

## WHAT IS ANIMAL ASSISTED PSYCHOTHERAPY?

At Animal Assisted Therapy Programs of Colorado we provide Animal Assisted Psychotherapy (AAP). True Animal Assisted Psychotherapy is provided by a trained counselor or therapist with their trained (and ideally certified) therapy animal within that professional's "scope of experience" and "scope of practice".\*

All activities conducted with an animal as part of Animal Assisted Psychotherapy are considered "therapeutic" in nature and are part of the therapeutic process. As such each intervention that includes the animal is carefully designed with each particular client in mind and can be clearly tied to at least one of the client's treatment goals. These interventions are also documented as part of the client's record.

At Animal Assisted Therapy Programs of Colorado each of our counselors and therapists has earned at least a Master's degree in their respective professional field, as well as completed post-graduate training and supervision in Animal Assisted Psychotherapy. Additionally, each of our therapist-dog teams are Certified through Professional Therapy Dogs of Colorado, one of the only organizations geared specifically for professionals in the mental health field and their therapy animals.

To learn more about Animal Assisted Psychotherapy we suggest you look at our [Resource](#) page for a list of publications and research on AAT and AAA.

\***Scope of Experience** refers to those areas within counseling that the Counselor or Therapist has gained experience in as part of their professional training. An example includes working with trauma, or ADHD. Not all counselors are trained or have experience working in all areas. AAT is considered a specialty that requires both post-graduate training and experience. **Scope of Practice** refers to those areas within counseling that are the Counselor or Therapist has received training for as part of their professional license. For example, at AATPC we have Licensed Marriage, Family Therapists and Licensed Professional Counselors. The individuals holding these professional licenses have been educated and trained for a different focus.