

<b>1</b>	<b>Animal-Assisted Therapy—Basics and My Personal</b>	
	<b>Understanding of this Discipline</b> . . . . .	1
1.1	Definition and Terminology . . . . .	2
1.2	Effective Factors and History of Animal-Assisted Therapy . . . . .	5
1.2.1	Effective Factors of Animal-Assisted Therapy—Why are Animals Good for Humans? . . . . .	5
1.2.2	Origins of Animal-Assisted Therapy . . . . .	8
1.3	New Paths in Animal-Assisted Therapy . . . . .	10
1.3.1	My Professional Career . . . . .	11
1.3.2	My Animal Colleagues. . . . .	12
1.3.3	Delineation from Conservative Ideas in Animal-Assisted Therapy and Necessary Future Questions . . . . .	14
	References. . . . .	21
<b>2</b>	<b>Animal Ethics in Animal-Assisted Therapy</b> . . . . .	23
2.1	Lack of Consideration of Animal Ethical Issues in Animal-Assisted Therapy. . . . .	24
2.2	Animal Ethics. . . . .	26
2.2.1	Anthropocentrism. . . . .	27
2.2.2	Non-Anthropocentrism . . . . .	28
2.2.3	Synergistic Approach. . . . .	32
2.3	What Specific Questions Does Animal Ethics Raise for Animal-Assisted Therapy? . . . . .	33
	References. . . . .	35
<b>3</b>	<b>My Concept of Good Animal-Assisted Therapy.</b> . . . . .	37
3.1	Animal Welfare Comes First . . . . .	38
3.2	Selection of the Dog. . . . .	39
3.2.1	Mixed Breed Dog Instead of Purebred Dog. . . . .	39
3.2.2	Adopt Don't Shop . . . . .	42
3.2.3	Pack Instead of Lone Dog . . . . .	43

3.3	Choosing the Right Training . . . . .	45
3.4	Designing the Therapy so that the Dog also Enjoys It. . . . .	47
3.4.1	Creating a Dog-Friendly Environment. . . . .	48
3.4.2	Establish Clear Behavioral Rules Towards the Dog . . . . .	48
3.4.3	Dog-Friendly and Therapeutically Meaningful Exercises . . . . .	50
3.5	Courage to Make Unpopular Decisions for the Sake of the Animals . . . . .	56
3.6	Breaks . . . . .	58
3.7	Before and After: Creating Balance. . . . .	60
3.8	Willingness to Self-Criticize . . . . .	67
3.9	Knowing When It's Enough: Retirement. . . . .	68
3.9.1	When Should the Dog Retire? . . . . .	68
3.9.2	How Do I Design the Path to Retirement? . . . . .	69
	References. . . . .	71
<b>4</b>	<b>Animal-Assisted Therapy with Dogs from Animal Welfare—Limits and Opportunities . . . . .</b>	<b>73</b>
4.1	Necessary Characteristics of a (Future) Therapy Dog . . . . .	74
4.2	Assessment of Suitability as a Therapy Dog . . . . .	75
4.3	Special Opportunities of Working with a Therapy Dog from Animal Protection . . . . .	78
4.3.1	High Sensitivity to Human Moods. . . . .	78
4.3.2	Gratitude. . . . .	80
4.3.3	Possibility of Identification for Patients. . . . .	80
4.3.4	Feeling of Meaningfulness. . . . .	81
4.4	Challenges in Working with a Therapy Dog from Animal Welfare. . . . .	83
	Reference . . . . .	84
<b>5</b>	<b>The Dog-Assisted Self-Confidence Training . . . . .</b>	<b>85</b>
5.1	Framework and Background of Dog-Assisted Self-Confidence Training . . . . .	86
5.1.1	Target Groups, Duration, and Origin . . . . .	86
5.1.2	Self-confidence. . . . .	89
5.1.3	Why Train Self-Confidence with Dogs? . . . . .	91
5.1.4	How Dogs React to Self-Confidence and Self-Insecurity . . . . .	93
5.1.5	Self-Confident Behavior Towards a Dog . . . . .	97
5.2	Content and Procedure of the Dog-Assisted Self-Confidence Training . . . . .	101
5.2.1	Overview: The Exercises Used in Training . . . . .	101
5.2.2	Course of the Training . . . . .	104
5.3	Potential Difficulties in Dog-Assisted Self-Confidence Training . . . . .	122
5.3.1	Participant Processes Feedback as Damaging to Self-Worth. . . . .	122
5.3.2	Participant Does Not Develop Awareness of their Impact on the Dog. . . . .	124
5.3.3	Participant Pursues a Different Goal . . . . .	125

5.3.4	Therapist Does Not Sufficiently Consider the Underlying Needs of the Participant .....	127
5.4	Summary of the Key Aspects of Dog-Assisted Self-Confidence Training .....	129
	References .....	130
<b>6</b>	<b>Preparing the Dogs for their Deployment.</b> .....	131
6.1	Basic Attitude .....	132
6.2	Specifics of Training Dogs from Animal Welfare .....	133
6.2.1	Longer Duration and Higher Difficulty Level of Training .....	134
6.2.2	Personal Attitude .....	143
6.3	Training as a Therapy Companion Dog .....	144
6.3.1	Basics: Dog Reliably Responds to Basic Signals .....	145
6.3.2	Training Necessary Behaviors for Therapy .....	146
	References .....	155
<b>7</b>	<b>Afterword.</b> .....	157
	<b>Further Reading</b> .....	159