

Animal assisted therapy techniques

Risto Adjiew*

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DESCRIPTION

Animal-assisted therapy (AAT) includes being concerned about or spending time with an animal in the course of a goal-orientated remedy consultation. These desires may be bodily, emotional, educational, and/or mental; AAT is used to supplement the advantages of conventional remedies. It is ready to equip a patron to adapt, coping with, and gaining knowledge to stay with intellectual fitness issues or intellectual illnesses. The period of every AAT consultation is normally one hour. In the primary few sessions, the therapist receives complete information of the patron's records and evaluates their readiness to start interacting with a remedy animal. There is an extensive variety of animals utilized in AAT-from small animals like guinea pigs and birds to large ones like puppies, dolphins, and horses. In India, puppies are maximum not unusual place with inside the healing putting. The motive puppies are normally utilized in AAT is due to the fact they could emotionally engage, speak and interact. They recognize pointing, verbal and visible communication, and may study human facial expressions. Irrespective of the breed or the animal species, it's miles essential to make sure the remedy animal is properly trained.

Animals are selected primarily based totally on their temperament and reactions to numerous stimuli. In the case of puppies, the ones which are calm, friendly, and assured are discovered to be extra suitable. The screening procedure may be very critical whilst deciding on a remedy animal. People of every age can get entry to AAT and it's miles beneficial each in person and organization settings. Different problems are addressed thru AAT, including depression, schizophrenia, substance abuse, developmental

problems, behavioral difficulties, or different bodily conditions. It additionally facilitates the general properly-being of humans with neurological problems which include dementia and Parkinson's disease. In such cases, it enables to lessen mental misery and maintains the person encouraged to stick higher to their most important line of treatment. One of the maximum substantial blessings of getting an animal in remedy is the benefit with which rapport is built. The presence of the animal could make it less complicated for the patron to technique the therapist. The animal will become the motive the patron is capable of being in a role to speak approximately their issues. In a few cases, they discover it less complicated to speak to the animal gift in the course of the consultation. There's an opportunity that the animal might also additionally burn out. This is something the animal handler and intellectual doctor ought to be cautious approximately.

It is critical to evaluate the animal for strain stages and feature a concept approximately their bodily fitness earlier than and after every consultation. AAT has best these days began out gaining recognition in India. There is a lack of know-how amongst humans that limits newly skilled animal-assisted therapists from placing their exercise to complete use. They grow to be spending a large amount of time elevating awareness. The absence of a governing frame poses to be a problem. It is crucial to make sure that the animal, the therapist, and the handler have acquired good enough education and paintings properly as a team. AAT isn't always appropriate for everyone. A therapist takes into consideration many elements earlier than getting the consumer to engage with a remedy animal.

Department of Zoology, University of Oran, Oran, Algeria

Correspondence: Adjiew R, Department of Zoology, University of Oran, Oran, Algeria, Email: risto23@yahoo.fr

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