



## **Animal Assisted Interventions: Definitions**

### ***Animal Assisted Interventions (AAI)***

An Animal Assisted Intervention is a goal oriented and structured intervention that intentionally includes or incorporates animals in health, education and human services (e.g., social work) for the purpose of therapeutic gains in humans. It involves people with knowledge of the people and animals involved. Animal Assisted Interventions incorporate human-animal teams in formal human services such as Animal Assisted Therapy (AAT), Animal Assisted Education (AAE) or under certain conditions Animal Assisted Activity (AAA). Such interventions should be developed and implemented using an interdisciplinary approach.

### ***Animal Assisted Therapy (AAT)***

Animal Assisted Therapy is a goal oriented, planned and structured therapeutic intervention directed and/or delivered by health, education and human service professionals. Intervention progress is measured and included in professional documentation. AAT is delivered and/or directed by a formally trained (with active licensure, degree or equivalent) professional with expertise within the scope of the professionals' practice. AAT focuses on enhancing physical, cognitive, behavioral and/or socio-emotional functioning of the particular human recipient.

### ***Animal Assisted Education (AAE)***

Animal Assisted Education (AAE) is a goal oriented, planned and structured intervention directed and/or delivered by educational and related service professionals. AAE is conducted by qualified (with degree) general and special education teachers. An example of AAE delivered by a regular education teacher is an educational visit that promotes responsible pet ownership.

### ***Animal Assisted Activities (AAA)***

Animal Assisted Activities are planned and goal oriented informal interactions and visitations conducted by the human-animal team for motivational, educational and recreational purposes. Human-animal teams must have received at least introductory training, preparation and assessment to participate in informal visitations.