



Animal Assisted Therapy

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ABSTRACT

Research suggests that not only does the presence of dogs have a calming effect on humans, but that petting them has a myriad of benefits such as lowering blood pressure and anxiety. Only recently has the value of dogs and other animals as emotional support (animal assisted therapy) begun to be realized in courtrooms, schools, therapeutic facilities, jails/prisons, and psychiatric hospitals. My current job title is Therapy Dog Trainer for a juvenile justice residential treatment facility, and I have seen firsthand how a therapy dog works their "magic" with juveniles that are having PTSD related issues, manic episodes, depression, and anxiety.

