# We Are Going to the Dogs

Animal Assisted Therapy in University Settings By Cynthia Chander, Ed.D., LPC-S, LMFT-S Pam Flint, Ph.D.







# 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



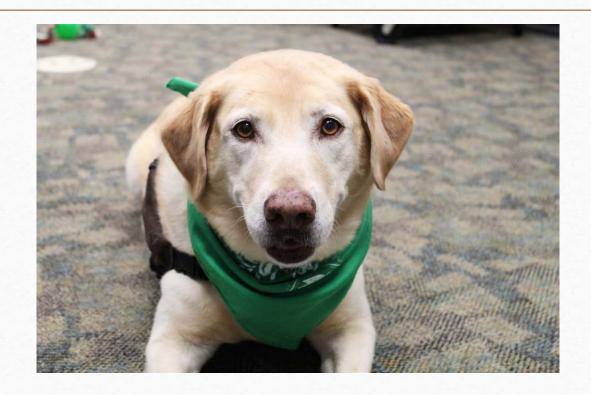








# Dakota











#### 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

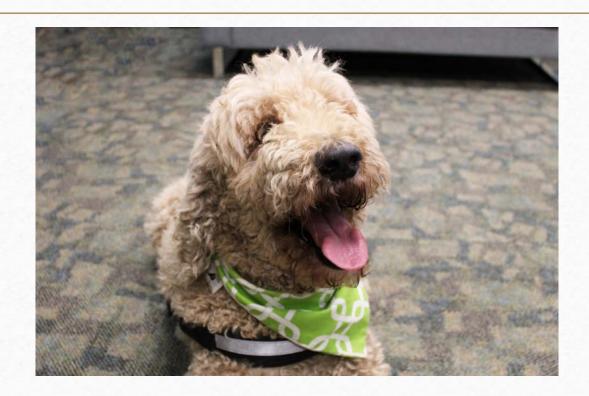








# Buddy











# 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



















- 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









- 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









- 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 <a href="https://twitter.com/unt\_counseling?lang=en">https://twitter.com/unt\_counseling?lang=en</a>
- Flyers
- Photos
- Video









# Holiday Card



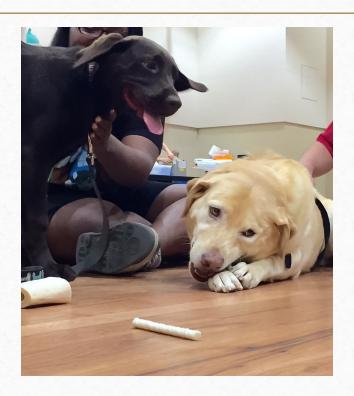








# Dogs End of Semester Activities











# Dogs First Flight Film











# Dogs in Group Therapy and Workshops











#### Individual Work

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









# Questions





