

Therapy Pets: The Animal-Human Healing Partnership

The bond between animals and humans is undeniable. We've shared our lives with animals for centuries, and they've played an important role in our physical, emotional, and social well-being. In recent years, there has been growing interest in the use of therapy pets to promote healing and improve quality of life.



Therapy Pets: The Animal-Human Healing Partnership

by Jacqueline J. Crawford

★★★★☆ 4.3 out of 5

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Therapy pets are animals that are trained to provide comfort and support to people in need. They can be used in a variety of settings, including hospitals, nursing homes, schools, and even prisons. Therapy pets can help people with a wide range of physical, emotional, and social challenges, including:

- Reducing stress and anxiety
- Improving mood and reducing depression

- Increasing social interaction and reducing loneliness
- Providing comfort and support during difficult times
- Promoting physical activity and improving coordination
- Helping people learn new skills and develop coping mechanisms

There is a growing body of research that supports the benefits of therapy pets. For example, a study published in the journal "Anthrozoos" found that people who interacted with therapy dogs experienced lower levels of stress and anxiety. Another study, published in the journal "Pediatrics," found that children with cancer who interacted with therapy dogs had improved mood and reduced pain.

If you are interested in learning more about therapy pets or finding a therapy pet for yourself or a loved one, there are a number of resources available. The American Kennel Club (AKC) has a program called "AKC Therapy Dogs" that certifies therapy dogs and their handlers. The Pet Partners program is another organization that certifies therapy animals and their handlers.

Therapy pets can make a significant difference in the lives of people in need. They provide comfort, support, and companionship, and they can help people to improve their physical, emotional, and social well-being. If you are looking for a way to help yourself or a loved one, consider getting a therapy pet.

Benefits of Therapy Pets

Therapy pets can provide a number of benefits to people in need, including:

- **Physical benefits:** Therapy pets can help to reduce stress and anxiety, improve mood and reduce depression, increase social interaction and reduce loneliness, provide comfort and support during difficult times, promote physical activity and improve coordination, and help people learn new skills and develop coping mechanisms.
- **Emotional benefits:** Therapy pets can provide comfort and support, reduce stress and anxiety, improve mood and reduce depression, increase social interaction and reduce loneliness, and provide a sense of purpose and meaning.
- **Social benefits:** Therapy pets can help to increase social interaction and reduce loneliness, provide a sense of community, and promote social skills.

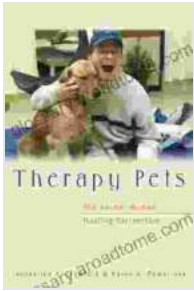
Therapy pets can be a valuable addition to any healthcare team, and they can help to improve the quality of life for people in need.

How to Find a Therapy Pet

If you are interested in getting a therapy pet, there are a number of resources available. The American Kennel Club (AKC) has a program called "AKC Therapy Dogs" that certifies therapy dogs and their handlers. The Pet Partners program is another organization that certifies therapy animals and their handlers.

Once you have found a certified therapy pet and handler, you can schedule a visit to see if the pet is a good fit for you. It is important to find a pet that is calm and friendly, and that is comfortable in a variety of settings.

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