

We Are Going to the Dogs

Animal Assisted Therapy in University Settings

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History of AAT at CTS

- Inspiration came from a golden retriever, Roxanne, that was in training as a service dog
- 2002: start of program in UNT Counseling Center with Roxy
- In-between, tried dogs that didn't work☹️ (Zoey, Barkley)
- Current program includes Buddy, Rockstar, Dakota and Willow

Current Crew



Dakota



Dakota

- Certified at the Complex Level by Pet Partners
- She's so chill
- Gentle
- Intuitive, wanting vs not wanting attention
- Great smile
- Enjoys being petted

Dakota

- Too chill
- Tires more easily than Willow
- Sheds

Buddy



Buddy

- Big, positive for students who like big dogs
- Very affectionate
- Loves other dogs, so great for group
- No shedding

Buddy

- Size – intimidates some people
- May want more affection than people want to give
- He may ignore students if another dog is present
- He will chew feet and ignore students if overwhelmed (he signals he needs me time)

Willow



Willow

- Beautiful
- Playful
- Great for an outreach where students want to play with a dog
- Loves everyone

Willow

- Will play endless if allowed to do so
- Prefers play over being petted
- Loves making new dog friends
- Sheds

Rockstar



Rockstar

- Small, individuals who are hesitant around dogs but still want to try AAT
- Can sit in students laps
- Loves his belly rubbed so is very non-threatening in that manner (just rolls over)
- If someone was anxious around dogs, can be quickly picked up and taken away 😊
- Very, very quiet

Rockstar

- Open to all people
- Gentle with taking treats and giving kisses
- Sits in my chair and looks adorable, frequently hops in there if I go to get a release, etc.
- Works well in both workshop, group therapy, and individual setting

Rockstar

- Escape artist
- Small so gets stepped on (by both humans and other dogs)
- Gets very anxious about being near me at times so sometimes will turn from a student to me
- Doesn't like his pet partner vest
- Can get a bit needy with wanting pets (e.g., if a student or I are near him, sometimes pushing himself into hands to get pet)

Dogs in Outreach

- Go to specific groups on campus
 - Housing
 - TAMS
 - Music
 - Greek life
 - Staff Senate
 - Union
 - Etc....



Marketing

- Tweets
- Boomerangs https://twitter.com/unt_counseling?lang=en
- Flyers
- Photos
- Video

Holiday Card



Dogs End of Semester Activities



Dogs First Flight Film



Dogs in Group Therapy and Workshops

Weekly DOG GROUPS



**DOG
HOUR**
MONDAYS • 2PM
CHESTNUT HALL 311

**DOG
BREATH**
TUESDAYS • 12 PM
CHESTNUT HALL 311

◆◆◆◆◆

**COFFEE WITH
BUDDY!**
TUESDAYS • 2 PM
DISCOVERY PARK
STARBUCKS

Coffee's on You, dog classes
provided by us!



**PAUSE FOR
PAWS AND
NETFLIX**
WEDNESDAYS
4 PM
CHESTNUT HALL 311

**COLOR WITH
ROCKSTAR
THE THERAPY
DOG**
THURSDAYS
11 AM
CHESTNUT HALL 311



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Individual Work

- Psychotic client
- Phobic client
- Nervous client
- Lonely clients
- Sad clients

Questions

