

1 Animal-Assisted Therapy—Basics and My Personal Understanding of this Discipline	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
2 Animal Ethics in Animal-Assisted Therapy	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
3 My Concept of Good Animal-Assisted Therapy.....	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
4	Animal-Assisted Therapy with Dogs from Animal Welfare—Limits and Opportunities	73
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
5	The Dog-Assisted Self-Confidence Training.....	85
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
6	Preparing the Dogs for their Deployment	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
7	Afterword	157
	Further Reading	159