

# Pets in Practice – Kathryn Kimbley

## Resource Guide

online  
events

[www.onlineevents.co.uk](http://www.onlineevents.co.uk)

# HumAnimaCIC

Perhaps you have heard of “Animal Assisted Therapy” but you’re not sure how working with an animal might work for you or your clients?

Dip your toe in the water and learn about some of the theory behind the benefits of interacting with animals, how you might bring AAT into your Counselling practice, why it might benefit your clients, and how you can further your learning.

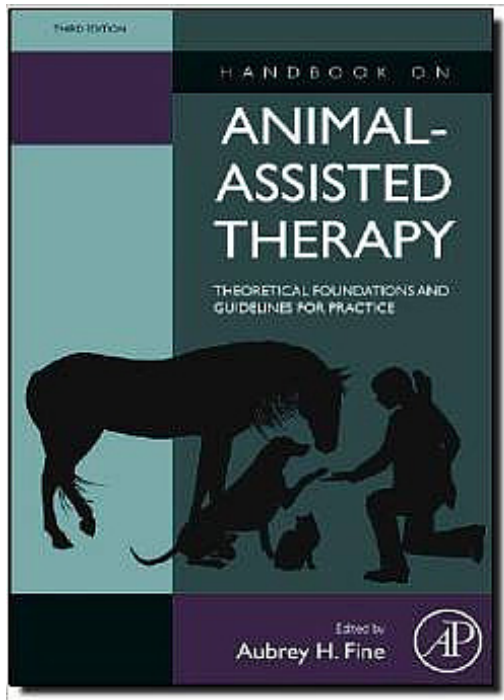
This is a unique way of working that is growing in popularity and Kathryn runs, through her social enterprise, HumAnima CIC, the only BACP CPD endorsed course specifically covering Animal Assisted Therapy within Counselling. You’ll also get to “meet” Flossie, Kathryn’s Canine Co-Therapist!

[www.humanima.co.uk](http://www.humanima.co.uk)

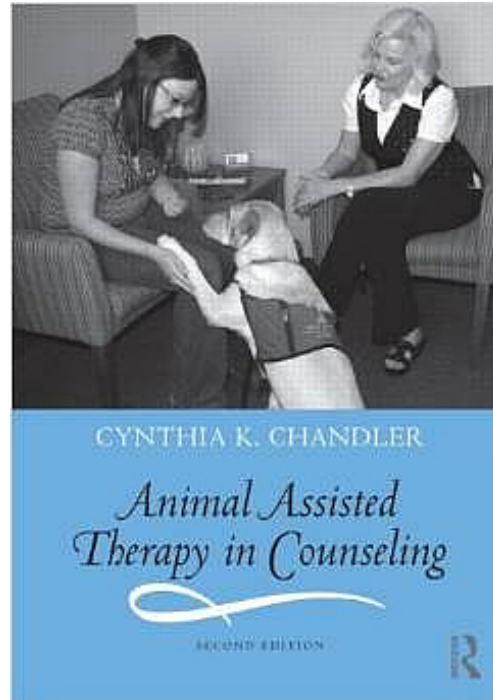


# Suggested Reading

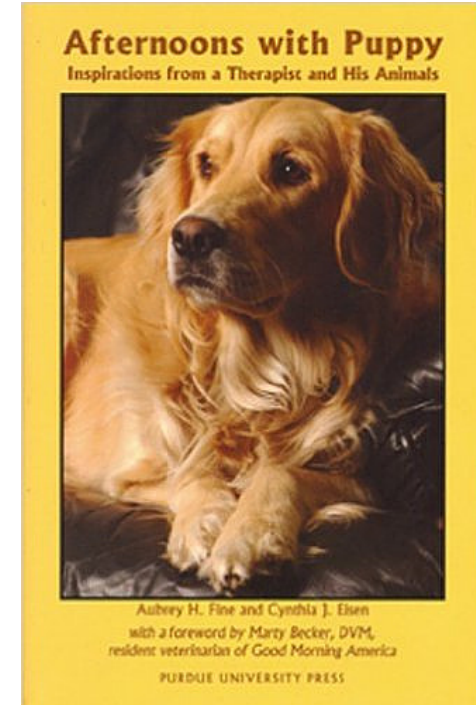
Click the book images for more info



Handbook on Animal Assisted Therapy Edited by Aubrey Fine



Animal Assisted Therapy in Counselling by Cynthia Chandler



Afternoons with Puppy by Aubrey Fine

# Suggested Reading

## BOOKS

Biophilia Hypothesis by E. O. Wilson

Don't Shoot the Dog!: The New Art of Teaching and Training

Bones Would Rain from the Sky by Suzanne Clothier

Pets and Mental Health by Odeon Cusack

Animals in Translation by Temple Grandin

## PAPERS

Chandler, C.K., Portrie-Bethke, T.L., Minton, C.A.B., Fernando, D.M., O'Callaghan, D.M., 2010. Matching Animal-Assisted Therapy Techniques and Intentions with Counseling Guiding Theories. *Journal of Mental Health Counseling* 32, 354–374.

Custance, D., Mayer, J., 2012. Empathic-like responding by domestic dogs (*Canis familiaris*) to distress in humans: an exploratory study. *Animal cognition* 15, 851–859

# Resources

## Examples of Counselling with Animal Assisted Therapy

[Shaggy therapist lends a paw to mental health care](#)

## Research

[Animal Assisted Therapy in Counselling & School Settings](#)

[Is Counseling Going to the Dogs? An Exploratory Study Related to the Inclusion of an Animal in Group Counseling with Adolescents](#)

Visit [www.humanima.co.uk](http://www.humanima.co.uk) for more resources

Pets As Therapy [www.petsastherapy.org](http://www.petsastherapy.org)

# Animal Assisted Therapy in Counselling Course

[www.humanima.co.uk](http://www.humanima.co.uk)



## HumAnima CIC

*Autumn Course*

10 October / 7 November / Dec TBC



A BACP CPD endorsed course

**COST: £349**

\*Claim your 10% discount - Email with Discount Code: **Onlinevents\***

[CLICK HERE FOR MORE DETAILS](#)

# Connect with Kathryn

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