellors' / therapists' awareness of human-animal interactions
- The definition of Animal Assisted Therapy (AAT) and principles involved
- Research perspectives in Animal Assisted Therapy (AAT)
- Therapeutic Strategies for working with animals in counselling and therapy
- Practical and ethical issues

Course structure

The course will be held over three days (One day a month for 3 months; from 9.30 – 4.00), during which participants will have an opportunity to consider AAT ideas and principles, share experiences, explore practical skills and incorporate them into their personal development and therapy work. The sessions will be a mix of theoretical and practical with reference to relevant research. Participants will also have the opportunity to meet and interact with a temperament assessed and qualified Therapy Dog, English Cocker Spaniel, Flossie. There will also be an opportunity to meet and interact with other therapy animals. Some of the exercises will help you

to envisage and practice incorporating AAT into your counselling work - encouraging you to “think outside the box” and consider your own and your clients’ interaction with animals in a therapeutic manner. Homework tasks will be given in order to support & enhance participant’s learning experience.

Refreshments

Refreshments and lunch are provided for the day and will include a variety of cold and warm foods that we anticipate and hope will be to your liking. As well as tea and coffee, there will be some fruit juices.

If you have any special dietary requirements, please ensure you stipulate them on the booking form and notify Kathryn as soon as possible.

The workshop leader

Kathryn Kimbley has an MSc in Counselling Psychology and is a Person-Centred counsellor with interests in the human-animal bond, eco-therapy, care farming and Transpersonal Psychology. She has qualified with a Professional Certificate in Animal Assisted Therapy and a Foundation Certificate in Animals and Horticulture as Therapy and focused on “*Counsellor Attitudes and Experiences Towards Incorporating Animal Assisted Therapy into Practice*” for her Masters dissertation.

Kathryn developed **HumAnima CIC** (www.humanima.co.uk), a West Midlands based social enterprise, with a view to providing a “more-than-profit” counselling service with the option of Animal Assisted Therapy for clients who wish to engage in this unique approach. HumAnima CIC is also able to design, establish and implement tailor-made, person-centred Animal Assisted Therapy programmes specific to client and organizational needs.

Flossie, or **Kimblekin Amber Magic** is a 12yr old English Cocker Spaniel. She is a qualified Pets As Therapy dog who also took part with Kathryn in the Society For Companion Animal Studies’ (SCAS) “Practical Therapy Dog Training” course. She is also Kathryn’s Co-Therapist and most importantly, a beloved canine companion and confidant.



About the venue

Exotic Zoo CIC – Conveniently placed just off junction 4 of the M54, Exotic Zoo CIC is close to Telford City Centre and on a public transport route.

The zoo is located at the Lakeside Plant Centre just off Castle Farm Way and has been designed to encourage access and interaction with the animals on site with support and guidance from its owner and founder, Scott Adams and his amazing team. The education building has disabled access and facilities on site and one of the large main blocks will serve as our classroom. Surrounded by a variety of exotic animals from meerkats and armadillos to snakes and skunk, this venue will give students an opportunity to get hands on with the animals on-site whilst considering essential factors when deciding on therapy animal suitability, Animal Assisted Therapy activities and Therapy Animal welfare.



The venue is in easy reach of Telford Centre and is on the Number **14** bus route which can be boarded at **Telford Way Fitness First**, **7 minutes walk** from Telford Train Station. This is also convenient if travelling by train. The Number **14** bus will have the destination **Oakengates Bus Station**, and is on Telford Way.



We will have a break in the morning and one in the afternoon and, of course, there will be lunch, during which time you can, stretch your legs and absorb what you've learnt.

What to bring with you

The course will be held in the main room on the Ground Floor of Exotic Zoo CIC. As Flossie & other animals will be present and we don't know what the weather will be like I would suggest that you wear clothing that you don't mind getting paw prints on – just in case! It can get quite warm in the Zoo so we advise you dress in layers. If you have any other queries, please don't hesitate to contact me.

You are welcome to bring a camera/ voice recorder and it is also recommended that you bring a notepad and pen although slides and resources will be provided in the form of a disc at the end of the course.

Certificate

Participants attending will receive a Certificate of Attendance. Please note that this will show the teaching hours (contact hours) for the course as 18 hours.

Fee

The fee for the course is £399 for all three days which includes refreshments, lunch and detailed course notes and resource list.

Booking

Payment is required in full by one month before the course start date. To book, please complete the order form with a cheque for £399 (made payable to "**HumAnima CIC**") and send it to:

Kathryn Kimbley, HumAnima CIC, 67 Clark Road, Wolverhampton, West Midlands, WV3 9PA

Please note that places are limited and will be allocated on a first-come, first-served basis.

If you have special access or dietary requirements please indicate in a covering note with your order.

Policies

HumAnima CIC is covered by public liability insurance, and complies with current health and safety legislation. Copies of policies, including our Cancellation Policy and Complaints Policy, are available on request.

For more information

Please contact:

Kathryn Kimbley at info@humanima.co.uk Telephone: 07766798779

Cancellation

Unavoidable circumstances may arise and you may cancel up to three weeks before the course for a full refund of the fee (we will return your cheque). After that, until one week before the first session, we reserve the right to refund less a 10% cancellation fee. Later cancellations cannot be refunded, nor can we refund subsequent non-attendance of the course day.



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Programme for Day 1

- 9:00 – 9:30am** - Arrival & Registration
- 9:30 – 10:45am** - **Session 1:** Introduction to Animal Assisted Therapy
- Definition and specific characteristics of AAT – differences between AAT & AAA
 - History of AAT & areas of application/ fields
 - Models of AAT & their role in counselling
- 10:45 – 11:00am** - Break
- 11:00 – 1:00pm** - **Session 2:** The Science behind the Bond/ Client groups & conditions
- Main theories linked to the HAI Bond – Biophilia Hypothesis, Mirror Neurons, Mere Exposure & Oxytocin
 - AAT & different client groups
- 1:00 – 1:40pm** - Lunch
- 1:40 – 3:10pm** - **Session 3:** Animal behaviour & communication
- Transcending boundaries – human-animal communication
 - What does my client need to know?
- 3:10 – 3:30pm** - Break
- 3:30 – 4:30pm** - **Session 4:** Animal Welfare, Care & H&S
- The Animal Welfare Act (2006) & “The Five Freedoms”
 - Basic Animal Care & considerations
 - Risk Assessments specific to HAI (these are as important for the therapy animal as for the therapist and client)

Please note that the programme is flexible and subject to change.



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Programme for Day 2

- 9:00 – 9:30am** - Arrival & Registration
- 9:30 – 10:45am** - **Session 1:** Introduction, Recap & AAPT
- How did you get on? Calming Signals
 - Other AAI
 - What is Animal Assisted Play Therapy?
- 10:45 – 11:00am** - Break
- 11:00 – 1:00pm** - **Session 2:** AAT Techniques
- Basic Relational Techniques
 - Parallels & Metaphors
 - Storytelling
 - Which techniques might be used for different conditions?
- 1:00 – 1:40pm** - Lunch
- 1:40 – 3:10pm** - **Session 3:** Suitability – What makes an animal suitable for AAT in Counselling?
- Interactive session with live animals
 - Benefits of Human-Animal Interaction
 - Suitable animals for AAT in Counselling – where do we draw the line?
- 3:10 – 3:30pm** - Break
- 3:30 – 4:30pm** - **Session 4:** Bringing it Together
- AAT & the Care Plan
 - Case Study & Role Play
 - Expressing emotions with AAT
 - Measurement

Please note that the programme is flexible and subject to change.



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Programme for Day 3

- 9:00 – 9:30am - Arrival & Registration
- 9:30 – 10:45am - **Session 1:** Introduction, Recap & AAT Techniques
 - How did you get on? Memory Box
 - The Cycle of Abuse
 - Other AAT Techniques
- 10:45 – 11:00am - Break
- 11:00 – 1:00pm - **Session 2:** Client groups, Conditions & Research
 - Trauma, Touch & AAT
 - AAT & Substance misuse
 - Research
 - Animals as Facilitators of the Core Conditions
- 1:00 – 1:40pm - Lunch
- 1:40 – 3:10pm - **Session 3:** The AAT-C Professional
 - SCAS: AAI Code of Practice
 - Plan, Prepare, Prevent, Propose – The Paper trail
 - Supervision & AAT
- 3:10 – 3:30pm - Break
- 3:30 – 4:30pm - **Session 4:** Bringing it Together
 - Outcome Measurement
 - Promoting & Sharing Good Practice
 - Close

Please note that the programme is flexible and subject to change.