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# Animal Assisted Therapy

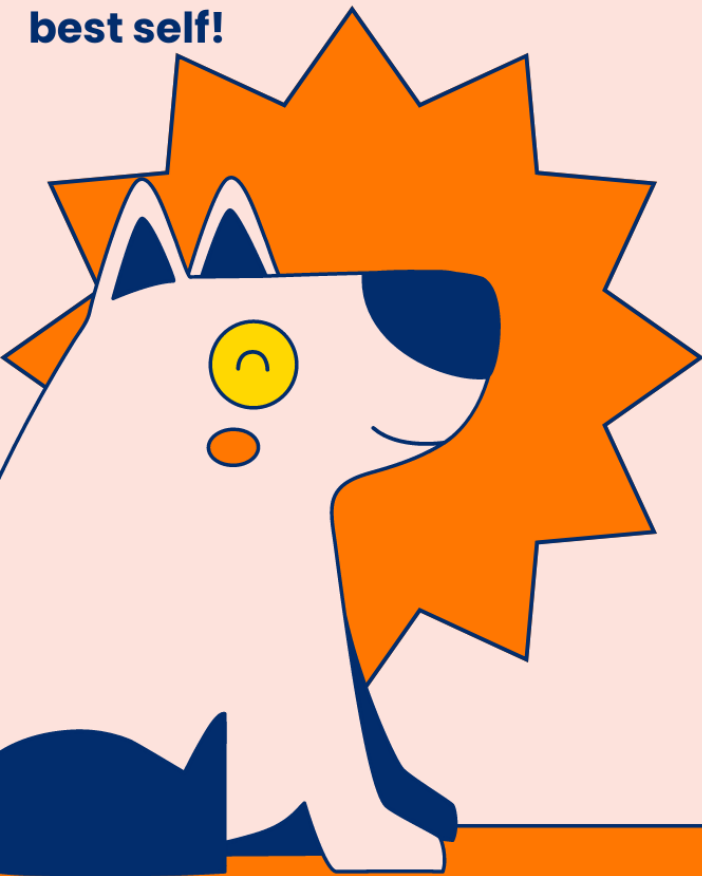
## For Beginners



Animal Assisted therapy can be obtained in hospitals, rehab centers, homecare, schools, for pediatric patients, nursing homes, for older adult patients, as well as mental health hospitals.

### Who are we?

We are a team of Occupational Therapists who work with horses, dogs, cats, and bunnies to get you to be your best self!



### Animal Assisted Therapy Benefits:

Besides pain management, temperature control, sensory stimulation, increase of range of motion and decrease of negative feelings, Animal Assisted Therapy helps gain independent daily living, increase feelings of safety, and promotes socialization and conversation.

Animal Assisted Therapy can boost self-esteem while reducing the stigma of illness. Working with animals is shown to increase relaxation and decrease anxiety.

Animal Assisted Therapy is a fun, creative, non-stressful therapeutic option to increase, or obtain goals of Occupational Therapy via working with animals.