We Are Going to the Dogs

Animal Assisted Therapy in University Settings

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History of AAT at CTS

• Inspiration came from a golden retriever, Roxanne, that was in training as a service dog
• 2002: start of program in UNT Counseling Center with Roxy
• In-between, tried dogs that didn’t work😊 (Zoey, Barkley)
• Current program includes Buddy, Rockstar, Dakota and Willow
Current Crew
Dakota
Dakota

- Certified at the Complex Level by Pet Partners
- She’s so chill
- Gentle
- Intuitive, wanting vs not wanting attention
- Great smile
- Enjoys being petted
Dakota

- Too chill
- Tires more easily than Willow
- Sheds
Buddy
Buddy

• Big, positive for students who like big dogs
• Very affectionate
• Loves other dogs, so great for group
• No shedding
Buddy

- Size – intimidates some people
- May want more affection than people want to give
- He may ignore students if another dog is present
- He will chew feet and ignore students if overwhelmed (he signals he needs me time)
Willow
Willow

- Beautiful
- Playful
- Great for an outreach where students want to play with a dog
- Loves everyone
Willow

- Will play endless if allowed to do so
- Prefers play over being petted
- Loves making new dog friends
- Sheds
Rockstar
Rockstar

- Small, individuals who are hesitant around dogs but still want to try AAT
- Can sit in students laps
- Loves his belly rubbed so is very non-threatening in that manner (just rolls over)
- If someone was anxious around dogs, can be quickly picked up and taken away 😊
- Very, very quiet
Rockstar

- Open to all people
- Gentle with taking treats and giving kisses
- Sits in my chair and looks adorable, frequently hops in there if I go to get a release, etc.
- Works well in both workshop, group therapy, and individual setting
Rockstar

- Escape artist
- Small so gets stepped on (by both humans and other dogs)
- Gets very anxious about being near me at times so sometimes will turn from a student to me
- Doesn’t like his pet partner vest
- Can get a bit needy with wanting pets (e.g., if a student or I are near him, sometimes pushing himself into hands to get pet)
Dogs in Outreach

• Go to specific groups on campus
  • Housing
  • TAMS
  • Music
  • Greek life
  • Staff Senate
  • Union
  • Etc….
Marketing

- Tweets
- Flyers
- Photos
- Video
Holiday Card
Dogs End of Semester Activities
Dogs First Flight Film
Dogs in Group Therapy and Workshops
Individual Work

- Psychotic client
- Phobic client
- Nervous client
- Lonely clients
- Sad clients
Questions