

# Animal Human Interaction: Research & Practice Newsletter

Section 13 of Division 17, Society of Counseling Psychology- APA

March 2009

## Animals and Therapy

### Healing Children through Pet Assisted Therapy

A child's ability to make friends, grow and maintain friendships over time not only reflects his current psychological health but his future psychological adjustment and success as an adult.

When children are not progressing socially, this is a strong cue that something serious is going on. In fact, lack of friendships is often indicative of an underlying behavioral, emotional, psychological, and/or neurological problem. A meticulous evaluation is essential to sorting out not only what is going on but what therapeutic interventions are warranted. However, often, after only a brief inter-

view, a diagnosis is formulated and a prescription is written. This is usually where treatment stops. Although medication may alleviate some symptoms, it does not teach coping strategies or skills absolutely essential to learning about relationships.

So, how do children learn to make friends? Their brains provide an internal framework for social learning but interaction and modeling fine tune the process. Yet, some kids do not naturally learn the essentials, namely social judgment and social skills. Sadly,



Photo from linein.org

the harder these children try, the more their peers reject them for acting inappropriately. The more their parents and teachers try to help by pointing out what they are doing wrong or should be doing differently, the more shame these children feel. (continued on page 2)

### Escape from Skinner's Box: Rats as Friends

*By Cynthia Stuart*

The growing interest and study in the field of human and animal interaction has in recent years had an increasing presence in clinical applications and the popular press. Quite understandably, the species most focused upon in discussions of the human and animal bond have been dogs and cats, which are the

most popular companion animals as pets and therapeutic agents. Occasionally other species such as rabbits and fish are utilized in pet assisted therapy and appear in the literature. It is a reasonable assumption that rodents – particularly rats – are largely absent from the human – animal bond discourse.



Photo by pet-fun.blogspot.com

For those of us in the pet rat community, these rodents are considered one of the best pets available.

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## Healing Children through Pet Assisted Therapy *cont.*

Clearly, these kids need help and on a number of levels but where do they and their families turn?

Pet assisted therapy is an extremely effective modality of treatment for childhood and adolescent social- interactional problems as it is highly empowering as well as non-shaming. Because children naturally gravitate toward pets because these animals want to love and be loved, the stage is easily set for social learning and emotional healing. Through guided interactions with my highly skilled therapy dogs G and Dude, both of whom are German Shepherds; children learn the nuts and bolts of relationships without even realizing it. This learning occurs gradually and in steps. For example, the initial goal is only to observe my therapy dogs' behaviors and speculate what my dogs are trying to tell them. Children then learn to observe the effects of their behavior upon my dogs' facial expressions and body postures. Later, these children are encouraged to try other social behaviors to obtain the desired response from my therapy dogs. With time and repetition, these children not only learn to accurately read social cues and adjust their behavior accordingly, their emotional wounds are healed as well. Children and their parents consistently tell me that my loving four-



legged companions have greatly assisted them in transforming their lives. To quote one child, "G is the best teacher I ever had!"

*James Feinberg, Ph.D. is a Child Clinical Psychologist with more than 20 years experience treating boys and teenage boys. He is in practice with his smart and lovely wife, Vera Gabliani, Ph.D., who is also a Clinical Psychologist, and their therapy dog, Dude, a 7 year old German Shepherd.*

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## Escape *Cont.*

In actuality, domestic rats (also known as Fancy Rats) disprove the popular myths of rats as dirty, disease ridden, vicious creatures. While it is beyond the scope of this article to discuss the species specific characteristics that contribute to its desirable characteristics as a pet, for the purposes of this article I will be sharing with readers the unique personalities of Fancy Rats that are quite appealing for those of us who know and love *Rattus norvegicus*.

I will also be discussing rats from a clinical aspect as well.

Rats are a highly social species. In the wild, they live together in large groups referred to as a mischief. As a strongly social creature, in a domestic setting a Fancy Rat socialized among humans usually transfers its socialization needs to its human "parents". While it is recommended that pet rats be kept with others of their own kind, they still have a tendency to accept their human family as part of their mischief. Therefore, even when a

number of rats are kept together, they maintain a strong need to physically and emotionally bond with their owners. Many rat owners enjoy

playtime with their entire mischief. A typical scenario among rat aficionados involves bringing an entire mischief onto the sofa (continued on next page)



*Cynthia and Freud  
(photo by Philip Stuart)*

## Escape from Skinner's Box, Cont.



and enjoying vigorous play and/or quietly "chilling out" with rats resting on shoulders and laps. In fact, it is considered cruel

to keep rats strictly as cage pets. They require a significant amount of time with their owners, and express their affection to human family members by grooming (licking - similar to a dog), shoulder riding, snuggling inside shirts (which mimics nesting behavior), and curling up on laps. Rats also display affectionate behavior by bruxing (a chewing motion of the teeth that often makes a "clacking" sound) and bogging (eyes rapidly "popping" in and out) and, of course, squeaking excitedly.

It is in the rat's nature to seek physical contact. Wild rats engage in a behavior known as social sedation (commonly referred to as "rat piling" in the rat lovers' community) in which the mischief rests itself in a heap. Some rat owners even take advantage of the high intelligence of their pets by teaching them tricks. This activity is not only fun for rat and human alike, but further contributes to the mutual socialization needs of both parties. Owners and their rat companions also compete in rat shows, organized much along the line of dog and cat shows. In terms of behavioral characteristics, rats are extremely interactive pets that display the affection and desire to interact with owners that people normally associate with dogs and cats.

For clinicians working with patients/clients and incorporating the human-animal bond into their work, pet rats offer an opportunity to explore issues with which such individuals are struggling.. While I have not conducted empirical research on the topic, from an experiential perspective as

a member of the pet rat community, I have noted that a significant number of pet rat owners are in treatment or, if not, are nevertheless struggling with psychopathology or emotional difficulties. In terms of the salience of life experiences with patients/clients who are rat owners, possible avenues of further exploration may include themes of identification with a popularly maligned creature, perceived persecution (few animals experience the level of persecution placed on rats), and issues of loss (rat lovers experience loss on an all too frequent basis, as unfortunately these creatures have an average lifespan of 2 – 2 ½ years).

In addition, because of the aforementioned strong bonding that can occur between rats and humans, rats may be suggested as pets in a therapeutic context for animal loving individuals who are not rodent phobic. Rats can offer nonjudgmental acceptance and affection to patients/clients who have not had positive experiences with other people, and the dynamics of such rat – human bonds can be utilized in a therapeutic context in work that is geared towards developing positive relationships with fellow humans. A major caveat however, is the aforementioned short lifespan of rats, and the issues of loss that accompany such a strong, brief relationship. Although male and female rats are equally affectionate, a large percentage of females eventually develop tumors, thus cutting into their lifespan, something that should be considered if losses are difficult. Nevertheless, for those persons who are limited in their choices of pets due to such factors as apartment regulations, rats may be the

ideal companions.

In sum, this animal loving psychologist strongly recommends pet rats for patient/client and clinician alike. There is a Fancy Rat for everyone, as they have been bred in a wide variety of coat colors, patterns and types. Fancy rats are highly intelligent, and most owners can enjoy watching them solve problems (Bulla, 1999). Most importantly, it is always a great experience to be welcomed after a long day in the consulting suite or classroom by a very excited group of animal companions hanging from the cage bars and begging for attention. Self-care *par excellence!*

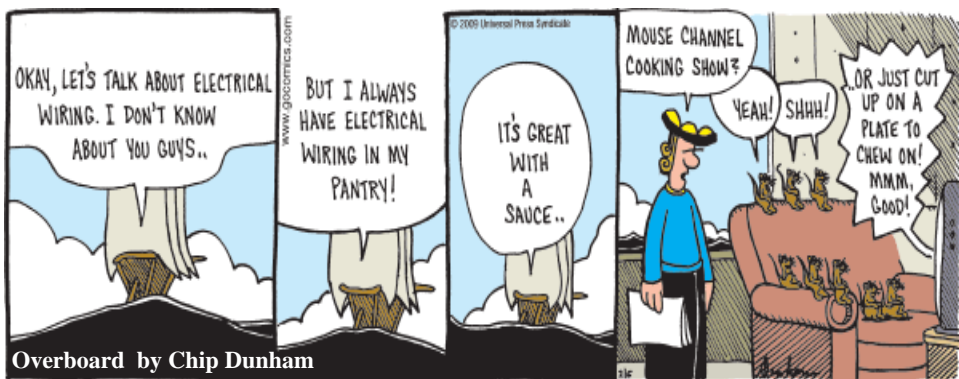
### Suggested readings:

Akhtar, S. & Volkan, V. (Eds.). (2005). *Mental zoo: Animals in the human mind and its pathology*. Madison, WI: International Universities Press, Inc.

Bulla, G. (1999). *Fancy rats: A complete pet owner's manual*. Hauppauge, NY: Barron's Educational Series, Inc.

*It's a rats world magazine.*  
www.itsratsworld.com.

*Cynthia Stuart is a professor of psychology and medical law and ethics who teaches at a junior college and an online four year college in New York. Her special interests are in the areas of adaptation of psychoanalytic theory to multicultural contexts as well as application of psychoanalysis to work with the human-animal bond. She is the extremely proud mother of a fancy rat named Ratmir, two guinea pigs, Hypatia and Athena and a degu, Don Diego del Degu. Cynthia would enjoy hearing from others interested in the human-animal bond at profcstuart@aol.com.*



Overboard by Chip Dunham

## The Link: Domestic Violence, Child and Animal Abuse

### **Crosstrails Animal Foster Program by Lori Kogan**

Crossroads Safehouse for Women, located in Fort Collins, Colorado, has provided a safe haven for women and their children since 1980. Beginning in the summer of 1998, Crossroads extended their services to include another important component of the family that needs protection - our beloved pets. Animals are often viewed as part of the family, which means they share in the love and warmth of caring homes, but they unfortunately also share in the abuse or mistreatment in troubled homes. Studies have shown that 71% of homes that contain domestic violence also contain animal abuse.



Damien Kogan

To help the entire family, "Crosstrails," a foster program for animals that belong to women who stay at the safe house, was developed. When a woman makes the decision to leave an abusive situation, she is often times forced to leave her pet behind due to a lack of available resources. As many as 25% of women who have entered a safe house shared the fact that they delayed leaving an abusive situation because of concern over their pets.

Crossroads wanted to create a program that would give these women a safe, reliable option for their animals. In this way, women can work on the other pressing issues that face them during this transitional time, knowing their pets are safe and protected.

The program begins with women's initial contact to the shelter. Just as in the past when women were asked about the safety of their children, they are now asked about the safety of their animals. They are informed that safe housing for their pets is available if needed. Women that choose to utilize Crosstrails bring their animal(s) to the shelter. They are met by a staff member or volunteer who takes them through a contract that explains exactly what happens to their animal.

Women are informed that their animal can remain in safe housing up to one week past the time they leave the shelter (for a maximum of seven weeks). If the animal is not claimed within that time, she relinquishes rights to that animal. It is explained that visitation will be scheduled if she desires, at the shelter. For the safety of everyone involved, the owners do not have knowledge of their animals' location, and have no direct contact with foster homes. Women are asked specific questions about their pet to ascertain the best suited foster home. They are also asked about vaccination history and informed that vaccinations will be given at no charge if their

animal is not current on their vaccinations.

After the staff member/volunteer feels the woman understands the Crosstrails contract and has no further questions, the animal is transported to a clinic for a check-up and vaccinations (if needed). Any identifying information on the animal remains at the shelter, and a Crosstrails identification tag and phone number is attached to collars. After the animal receives a check-up, they are relocated to a foster home.

Although dependent on the type of animal and individual personalities, the preferred placement for most animals is in individual homes. Currently, Crosstrails is able to take any type of animal, including rodents, reptiles and large animals, in addition to dogs and cats. Animals that are aggressive toward other animals are placed in kennels. The only animals that Crosstrails will not foster are those that are aggressive toward people.

Since its inception, Crosstrails has fostered over 160 animals, including dogs, cats, rabbits and "pocket pets". Feedback from the women who have utilized the program has been overwhelmingly positive, and many have indicated Crosstrails helped them make the difficult decision to leave an abusive situation.



## Crosstrails, Cont.

A survey given to women utilizing Crosstrails asks women about the perceived benefits of Crosstrails. Some of the answers include:

"My family remains intact."

"I feel assured that my dog is safe and well cared for. My life is upside down and having to give up my dog or worry about his safety would have been too much to handle."

"With all the turmoil myself, son and dogs have been through, I know that they are very safe. That opens the door for me to start to become stronger."

"...allows me to focus on myself and my needs, healing and growth instead of stressing about my dog."

It appears that Crosstrails not only offers foster care to animals, but in the process, is able to offer a valuable service to the women and children who love them.

*Lori Kogan, PhD is the creator of Crosstrails (for a reprint on Crosstrails publication, contact Lori directly). She is an assistant Professor at Colorado State University in the Clinical Sciences Department where she acts as the College Psychologist Outcomes Assessment Coordinator, and Director of Professional Veterinary Student Affairs. Her research interests include the human animal bond and the psychological aspects of veterinary students and veterinarians. Phone: (970) 491-7984 Email: lori.kogan@colostate.edu*

## Announcement:

"Animal Assisted Intervention: Demonstration and Guidelines for Best Practices," a symposium, will be presented at the annual conference of the American Psychological Association in Toronto, Canada (August 6-9, 2009). Symposium presenters include Dr. MaryLou Randour (Chair), Dr. Aubrey Fine ("Animal Assisted Therapy: Suggestions and Guidelines for Practice"), Dr. Camille DeBell ("Why is there a dog in the library, Mom?"), and Holly Hargreaves, M.A., (discussant). The symposium will include a live demonstration with therapy dogs.

## 2009 Midyear Executive Board and Section Chairs Meeting, Society of Counseling Psychology: A glimpse behind the scenes

As the Chair of the Section on Animal-Human Interaction, I have the opportunity to attend the two annual meetings of the Executive Board (EB) and Section Chairs for the Society of Counseling Psychology (SCP): the one held midyear and the one held during the August annual meeting of the American Psychological Association. I have no secrets to divulge—however, I do have some observations about the most recent Executive Board meeting that I hope will give members a sense of who our Division's leaders are, what they do, and how they do it.

SCP is a very active, large, bustling division, thus we have quite a few members on the Leadership Roster of 2008-2009—in fact, 3 1/2 pages of names! Our President, Janet Helms, took the helm from Linda Forrest last August—and our President-elect, John Westefeld, will do so this coming August.

Not only are there a lot of active leaders in SCP, they work very hard. One look at the agenda for the midyear meetings confirms this. The meeting started at 7:00 pm on Friday, January and closed around 11:00 pm, resuming the next day at 9:00AM and ending at 11:00 PM. (Well, yes, they did give us breaks and they fed us—breakfast, lunch and dinner. And laughter is not only allowed, but encouraged.)



The 2009 Midyear Executive Board meeting was distinguished by its focus on inter-section sharing. The EB not only scheduled time on the agenda, but they provided a process of small group/large group dialogues that stimulated discussion, ideas, and collegial friendships.

The inter-section sharing produced useful and practical suggestions—most centered on sharing information and capacity for our Section's web-based activities. Each Section would like to develop its web-based capacity more—and does not want to "reinvent the wheel," so we are hoping for creative collaboration with one another and with SCP.

**Finally, if you are not a current member of the Society of Counseling Psychology—please join.** Without them, our Section on Animal-Human Interaction would not have a home in APA. There are reasons other than gratitude to join—SCP is one of the most active, inclusive, creative social justice-oriented group of people of which I have had the pleasure to be a part.

### OVERBOARD

BY CHIP DUNHAM



## Animals and Research

### *A Tail to Tell by Kathryn Kimbley*

Through many turns along the way, I have come to pursue a career in counseling psychology- it appears to have 'ticked' all of my boxes and allowed me to pursue research in my chosen field of interest – the human-animal bond.

Some of the most defining literature for my research is truly inspiring. It included that of the late Boris Levinson, who some might say, started the concept of including animal interaction within psychotherapeutic sessions. More recent books that were key to my dissertation were those of Cynthia K. Chandler "Animal Assisted Therapy in Counselling" (2005) and Fine & Eisen's "Afternoons with Puppy" (2008), a book that is simply charming to read and does not require any prior psychotherapeutic knowledge in order to understand it.

My dissertation research consisted of conducting three semi-structured interviews with counselors who were actively integrating Animal Assisted Therapy into their counseling practice. Each of the interviews lasted approximately 30 minutes and included questions that I hoped would give me a broad insight into current AAT practice within counseling her in the UK.

Some of my findings are as follows:

- All counselors interviewed, emphasized that clients were given the opportunity to exercise choice as to whether the animals were involved or not. AAT was not the practitioners' sole mode of practice.

- All counselors commented that the way they implement and apply AAT within their counseling practice varies from client to client. This is interesting considering the current accepted definition of Animal Assisted Therapy being associated with goal-oriented practice (Fine, 2006). Perhaps this definition does not allow enough flexibility when taking into consideration the different forms of counseling practice. It is also worth mentioning that all of these counselors acknowledged that their therapy animals played their role mostly as a passive presence within the therapy room, allowing themselves to be stroked or hugged when the client wanted to.



- A consequence of interest is the concept that the therapy animal acts as a "distractor" or conversely, as a "focuser". One of the participants highlighted how his therapy dog can take the focus away from anxious thoughts and

worries and bring it to the dog. During the beginning of the counseling session the dog "breaks down the smokescreen" thus leading the client to talk about their real issues.



Picture from avma.org

- All participants also mentioned how their therapy animal helps to "build a bridge" between themselves and the client. This is perhaps the most important and major role that a therapy animal may play within counseling or psychotherapy.

## A Tail to Tell Cont.

- Similarly, one of the participants mentioned how his therapy dog helps as a "diffuser". This was particularly relevant to his client population of ex-servicemen, many of whom suffer Post Traumatic Stress Disorder (PTSD). (continued on next page)
- An example was given within which the participant recalled an occasion when one of his clients became very agitated and angry. This participant felt that had the dog not been there that this client would have struck out and made physical contact with the counselor. He suggested that thanks to the presence of the dog, the client's anger was diffused and the client "went from total anger to utter remorse", which he explained as being because the clients "realize that they're faced with not another human being that's capable of hitting back but a defenseless creature". Perhaps more importantly, this counselor went on to suggest that the client is able to allow "that anger to come and then to be recognized".
- One of the most striking finds has been that each of the counselors

noticed that their animals demonstrate an initiative and sensitivity towards their client's state of being. For me this has been the most fascinating aspect to this research as it has led me to want to find out more about this "instinct" or sixth sense these therapy animals (or is it all animals?) seem to have.

These are just tasters of what the research, I conducted, showed. I am very much aware that from scientific perspective the research might have been conducted more rigorously. However, I cannot help but consider the limitations to my results that might have made. The experience in itself was exceptionally valuable but more than anything has "fed the flames" and encouraged me to continue in this field. Part of this is simply because I can see how much more there is to learn, how much we really don't know and also how much other people might benefit from the emerging results of such research!

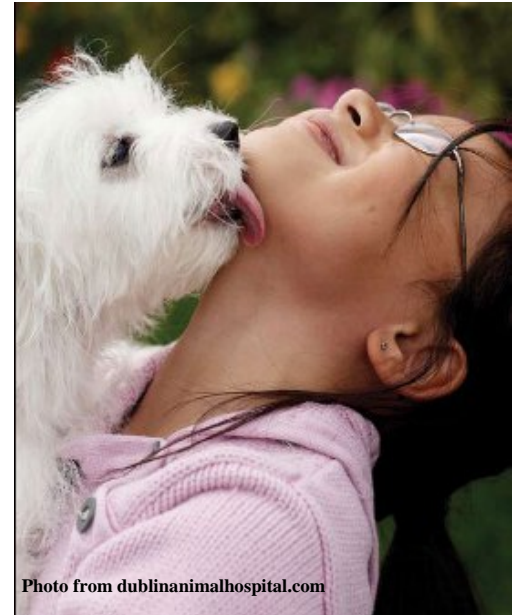


Photo from dublinanimalhospital.com

*Kathryn is currently completing placement hours for a Masters in Counselling Psychology at Keele University, Staffordshire. Her passion is Animal Assisted Therapy and she hopes to explore it more closely in relation to counselling and psychotherapy, in particular in relation to Person-Centred Practice. She also has an extensive interest in Green Care and the associated areas of Nature Therapy and Ecotherapy. She is a very spiritual person and finds it has many correlations with her professional interests. As a result, in future, she is considering studying Transpersonal Psychology.*



Photo from humananimalsolutions.com

## Spotlight on Members: *You do what?* By Camille DeBell

Dr. Teresa Bear, University of Wisconsin-Madison and  
Dr. Lori Kogan, Colorado State University

Counselors and psychotherapists frequently experience clients who are overloaded with competing demands, conflicted over difficult choices, or depressed over losses. But what if those clients were students working in veterinary medicine? While most college students have access to personal and career counseling through centrally administered university counseling services, it is becoming increasingly clear that students in veterinary medicine have special circumstances. On many campuses, separate counseling services are being offered inside the veterinary teaching hospital to respond to these special needs.

“Students often don’t feel that the university counseling center has a good idea of the dynamics and demands of the veterinary program, says Dr. Lori Kogan, an Associate Professor in the Clinical Sciences Department at Colorado State University. “ You also need someone who can work around students’ schedules.” Dr. Kogan is a licensed psychologist and offers counseling services to students in the College of Veterinary Medicine. “I often see students before 8 a.m., at lunch, and after 4.”

Dr. Teresa Bear, also a licensed psychologist and a Senior Counselor with Personal and Wellness Support Services (PAWSS), School of Veterinary Medicine at the University of Wisconsin, agrees. “Being on site makes us available to the students. Our experience has been so positive that we currently have two advanced doctoral students doing practicum in



Teresa and Sassy

the School of Veterinary Medicine and Veterinary Medicine Teaching Hospital here in Madison.”

In some ways veterinary medical students are like other graduate students. “I work with quite a few students with Type A personalities, students that are pretty driven and perfectionistic (that is how they got here in the first place), but this can be a liability later.” “In other ways,” continues Dr. Kogan, “they have some unique issues. For example, sometimes they struggle between their strong attraction to animals and having to see animals sick and in pain. It can be hard for some students to work through this in a way that does not leave them totally burned out during vet school but also doesn’t leave them hard or calloused. Then there is the whole topic of euthanasia and their struggle with that...”

Dealing with pet owners can also be a challenge. At PAWSS, Dr. Bear and her interns facilitate weekly “communication rounds,” where faculty, residents, interns, and 4<sup>th</sup> year students meet to discuss difficult and/or effective communications they’ve had with owners. “Teaching communication skills to veterinary students, staff, and faculty is vital to their work as so much of it involves communication with pet and animal owners,” said Dr. Bear.

Dr. Kogan concurs. “It can be challenging for students to accept that pets are still seen as property and therefore, the owner ultimately gets to decide what treatment they want or can afford.” Dr. Bear sees research possibilities in these dilemmas. “Similar to client outcome, I think we could look at owners’ perceptions of veterinarians’ care and communications. We could also look at how owners’ compliance with treatment recommendations correlates with effective communications.” These are just a few of the dozen or so research ideas Drs. Kogan and Bear offered.

Although funding is a struggle on some campuses, the need for these services seems increasingly clear. “Much like medical school, a veterinary program is incredibly intense and difficult. This can bring with it a whole arena

of problems related to anxiety, depression, relationship issues, and work life balance,” suggests Dr. Kogan. Interestingly, both Dr. Kogan and Dr. Bear stated that the thing they liked the best about these jobs is the variety. “I enjoy counseling,” said Dr. Kogan, “but I also like research pertaining to the human/animal bond and the people associated with veterinary medicine.” Dr. Bear stated that one of the joys of the job was also one of the challenges. “While I love getting to know an entirely different field, I have to constantly remember that the people I work with do not have a background in psychology or counseling. I have to learn their language.”

*You Do What?* is a regular column in *The Newsletter*. If you want to spotlight a member who has an interesting job involving animal/human interaction, please contact Camille DeBell at [cdbell@regis.edu](mailto:cdbell@regis.edu)



Camille and Cody

Membership Application
Society of Counseling Psychology Division 17
A division of the American Psychology Association



Name: \_\_\_\_\_ APA Membership Number \_\_\_\_\_ (if applicable)

Address: \_\_\_\_\_ Phone: \_\_\_\_\_

Fax: \_\_\_\_\_ E-mail: \_\_\_\_\_

Highest Degree: \_\_\_\_\_ Date Awarded: \_\_\_\_\_

School: \_\_\_\_\_ Work Setting: \_\_\_\_\_

Position: \_\_\_\_\_ Gender: Female Male

Race/Ethnicity (check all that apply):

- American Indian/Alaskan Biracial/Multiracial Asian American Black/African American European American/White
Latino/Latina International (please specify) \_\_\_\_\_ Other: \_\_\_\_\_

APA Status (if applicable): Fellow International Affiliate Member Graduate Student Affiliate Associate Member
Undergraduate Student Affiliate

Membership Categories/Dues:

- APA member who wishes to join Div. 17. (\$37)
APA member who wishes to join Div. 17 for the first time and was most recently a SAG member. (\$18)
Professional Affiliate. Masters or doctoral level counseling psychologist (or related discipline) who is not an APA member and who wishes to join as a non-voting member. (\$70)
International Affiliate. Masters or doctoral level counseling psychologist (or related discipline) who need not belong to APA and who wishes to join as a non-voting member. (\$17)
Graduate Student member. (\$17) Please obtain a signature from the program chair or your faculty advisor verifying that you are a graduate student in the program indicated.
Undergraduate Student Member. (\$17) Please obtain a signature from a faculty member to verify that you are an undergraduate student.

\_\_\_\_\_  
Chair/Advisor/Faculty Member's Signature Date (for student membership only)

Payment Options (Check, money order, or credit card in US dollars, drawn on a US bank, payable to American Psychological Association)

Check or money order payable to "APA Division 17"

Credit card - Visa, MC or American Express only: Card number: \_\_\_\_\_

Expiration date (Month/ Year): \_\_\_\_\_ Name on card if different than above: \_\_\_\_\_

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Please mail to: APA Division Services Office, 750 First Street NE, Washington DC 20002-4242. If you wish to join APA, contact APA Membership at the previous address or (800) 374-2721 or e-mail: membership@apa.org.

For further Division 17 membership information or to learn more about our Student Affiliate Group, visit our website at www.div17.org.

**ANIMAL/HUMAN INTERACTION: RESEARCH AND PRACTICE SECTION**  
**Society of Counseling Psychology, Division 17**  
**American Psychological Association**  
**MEMBERSHIP APPLICATION 2008**

*Animal/Human Interaction: Research and Practice Section is the newly established Section 13 of the Society of Counseling Psychology. There are no dues. Donations of any size are welcome.*

*Please mail or fax completed application form to:*  
*Karen Schaefer, Ph.D.*  
*New Mexico State University Counseling Center*  
*Garcia Annex, MSC 3575*  
*Las Cruces, NM 88003*  
**Fax: 575-646-1975**

**Or send electronically to [Randour@comcast.net](mailto:Randour@comcast.net)**

Name: \_\_\_\_\_ Title \_\_\_\_\_

Institutional Affiliation (if any): \_\_\_\_\_

Address: \_\_\_\_\_

Office Phone: \_\_\_\_\_ Home Phone: \_\_\_\_\_

Cell Phone: \_\_\_\_\_ Fax: \_\_\_\_\_

Email: \_\_\_\_\_

APA Membership Number: \_\_\_\_\_

Please indicate APA Division(s) in which you hold membership, if any:

\_\_\_\_\_.

The Animal/Human Interaction: Research and Practice Section (AHI) welcomes members and students from the Society of Counseling Psychology and other Divisions of APA. There are three categories of membership that one may apply for:

Member: Any Associate, Member, or Fellow of Division 17

Professional or International Affiliate: Professional or International affiliates of Division 17, or Fellows or Members of APA who are not members of the Division

Student Affiliate: Any student affiliated with either Division 17 Student Affiliate Group or APAGS

Please Indicate the Type of Section Membership Sought:

Member    Professional Affiliate    International Affiliate    Student Affiliate

We plan to set up a Section website and listserv as soon as possible. Please indicate below if you want to be listed in the member directory on the website and subscribed to the listserv:

Member Directory Y\_\_\_\_N\_\_\_\_ Listserv Y\_\_\_\_N\_\_\_\_

**ANIMAL/HUMAN INTERACTION: RESEARCH AND PRACTICE SECTION**

**Society of Counseling Psychology, Division 17**

**American Psychological Association**

**MEMBERSHIP APPLICATION 2008 p. 2**

Are you willing to participate in the activities (e.g., governance, committees, other activities) of this Section?

Y\_\_\_\_N\_\_\_\_

**Please check any areas indicating your research and practice interests by using “R,” “P,” or “R/P” for both research and practice on the following list:**

- Animal-assisted activities/therapy (including outpatient psychotherapy, medical/physical therapy, hippotherapy—therapy with horses)
- Animal-human bond relational and attachment issues (e.g., degrees of bonding, attitudes toward animals)
- Bereavement reactions to the loss of a companion animal (including providing hospice care for animals, making the decision to euthanize, etc)
- Cross-cultural aspects of animal/human interactions
- Developmental features of animal/human interactions (e.g., children and animals, special considerations with elderly-animal interactions)
- Diagnostic issues associated with animal mistreatment
- Health benefits of the human-animal bond
- Link between animal abuse and violence toward humans, particularly family violence
- Role of animal/human relationships in various treatment modalities and interventions (e.g., treatment interventions using information, stories, metaphors, or relationships with animals in family therapy, use of the client’s relationship with a companion animal as a reason to live, etc)
- Theory, research and treatment of animal abusers
- Other (please describe)\_\_\_\_\_

**Signature**\_\_\_\_\_ **Date**\_\_\_\_\_



Picture from [vet.cornell.edu](http://vet.cornell.edu)

Correspondence regarding AHI newsletter can be sent to:  
Lori Kogan, Ph.D., Editor  
Clinical Sciences Department  
Colorado State University  
Fort Collins, CO 80523  
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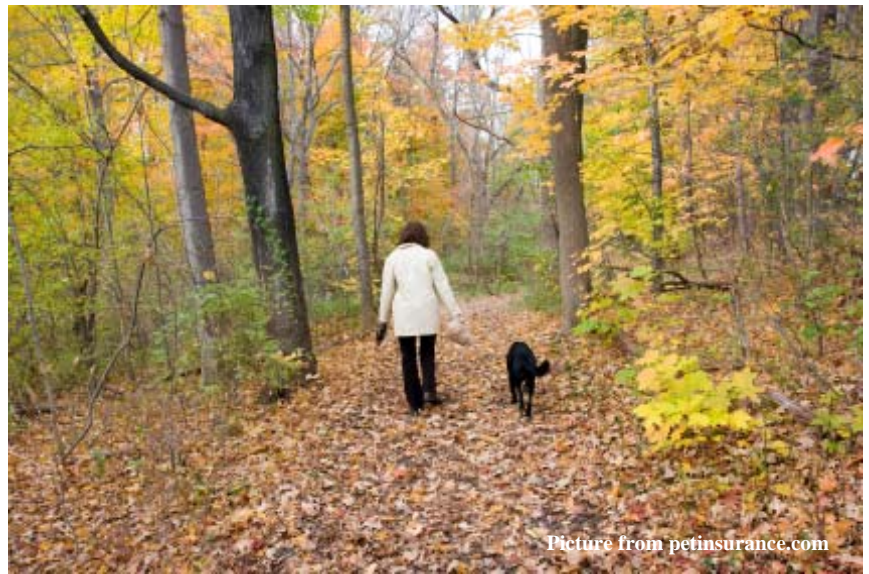
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## *AHI Has No Dues*

*However, modest donations will help us:*

- Develop our website so we can interact with more psychologists
- Offer teleconferencing training to members and
- Establish a fund for students

Donations can be sent to the AHI Acting Treasurer: Julia C. Phillips, Ph.D., Associate Director Training, Counseling, Testing and Career Center, University of Akron



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