



## What is Companion Animal Assisted Therapy?

(aka Animal Assisted Therapy, Pet Assisted Therapy)

The term Companion Animal Assisted Therapy (CAAT) originated from our belief that part of the “healing/therapy” comes from the bond we already have developed with our own companion animals and our desire to share that bond (love) with others who may benefit from that interaction (either physically, emotionally, educationally, or socially).

CAAT can be performed with many identified goals and with many different populations. Most programs fit into on the following categories:

1. AAT (Animal Assisted Therapy – as defined by the Delta Society) is facilitated by a health or human services professional (such as on OT, PT, teacher, nurse, physician, etc) as part of his/her own specialty. AAT is goal-directed and sessions are documented in the client’s file.
2. AAA (Animal Assisted Activities – as defined by the Delta Society) is a social/visitation interaction that provides the benefits of the healing power of our pets.
3. Professional Companion Animal Assisted Therapy (CAAT) is when the session is facilitated by a person specifically trained in the field of CAAT. The interaction (professional program) is designed by the professional CAAT in conjunction with a health care or human services person in order to benefit each client/consumer with social, medical, therapeutic, or educational goals in mind. Every session is goal directed and is documented and evaluated for results by the CAAT and the health care/human services professional working together.

### Where to Go for Support and Certification

Community Canines for Companionship & Care supports certification preparation and continuing education requirements for professionals and volunteers wishing to work in Animal Assisted Therapy, Companion Animal Assisted Therapy and/or Animal Assisted Activities (visitation programs). The 4Cs support includes curriculum for a three-part certificate program, AKC Canine Good Citizen preparation and testing, and Delta Society Training and evaluation.

#### FOR MORE INFORMATION CONTACT:

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# What's What

Information  
Sheet # 1