

Outline

Animal-Assisted Play Therapy® (AAPT): A Relationship-Based Approach

Latest research: Hormone release, sensory response  
Types of Animal-Assisted Therapies (AAT)  
The importance of speaking the language of the animal  
Client and animal therapeutic relationship building  
Lessons learned from animals in therapeutic settings

Preparing Animal for Therapy Work

Is my animal cut out to do therapy work?  
Tips to socialize your animal with other animals and humans  
The “must have” AAT education  
Selecting an animal species and breed  
Positive-based training: Clicker work, lure/reward, shaping, and modeling

Align Client’s Therapeutic Goals to Appropriate AAPT Intervention

Varied animal roles and why it’s important to know the difference  
Directive vs. non-directive interactions between client and animal  
Align animal’s personality and interests with client’s needs  
What sessions look like with an animal present: Video case examples  
When to/when not to include animals in therapy  
Options for when an animal isn’t appropriate or available

Apply AAPT to Treatment Goals for Clients with:

Trauma and attachment  
Anxiety and depression  
Anger and aggression  
Trust and building rapport

Social-emotional regulation  
Impulsivity and self-control  
Social-communication skills  
Setting boundaries  
Empathy and patience  
Stress and fear

AAPT in Clinical Work ... From Start to Finish

Integrate AAPT with modalities you already use  
Work through therapeutic goals to meet treatment plan with an animal present  
Follow the lead of the animal and the client to process the clients’ needs  
Determine what theories backed your animal involved interactions

Give Your Animal a Voice in Therapy

Animal body language: Signs of stress and resignation  
“No thanks, I’m not having fun anymore!” and what do to next  
Strategies to help your animal relax and destress  
Decrease burnout of your animal  
Alternatives to when animals not present

Other Clinical Considerations

Client rights and when not to involve an animal  
Informed consent  
Documentation  
Liability Insurance and waivers  
Research, risks and limitations

Live In-Person Seminar Schedule

7:30 Registration/Morning Coffee & Tea  
8:00 Program begins  
11:50-1:00 Lunch (on your own)  
4:00 Program ends

There will be two 15-min breaks (mid-morning & mid-afternoon).  
Actual lunch and break start times are at the discretion of the speaker.  
A more detailed schedule is available upon request.

Objectives

1. Appraise the difference between Animal Assisted Play Therapy® and other types of AAT and the animal’s role related to each.
2. Determine competencies including the impact of the human-animal bond in preparing to work with animals in Animal Assisted Play Therapy® sessions.
3. Conclude ways to meet client’s therapeutic goals by including animals in play therapy based practices.
4. Analyze directive and non-directive play therapy-based approaches between client and animal.
5. Align client’s therapeutic goals to appropriate Animal Assisted Play Therapy® interventions, with or without an animal present.
6. Integrate animals in therapy sessions to enhance both verbal and non-verbal communication in client processing.
7. Create an integrative plan of risks and safety needs including reading animal and client body language for signs of distress.
8. Support how AAPT is grounded in well-established theories and practices in terms of child development, clinical intervention, play therapy, family therapy, and humane animal treatment

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Monday, January 20, 2020

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Tuesday, January 21, 2020



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Featuring **Tara Moser, LCSW**, Registered Play Therapist  
Supervisor and Certified Animal Assisted Play Therapist Supervisor

- Gain skills and confidence to properly and safely integrate AAPT into your practice
- Know if your animal and client are the right fit for each other
- Accurately align client’s therapeutic goals to appropriate AAPT interventions
- Detect signs of stress in animal’s and client’s body language

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# ANIMAL ASSISTED PLAY THERAPY®

## Meeting Clients' Therapeutic Goals One Paw at a Time!

Have you ever considered practicing Animal Assisted Play Therapy® (AAPT), but are unsure if it's the right fit for your practice? Maybe you are interested, but you're intimidated and don't know where to start. Or, you already bring your animal to work, but are not confident in your ability to implement appropriate AAT interventions. If you answered yes, this Animal Assisted Play Therapy® (AAPT) program is for you!

While integrating animals into therapy provides significant value to the therapeutic process—from beneficial hormonal release in both the client and the animal, to building trust, emotional regulation, and positive attachment with our clients—it is unwise and potentially hazardous without proper training. AAPT requires a complex set of skills, such as knowing how to:

- Properly select and prepare your animal for therapy;
- Determine if your animal and client are the right fit for each other;
- Align client's therapy goals to the appropriate AAPT interventions; and
- Detect signs of stress and resignation in animal's body language.

Join Tara Moser, LCSW, Registered Play Therapist Supervisor and Certified Animal Assisted Play Therapist Supervisor and learn to successfully integrate animal-assisted therapy with play therapy. Under Tara's expert guidance we will focus on the therapist-animal-client relationship, use of humor and play to enhance therapy, and well-being of your client and animal. We will discuss how AAPT is grounded in well-established theories and practices in terms of child development, clinical intervention, play therapy, family therapy, and humane animal treatment.

Tara will help you take your practice to the next level as she teaches you how to align client's therapy goals to the appropriate AAPT interventions for improved outcomes with:

Trauma and attachment	Social-communication skills	Trust and building rapport
Anger and aggression	Empathy and patience	Impulsivity and self-control
Social-emotional regulation	Anxiety and depression	Boundaries, stress and fear

Through case studies, video demonstration and dynamic discussion you will leave this program with the skills and confidence to integrate dogs, cats and various other animals into your practice! **Register today!**

## Speaker

**Tara Moser, LCSW, RPT-S, CAAPT-S**, is a Licensed Clinical Social Worker in Florida, Registered Play Therapist Supervisor, and Certified Animal Assisted Play Therapist Supervisor. She owns a private practice that specializes in play therapy and Animal-Assisted Play Therapy®. Tara is the founder of Pawsitive Kids Camp, a non-profit that integrates play therapy and Animal Assisted Play Therapy® with rescue dogs and children. She has served in a variety of therapeutic capacities, including non-profit individual and family counseling, foster care, elementary school-based counseling programs, behavioral therapy for autism, drug intervention and prevention, supervised visitation, and domestic violence counseling. Tara has created play therapy courses for local universities and taught as an adjunct professor. She travels the country training on play therapy and Animal Assisted Play Therapy® to mental health, rehab and medical professionals, educators and parents. Tara is a graduate and past chair of APT's Leadership Academy and has served on numerous APT committees, including Ethics and Practice, Nominations Board, Conference Program, Leadership Program, and Key Awards. She is the President for the Florida Association for Play Therapy. She has served locally and most recently as vice president for NASW Florida, in which retaining members was a goal. Tara's professional excellence has been recognized by the SW Florida Unit of NASW as 2009 Social Worker of the Year and 2017 Field Educator of the Year. She was also awarded the 2009 Viola Brody Award by FAPT. Tara and her team of therapists are often called for debriefing on Animal Assisted Play Therapy® across the state. She is the co-author of an award-winning children's book, Bode the Beach Dog: Life is RUFF!, a book to help children overcome fear.

Speaker Disclosures:

Financial: Tara Moser is the owner of Delta Family Counseling. She has an ownership interest in the Florida Association for Play Therapy; and The Beach Dog. She receives a speaking fee from the International Institute for Animal Assisted Play Therapy. Ms. Moser receives a speaking honorarium from PESI, Inc.

Non-financial: Tara Moser is a member of the Association for Play Therapy.

The International Institute for Animal Assisted Play Therapy® is the only authorized source of trainings and certification in Animal Assisted Play Therapy®.\*  
\*Animal Assisted Play Therapy® is a trademark of the Family Enhancement & Play Therapy Center, Inc. (and its International Institute for Animal Assisted Play Therapy®).



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By Seth Gillihan, Ph.D.  
Reduce stress in your life with practical, action-orientated, and mindfulness tools to quickly build positive emotions in your life. The 101 practices inside The CBT Deck will help you:

- Calm and redirect your thoughts
- Overcome self-limiting beliefs
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**Trauma Treatment Toolbox**  
*165 Brain-Changing Tips, Tools & Handouts to Move Therapy Forward*  
Jennifer Sweeton, Psy.D., M.S., M.A.

The latest research from neuroscience and psychotherapy has shown we can rewire the brain to facilitate trauma recovery. *Trauma Treatment Toolbox* teaches clinicians how to take that brain-based approach to trauma therapy, showing how to effectively heal clients' brains with straightforward, easy-to-implement treatment techniques. Each tool includes a short list of post trauma symptoms, relevant research, application, and clinician tips on how to complete the exercise.

**Target Audience:** Social Workers • Counselors • Psychologists • Play Therapists • Addiction Professionals  
Marriage & Family Therapists • Behavior Analysts/Specialists • Case Managers • Occupational Therapists  
Speech-Language Pathologists • School Administrators • Educators • Nurses • Nursing Home Administrators

**Questions?** Visit our FAQ page at [www.pesi.com/faq](http://www.pesi.com/faq) or contact us at [www.pesi.com/info](http://www.pesi.com/info)

## Live Seminar Continuing Education Credit Information

*Credits listed below are for full attendance at the live event only. After attendance has been verified, pre-registered attendees will receive an email from PESI Customer Service with the subject line, "Evaluation and Certificate" within one week. This email will contain a link to complete the seminar evaluation and allow attendees to print, email or download a certificate of completion if in full attendance. For those in partial attendance (arrived late or left early), a letter of attendance is available through that link and an adjusted certificate of completion reflecting partial credit will be issued within 30 days (if your board allows). Please see "LIVE SEMINAR SCHEDULE" on this brochure for full attendance start and end times. NOTE: Boards do not allow credit for breaks or lunch.*

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*Materials that are included in this course may include interventions and modalities that are beyond the authorized practice of mental health professionals. As a licensed professional, you are responsible for reviewing the scope of practice, including activities that are defined in law as beyond the boundaries of practice in accordance with and in compliance with your profession's standards.*

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**Pennsylvania Addiction Counselors:** For the most up-to-date credit information, please go to: [www.pesi.com/events/detail/76355](http://www.pesi.com/events/detail/76355). \*\*No PA ADD available for programs held outside of PA\*\*  
**Play Therapists:** For the most up-to-date credit information, please go to: [www.pesi.com/events/detail/76355](http://www.pesi.com/events/detail/76355).

**Counselors:** This intermediate activity consists of 6.25 clock hours of continuing education instruction. Credit requirements and approvals vary per state board regulations. Please save the course outline, the certificate of completion you receive from the activity and contact your state board or organization to determine specific filing requirements.

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**Pennsylvania Counselors:** The Pennsylvania State Board of Social Workers, Marriage and Family Therapists and Professional Counselors accepts many national association CE approvals, several of which PESI offers. For a full list, please see your State Board regulations at <https://www.dos.pa.gov/ProfessionalLicensing/BoardsCommissions/>. This intermediate activity consists of 6.25 clock hours of continuing education instruction.

**Educators/Teachers:** This course is designed to qualify toward your professional development requirement. The program is 6.25 clock hours in length.

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**Pennsylvania Educators & School Personnel:** 6.5 ACT 48 Hours will be made available through Capital Area Intermediate Unit (CAIU). Those requesting ACT 48 Hours will be required to sign in and provide their Pennsylvania Certification Number and will receive instructions at the seminar on how to create a free online account with CAIU; only those individuals who have a CAIU online account are eligible to receive ACT 48 Hours.

**Marriage & Family Therapists:** This activity consists of 380 minutes of continuing education instruction. Credit requirements and approvals vary per state board regulations. You should save this course outline, the certificate of completion you receive from the activity and contact your state board or organization to determine specific filing requirements.

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**Occupational Therapists & Occupational Therapy Assistants:** PESI, Inc. is an AOTA Approved Provider of continuing education. Provider #: 3322. Full attendance at this course qualifies for 6.0 contact hours or 6 CEUs in the Category of Domain of OT and Occupational Therapy Process. Partial credit will be issued for partial attendance. The assignment of AOTA CEUs does not imply endorsement of specific course content, products, or clinical procedures by AOTA. Course Level: Intermediate.

**Psychologists:** This live activity consists of 6.25 clock hours of continuing education instruction. Credit requirements and approvals vary per state board regulations. Please save the course outline and the certificate of completion you receive from this live activity. Contact us for more information on your state board or organization specific filing requirements. American Psychological Association credits are not available.

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**Psychologists/School Psychologists:** PESI, Inc. is approved by the National Association of School Psychologists to offer professional development for school psychologists. PESI maintains responsibility for the program. Provider #1140. PESI is offering this activity for 6.25 hours of continuing education credit. Full attendance is required; no partial credits will be offered for partial attendance.

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**Speech-Language Pathologists:** This course is offered for 6 ASHA CEUs (Intermediate level, Professional area).

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**New Jersey Social Workers:** Animal-Assisted Play Therapy™: Meeting Clients' Therapeutic Goals One Paw at a Time!, Course #2777, is approved by the Association of Social Work Boards (ASWB) Approved Continuing Education (ACE) program to be offered by PESI, Inc. as an individual course. Individual courses, not providers, are approved at the course level. State and provincial regulatory boards have the final authority to determine whether an individual course may be accepted for continuing education credit. ACE course approval period: 11/27/2019 - 11/27/2021. Social workers completing this course receive 6.25 Clinical Practice continuing education credits. Full attendance is required; no partial credits will be offered for partial attendance.

**Pennsylvania Social Workers:** The Pennsylvania State Board of Social Workers, Marriage and Family Therapists and Professional Counselors accepts many national association CE approvals, several of which PESI offers. For a full list, please see your State Board regulations at <https://www.dos.pa.gov/ProfessionalLicensing/BoardsCommissions/>. This intermediate activity consists of 6.25 clock hours of continuing education instruction.

**Other Professions:** This activity qualifies for 380 minutes of instructional content as required by many national, state and local licensing boards and professional organizations. Save your course outline and certificate of completion, and contact your own board or organization for specific requirements.

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Walk-ins are welcome but admission cannot be guaranteed. Call M-F 7:00-6:00 Central Time for space availability if registering within one week of seminar.

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