

Alethea Thomas, MA, LPC *with Audrey*
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Animal-Assisted Therapy Consent and Release of Liability Form

Animal-Assisted Therapy (ATT) incorporates human-animal interactions into a therapeutic treatment process (led by a trained mental health counselor) , and is considered an adjunct to existing therapy. ATT is incorporated as part of the treatment process by using the human-animal bond in goal-directed interventions.

Benefits of AAT:

- Emotion recognition/regulation
- Reduction of anxiety/stress
- Decrease depression
- Ability to address grief/loss issues
- Reduction of blood pressure
- A calm and accepting presence
- Enhances socialization and ability to trust

About Audrey:

Audrey is female tri-colored Cavalier King Charles Spaniel born in Dec 2021. Cavaliers are beloved as companion dogs, well known for their *affectionate, gentle nature and cheerful disposition*. She has completed basic obedience training and is in training for the AKC Canine Good Citizen Test. She is neutered, fully vaccinated, and in good health, which includes regular grooming and flea/tick prevention treatments.

Risks Related to AAT:

- Animals have their own natural defenses. While Alethea will do everything possible to prevent any injury, it is possible that someone could get scratched or bitten.
- Animals often use their mouths in play. Therefore, even when playing, it is possible for light biting to occur.

Rules Related to AAT:

- Audrey has individual rights, just as each client does. Therefore, she is allowed to determine if and when she participates with others. While it may be planned to have Audrey in session, she will never be forced to do so.
- Audrey should always be treated gently. She should never be hit, have her ears pulled, carried, or treated in any other way that is uncomfortable.
- If she becomes irritated, scared, or acts in a negative manner, Alethea will put Audrey in a safe place/ her kennel. No other person should touch her at these times.
- Treats are available for Audrey and are given in controlled amounts—check with Alethea.

Patient Screening for AAT:

1. I am afraid of dogs. Yes No
2. I have allergies to animals. Yes No
3. I have cancer or I am going through cancer treatments Yes No
4. I have been diagnosed with a medical ailment that may compromise my health if I am in close proximity to a dog. Yes No
5. I am not aware of any ailments or medical condition that would prohibit physical interaction such as handling, touching or giving treats _____ (initial)

Consent and Release of Liability:

By signing below you are stating your understanding and acceptance of these risks and rules.

You accept full liability in the event that an animal harms you in the course of treatment.

Client Signature and Date

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