

Outline

**Animal-Assisted Therapy (AAT): A Relationship-Based Approach**  
Latest research: Hormone release, sensory response  
Types of animal-assisted therapies  
Importance of speaking the language of the animal  
Client-animal-therapeutic relationship  
Lessons learned from animals

**Integrating AAT to Treatment Goals/Plans for Clients Struggling with:**  
Trauma and attachment  
Anxiety and depression  
Anger and aggression  
Trust and building rapport  
Social-emotional regulation  
Impulsivity and self-control  
Social-communication skills  
Setting boundaries and building rapport  
Empathy and patience  
Stress and fear

**Align Client's Therapeutic Goals to Appropriate AAT Intervention**  
Varied animal roles and why it's important to know the difference  
Directive vs. non-directive interactions  
Align the animal's personality and interests with client's needs  
What sessions look like with an animal present: Video case examples  
When to/when not to include animals

**Apply AAT to Clinical Work - From Start to Finish**  
Integrate AAT with modalities you already use  
Meet therapeutic goals and treatment plans with an animal present  
Follow the lead of the animal to process the clients' needs  
Theories that back your animal-involved interactions  
Best practices for in-person vs telehealth  
**Preparing Animal for Therapy Work**  
Tips to socialize your animal  
"Must have" AAT education for clinicians  
Selecting an animal species and breed  
Clicker work, lure/reward, shaping, and modeling  
**Give Your Animal a Voice in Therapy**  
Signs of stress and resignation and what to do to next  
Strategies to help your animal relax and destress  
Decrease burnout of your animal  
Alternatives to when animals not present  
**Other Clinical Considerations**  
Client rights and when not to involve an animal  
Informed consent  
Documentation  
Liability insurance and waivers  
Research, risks and limitations

★★★★★  

"I absolutely loved this seminar. In addition to learning about how to incorporate animals into therapy, I learned a great deal about how to train animals... I am very impressed with Tara's knowledge!"

- Nicole, Occupational Therapist

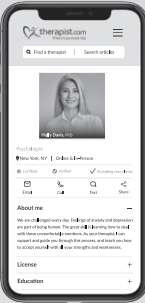
  
★★★★★

Objectives

1. Appraise the difference between different types of AAT and the animal's role related to each.
2. Determine 3 competencies including the impact of the human-animal bond in preparing to work with animals in AAT sessions.
3. Conclude 3 ways to meet client's therapeutic goals by including animals in therapy.
4. Analyze directive and non-directive approaches between client and animal.
5. Align client's therapeutic goals to appropriate AAT interventions, with or without an animal present during therapy sessions.
6. Integrate animals in therapy sessions to enhance both verbal and non-verbal communication in client processing.
7. Create an integrative plan of risks and safety needs including reading animal and client body language for signs of distress during therapy sessions.

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Meeting Clients' Therapeutic Goals One Paw at a Time!

**LIVE Interactive Webinar**  
**Friday, September 1, 2023**

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**ANIMAL ASSISTED THERAPY**

Meeting Clients' Therapeutic Goals One Paw at a Time!

Featuring **Tara Moser, LCSW**, Registered Play Therapist, Supervisor, and Animal-Assisted Therapist Expert


Register to learn how to:

- Integrate AAT with modalities you already use to enhance overall effectiveness of therapy
- Align animal's personality with client's therapeutic goals to establish a strong bond
- Know when/when not to include the animal in therapy for the sake of client/animal safety
- Prepare animal for therapy work that produces results even at the very first session
- And so much more!

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# ANIMAL-ASSISTED THERAPY

Animal-Assisted Therapy (AAT) is a unique and powerful therapeutic approach that harnesses the positive effects of human-animal interactions.

However, it is more than bringing your pet to work. It requires a complex set of skills, knowledge, and considerations to ensure the safe and effective integration of animals into therapy—ultimately to achieve successful client outcomes.

Join Tara Moser, LCSW, and Certified Animal Assisted Intervention Specialist, as she teaches you how to confidently integrate AAT interventions that produce results even at the very first session! You'll learn how to:

- Build positive attachment and trust with clients
- Reduce anxiety levels and induce a sense of relaxation
- Support co-regulation between client and animal
- Promote self-control and impulse management
- Develop self-awareness, compassion, and empathy
- Create strong social-emotional communication skills

But that's not all, you'll also learn to keep everyone safe, including how to:

- Detect signs of stress in animal's and client's body language
- Select animals that are well-suited for the client's specific situation
- Align your client's therapy goals to appropriate AAT interventions
- Integrate AAT with modalities you already use
- Know when to and when not to include animals in therapy
- Determine best practices for in-person vs telehealth
- And so much more!

Through case studies, video demonstration and dynamic discussion you will leave this program with the skills and confidence to integrate dogs, cats and various other animals into your practice!

**Live Webinar Schedule**  
*(Times listed in Central)*  
**8:00** Program begins  
**11:50-1:00** Lunch Break  
**4:00** Program ends

There will be two 15-min breaks (mid-morning & mid-afternoon). Actual lunch and break start times are at the discretion of the speaker. A more detailed schedule is available upon request.



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## Meet Your Speaker

**Tara Moser, LCSW, RPT-S, C-AAIS**, is a Licensed Clinical Social Worker in Florida, Registered Play Therapist Supervisor. She owns a private practice that specializes in play therapy. Tara is the founder of Pawsitive Kids Camp, a non-profit that integrates play therapy and Animal-Assisted Play Therapy® with rescue dogs and children. She has served in a variety of therapeutic capacities, including non-profit individual and family counseling, foster care, elementary school-based counseling programs, behavioral therapy for autism, drug intervention and prevention, supervised visitation, and domestic violence counseling. Tara has created play therapy courses for local universities and taught as an adjunct professor. She travels the country training on play therapy and Animal Assisted Play Therapy® to mental health, rehab and medical professionals, educators and parents. Tara is a graduate and past chair of APT's Leadership Academy and has served on numerous APT committees, including Ethics and Practice, Nominations Board, Conference Program, Leadership Program, and Key Awards. She is the President for the Florida Association for Play Therapy. She has served locally and most recently as vice president for NASW Florida, in which retaining members was a goal. Tara's professional excellence has been recognized by the SW Florida Unit of NASW as 2009 Social Worker of the Year and 2017 Field Educator of the Year. She was also awarded the 2009 Viola Brody Award by FAPT. Tara and her team of therapists are often called for debriefing on Animal Assisted Play Therapy® across the state. She is the co-author of an award-winning children's book, *Bode the Beach Dog: Life is RUFF!*, a book to help children overcome fear.

**Speaker Disclosure:**  
Financial: Tara Moser maintains a private practice and has an employment relationship with the Florida Gulf Coast University. She receives a speaking honorarium from PESI, Inc. She has no relevant financial relationships with ineligible organizations.  
Non-financial: Tara Moser is a member of the National Association of Social Work, the Animal Assisted Intervention International, the International Institute for Animal Assisted Play Therapy, Association for Play Therapy, and the Association for Professional Dog Trainers. She is the task force president for the Association for Play Therapy and the president for the Florida Association for Play Therapy.

**Target Audience:**

Social Workers • Counselors • Psychologists • Addiction Professionals  
Marriage & Family Therapists • Case Managers • Speech-Language Pathologists • School Administrators  
Educators • Nursing Home Administrators

## CE CREDITS AVAILABLE FOR LIVE WEBINAR

This continuing education activity is designed to meet state board requirements for the following professionals: **Addiction Counselors, Counselors, Educators, Marriage and Family Therapists, Nursing Home Administrators, Physicians, Psychologists, Social Workers, and Speech-Language Pathologists.**

For specific credit approvals, details, and planning committee disclosures, please see the "credit approvals and details" URL below. For speaker disclosures, please see speaker bios.  
**National CE Credit Approvals For Live Webinar**  
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Intermediate level  
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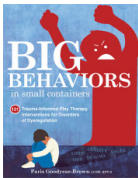
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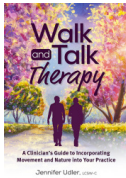
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