

Outline

Brief Overview

Human-animal emotional bond
 Therapy animal vs. service animal
 Animal-assisted therapy, activities and education
 Handler vs. clinician, clinician-animal teams
 Animal-based interventions without an animal

Mindfulness of Animals and How it Helps the Human Brain

The neuroscience of the human-animal bond
 Why zebras don't get ulcers
 Benefits of owning a companion animal

Interventions and Treatment Goals/Outcomes

Mental, cognitive, emotional, and behavioral issues
 Increase attendance and engagement in sessions
 Treat symptoms related to trauma, anxiety and depression
 Decrease loneliness and improve self-esteem
 Develop empathy and encourage outward focus
 Provide hope, meaning and purpose

Interventions and treatment goals/outcomes (cont.)

Challenges with learning
 Improve reading and comprehension
 Support vocabulary development
 Increase verbal interactions

Physical and occupational issues
 Progress fine and gross motor skills
 Improve sitting/standing balance
 Increase endurance and activity tolerance
 Facilitate improved sensory processing

Components of Animal-Assisted Intervention

Selecting appropriate recipients for care
 How to approach clients
 Interaction techniques for client and animal
 Closure, documentation

Start Your Own Animal-Assisted Program

Animal qualifications and characteristics
 Qualifications for clinicians
 Preparing and caring for the animal
 When the animal shows signs of stress and agitation
 Protecting your practice through risk management
 Organizations and resources for starting your animal-assisted program

Objectives

- Implement animal-assisted interventions for people with mental health disorders including anxiety, depression, bipolar, schizophrenia and personality disorders.
- Design animal-assisted interventions to increase language and literacy in children with learning disorders.
- Develop animal assisted interventions to address physical and occupational challenges.

- Employ animal-assisted interventions as a modality to treat people with dementia and other cognitive disorders.
- Apply knowledge to design your own animal assisted programming.
- Articulate the difference between a therapy animal, a service animal and an emotional support animal.
- Determine evidence-based research outcomes regarding animal-assisted interventions.

Target Audience: Social Workers • Counselors • Psychologists • Occupational Therapists
 Speech-Language Pathologists • Physical Therapists • Addiction Professionals
 Marriage & Family Therapists • Nurses • Nursing Home Administrators • Activity Directors

Live Seminar Schedule

7:30	Registration, Morning Coffee & Tea
8:00	Program Begins
11:50-1:00	Lunch (on your own)
4:00	Program Ends

For locations and maps, go to www.pesi.com, find your event, and click on the seminar title.

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Applications of the Adult Attachment Interview

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Animal-Assisted Interventions

Integrate Animals to Enhance Treatment in Clinical Practice



"The relationship between a therapy animal and a patient extends far deeper than simple companionship; there are physical, emotional, and mental benefits to this type of treatment."

Jackie Pavelski, NHA

BOWIE, MD
October 16, 2017

ELLICOTT CITY, MD
October 17, 2017

TOWSON, MD
October 18, 2017



Animal-Assisted Interventions

Integrate Animals to Enhance Treatment in Clinical Practice



A toolbox of interventions for clients diagnosed with:

- Trauma, anxiety, depression and PTSD
- Mania and psychotic disorders
- Conduct and antisocial personality disorders
- Cognitive disorders, dementia and stroke
- Behavioral and personality disorders
- Intellectual and learning disabilities
- Physical and occupational disabilities

BOWIE, MD
Monday, October 16, 2017

ELLICOTT CITY, MD
Tuesday, October 17, 2017

TOWSON, MD
Wednesday, October 18, 2017



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Join animal-assisted therapy expert Brooke Wimer, MOT, OTR/L, and learn how incorporating animals into your professional activities can greatly improve client outcomes in a surprisingly broad range of areas, including:

- Reduce stress and anxiety levels and lower blood pressure
- Lessen feelings of loneliness and poor self-esteem in those with trauma and anxiety
- Treat symptoms in people dealing with depression and PTSD
- Develop empathy in those with conduct disorder and antisocial personality disorder
- Improve physical function in people recovering from a stroke
- Improve reading and comprehension in children with learning disabilities
- And more!

You will receive specific examples of animal-assisted therapeutic goals in a variety of functional areas. You will develop a toolbox of animal-assisted interventions and animal-focused treatments you can employ the very next day. This seminar also includes the latest research outcomes and a solid foundational knowledge about the human-animal emotional bond. You will also discover very practical information and resources to help you develop programming and implement your own animal-assisted interventions.

“The relationship between a therapy animal and a patient extends far deeper than simple companionship; there are physical, emotional, and mental benefits to this type of treatment.”

- Jackie Pavelski, NHA

Speaker

BROOKE WIMER, MOT, OTR/L, is the director of Occupational Therapy, and Animal Assisted Intervention manager at the Colorado Mental Health Institute at Pueblo (CMHIP) - a forensic, psychiatric hospital. The multi-disciplinary AAI program at CMHIP involves psychiatry, psychology, social work, nursing and occupational therapy along with seven therapy dogs.

With over 10 years of clinical experience providing Animal-Assisted Interventions (AAI) in a variety of settings, Brooke specializes in AAI for mental health conditions with a focus on cognitive retraining, social skill development, and self-regulation. She has implemented five AAI programs for physical, cognitive and emotional needs, and developed effective strategies for both group and one-to-one interventions for clients of all ages.

Brooke worked alongside AAI expert Melissa Winkle, OTR/L, FAOTA, and contributed to *Professional Applications of Animal Assisted Interventions: Blue Dog Book Second Edition*. A member of the American Occupational Therapy Association (AOTA), Brooke is co-developing an AOTA Animal Assisted Intervention Fact Sheet. Brooke presented on disability awareness and AAI application considerations at the 2015 Animal Assisted Intervention International Conference. She received her Master of Occupational Therapy at Cleveland State University; studying the effects of AAI on long-term care residents with depression and anxiety.

Speaker Disclosure:

Financial: Brooke Wimer is the director of occupational therapy and animal assisted intervention manager at Colorado Mental Health Institute at Pueblo. She receives a speaking honorarium from PESI, Inc.

Non-financial: Brooke Wimer is a member of the American Occupational Therapy Association.

Hassle-Free Cancellation Policy: If you contact us before the event date, you can exchange for a DVD or CD/digital manual package on the subject (self-study continuing education credit may be available), a certificate to attend another seminar, or receive a tuition refund less a \$30 cancel fee. Substitutions are permitted at any time.

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ANIMAL-ASSISTED INTERVENTIONS

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By Judith A. Belmont, MS, NCC, LPC

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Truly Mindful Coloring: Stay Calm, Reduce Stress & Self-Express

By Terry Marks-Tarlow, Ph.D. & Daniel J. Siegel, M.D.

Unique from other adult coloring books, this activity & coloring book is grounded in science and decades of clinical experience, and contains mindfulness exercises and imagery designed to reduce stress, find peace and discover more about yourself.



Written and illustrated by clinical psychologist, Terry Marks-Tarlow, Ph.D., with a foreword written by New York Times bestselling author, Daniel J. Siegel, M.D., Truly Mindful Coloring has 60 peaceful, fun and evocative images for creative expression and relaxation.

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Live Seminar Continuing Education Credit Information

Credits listed below are for full attendance at the live event only. Certificates of Completion are distributed at the conclusion of the live seminar for those who register prior to the event date and attend the full day. A letter of attendance will be issued to participants who register at the event, arrive late, or leave early. For those who registered day of (walk-ins), and are in full attendance, a certificate of completion for full CE credit will be sent within 30 days following the event. For those in partial attendance (arrived late or left early), an adjusted certificate of completion reflecting partial credit will be issued within 30 days (if your board allows). Please see "live seminar schedule" for full attendance start and end times. NOTE: Boards do not allow credit for breaks or lunch.

If your profession is not listed, please contact your licensing board to determine your continuing education requirements and check for reciprocal approval. For other credit inquiries not specified below, or questions on home study credit availability, please contact cepesi@pesi.com or 800-844-8260 before the event.

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PESI, Inc. offers continuing education programs and products under the brand names PESI, PESI Healthcare, PESI Rehab and Psychotherapy Networker.

ADDITION COUNSELORS: This course has been approved by PESI, Inc., as a NAADAC Approved Education Provider, for 6.0 CE in the Counseling Services skill group. NAADAC Provider #77553. PESI, Inc. is responsible for all aspects of their programming. Full attendance is required; no partial credit will be awarded for partial attendance.

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MARYLAND COUNSELORS: This intermediate activity is approved for 6.25 clock hours of continuing education instruction. The Maryland Board of Professional Counselors recognizes courses and providers that are approved by the NAADAC. A certificate of attendance will be awarded at the end of the program to counselors who complete the program evaluation, to submit to their state board.

MARRIAGE & FAMILY THERAPISTS: This activity consists of 380 minutes of continuing education instruction. Credit requirements and approvals vary per state board regulations. You should save this course outline, the certificate of completion you receive from the activity and contact your state board or organization to determine specific filing requirements.

NURSE/NURSE PRACTITIONERS/CLINICAL NURSE SPECIALISTS: This activity meets the criteria for a American Nurses Credentialing Center (ANCC) Activity PESI, Inc. is an approved provider by the American Psychological Association, which is recognized by the ANCC for behavioral health related activities.

This activity qualifies for 6.25 contact hours.

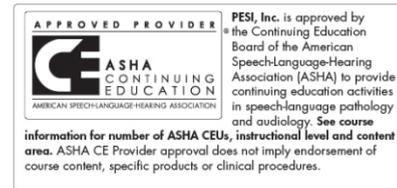
NURSING HOME ADMINISTRATORS: This educational offering has been reviewed by the National Continuing Education Review Service (NCERS) of the National Association of Long Term Care Administrator Boards (NAB) and approved for 6.25 clock hours and 6.25 participant hours.

OCCUPATIONAL THERAPISTS & OCCUPATIONAL THERAPY ASSISTANTS: PESI, Inc. is an AOTA Approved Provider of continuing education. Provider #: 3322. Full attendance at this course qualifies for 6.0 contact hours or .6 CEUs in the Category of Domain of OT and Occupational Therapy Process. Partial credit will be issued for partial attendance. The assignment of AOTA CEUs does not imply endorsement of specific course content, products, or clinical procedures by AOTA. Course Level: Intermediate.

PHYSICAL THERAPISTS & PHYSICAL THERAPIST ASSISTANTS: This activity consists of 6.25 clock hours of instruction that is applicable for physical therapists. CE requirements for physical therapists vary per state/jurisdiction. Please retain the certificate of completion that you receive and use as proof of completion when required.

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PSYCHOLOGISTS: PESI, Inc. is approved by the American Psychological Association to sponsor continuing education for psychologists. PESI maintains responsibility for this program and its content. PESI is offering this activity for 6.25 hours of continuing education credit. Full attendance is required; no partial credits will be offered for partial attendance.



PESI, Inc. is approved by the Continuing Education Board of the American Speech-Language-Hearing Association (ASHA) to provide continuing education activities in speech-language pathology and audiology. See course information for number of ASHA CEUs, instructional level and content area. ASHA CE Provider approval does not imply endorsement of course content, specific products or clinical procedures.

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Walk-ins are welcome but admission cannot be guaranteed. Call M-F 7:00-6:00 Central Time for space availability if registering within one week of seminar.

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