



“Animal Assisted Therapy in Counselling”

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

A three day course

Held at Old Tree Nursery, Pendeford Hall Lane,
off Wobaston Road,
Wolverhampton,
WV9 5ET

13th – 15th July 2020
From 9:00am - 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 (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 an 11yr 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

What to bring with you

Weather permitting, you will be able to go outside for walks at Keele, so please bring wellies or boots and wet weather gear. You may wish to bring a camera to have a visual record of sessions. As Flossie & other animals will be present and we don't know what the weather will be like we would suggest that you wear clothing that you don't mind getting paw prints on – just in case! If you have any other queries, please don't hesitate to contact us.

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 at the end of the course.

Certificate

Participants attending will receive a Certificate of Attendance. The course is “credit-bearing” with 18 CPD hrs endorsed by the British Association for Counselling & Psychotherapy (BACP). 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.

Accommodation

Accommodation is not included in the course fee. However, we are happy to help you find suitable accommodation.

Options include:

Air BnB: <https://www.airbnb.co.uk/>

Old Tree Nursery: Students will have the option to camp on site at a cost of £10ppn with access to facilities. There are toilets and wash rooms on site but no showers.

Premier Inn Wolverhampton: This is 2.2.miles away from Old Tree Nursery.

There are other hotels and B&B's in the area but best to book early to avoid high costs.

Booking

Payment is required in full by one month before the course start date. To book, please complete the booking form and return this to us along with your payment of £399 which can be made either:

- into HumAnima CIC's Bank Account Directly
(Santander Account Number: 45689583 Sort Code: 09-01-27)
- OR please send with cheque or Postal Order made payable to:

“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 on your booking form.

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: 07971933221

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

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|------------------------|---|---|
| 9:00 – 9:30am | - | Arrival & Registration |
| 9:30 – 10:45am | - | Session 1: Introduction to Animal Assisted Therapy <ul style="list-style-type: none">• 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 <ul style="list-style-type: none">• 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 <ul style="list-style-type: none">• 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 <ul style="list-style-type: none">• The Animal Welfare Act (2006) & “The Five Freedoms”• Basic Animal Care & considerations• Risk Assessments specific to HAI (<i>these are as important for the therapy animal as for the therapist and client</i>) |

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



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Programme for Day 2

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|-----------------|---|---|
| 9:00 – 9:30am | - | Arrival & Registration |
| 9:30 – 10:45am | - | Session 1: Introduction, Recap & AAPT <ul style="list-style-type: none">• 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 <ul style="list-style-type: none">• 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? <ul style="list-style-type: none">• 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 <ul style="list-style-type: none">• 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

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|------------------------|---|---|
| 9:00 – 9:30am | - | Arrival & Registration |
| 9:30 – 10:45am | - | Session 1: Introduction, Recap & AAT Techniques <ul style="list-style-type: none">• 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 <ul style="list-style-type: none">• 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 <ul style="list-style-type: none">• 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 <ul style="list-style-type: none">• Outcome Measurement• Promoting & Sharing Good Practice• Close |

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