



Animal-Assisted Brief Therapy: A Solution-Focused Approach

Teri Pichot, Marc Coulter

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Learn to use a powerful tool in Solution-Focused Brief Therapy—a pet

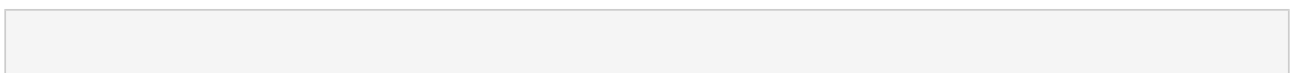
Animal Assisted Activities/Therapy (AAA/T) is an innovative intervention in which an animal becomes a crucial—and highly effective—part of the treatment process. *Pet-Assisted Brief Therapy: A Solution-Focused Approach* gives therapists the tools they need to begin and maintain an effective treatment program that meaningfully merges dogs and other therapy animals with Solution-Focused Therapy (SFT). This unique book clearly explains how AAA/T integrated with SFT in one substance abuse counseling program. It provides a revealing description of the program's challenges and successes, and discusses the possibilities for AAA/T implementation in other agencies. The authors review in detail the multitude of scenarios where animals can add a valuable dimension for treatment with clients on specific issues.

Animal-Assisted Brief Therapy: A Solution-Focused Approach provides therapists with concrete examples of how to appropriately implement AAA/T to cultivate positive effects in treatment. The book explains how this loving and patient therapy for clients need not be the difficult challenge that it at first appears to be. This resource takes you step by step through the process, showing what practical strategies can be used to offset most obstacles and unknowns. This one-of-a-kind guide clearly explains how to blend and structure the numerous aspects of AAA/T with Solution Focused Therapy to become a more effective treatment program. Appendices provide AAA/T resources, sample policy and procedures, and training resources across the United States.

Animal-Assisted Brief Therapy: A Solution-Focused Approach discusses:

- the history of AAA/T
- common values between AAA/T and Solution-Focused Therapy
- the principles and goals of SFT
- how to understand canine culture
- the creation of a successful AAA/T program
- phobias, allergies, liabilities, and insurance
- therapy dogs' needs
- common interventions
- therapy with children
- therapy with adolescents
- therapy with adults
- therapy with substance abusing clients

Animal-Assisted Brief Therapy: A Solution-Focused Approach provides a comprehensive look at AAA/T and is perfect for therapists struggling to find new and effective ways to work with clients; therapists trying to utilize this approach in their practice; administrators and clinical supervisors wanting to implement AAA/T at their agency; educators; and students.



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