Animal Assisted Therapy Basics Training Course

Professional Development Training Course Outline

Category	Veterinary and Animal Science	**Duration**	5 Days
Base Fee	$1,500 USD	**Delivery Mode**	Online / On-site Hybrid

Course Introduction

Animal Assisted Therapy (AAT) is a powerful, evidence-based therapeutic intervention that integrates trained therapy animals into structured mental health, healthcare, education, and rehabilitation programs. *Animal Assisted Therapy Basics Training Course* provides foundational knowledge in trauma-informed care, emotional regulation, mental wellness support, human–animal bond science, behavioral therapy techniques, stress reduction strategies, and therapeutic communication skills. Participants will explore how structured animal-assisted interventions enhance psychological resilience, social-emotional development, cognitive functioning, PTSD recovery, autism spectrum support, and holistic wellness outcomes across diverse populations.

Designed for aspiring practitioners, healthcare professionals, educators, social workers, and animal handlers, this course combines research-driven frameworks, ethical practice standards, animal welfare protocols, risk management systems, client-centered therapy models, and program implementation strategies. Through interactive learning, real-world case studies, and experiential modules, learners gain practical skills in therapy session planning, animal behavior assessment, safety compliance, outcome measurement, and evidence-based intervention design, empowering them to deliver safe, effective, and impactful Animal Assisted Therapy services.

Programme Curriculum

Animal Assisted Therapy Basics Training Course

Introduction

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Course Duration

5 days

Course Objectives

1. Understand evidence-based Animal Assisted Therapy frameworks and clinical applications.
2. Apply trauma-informed therapeutic approaches using therapy animals.
3. Develop mental health intervention strategies incorporating human–animal bonding science.
4. Implement animal welfare standards and ethical compliance protocols.
5. Conduct behavioral observation and therapeutic assessment techniques.
6. Design client-centered therapy session plans with measurable outcomes.
7. Integrate PTSD recovery support tools and emotional regulation strategies.
8. Support autism spectrum interventions and special education inclusion models.
9. Apply stress reduction and mindfulness-based therapeutic methods.
10. Establish risk management and safety management systems in AAT settings.
11. Evaluate program effectiveness using data-driven outcome measurement tools.
12. Develop professional communication and interdisciplinary collaboration skills.
13. Launch and manage sustainable Animal Assisted Therapy programs and social impact initiatives.

Target Audience

1. Mental Health Professionals (Psychologists, Counselors, Therapists)
2. Social Workers and Case Managers
3. Special Education Teachers and School Counselors
4. Occupational and Physical Therapists
5. Healthcare and Rehabilitation Professionals
6. Veterinary Professionals and Animal Trainers
7. NGO and Community Program Coordinators
8. Aspiring Animal Assisted Therapy Practitioners

Course Modules

Module 1: Foundations of Animal Assisted Therapy

- History and evolution of AAT
- Human–animal bond science
- Evidence-based therapeutic models

- Types of AAT interventions
- Scope of practice and professional standards
- **Case Study:** Implementation of AAT in a pediatric hospital improving patient recovery engagement.

Module 2: Animal Behavior and Welfare Standards

- Understanding animal temperament assessment
- Stress signals and behavioral cues
- Ethical animal handling protocols
- Animal certification requirements
- Health and safety compliance
- **Case Study:** Managing therapy dog stress in a high-stimulation school environment.

Module 3: Trauma-Informed Care and Emotional Regulation

- Trauma-sensitive therapeutic approaches
- Emotional resilience frameworks
- PTSD and anxiety disorder interventions
- Building trust through animal interaction
- Crisis response considerations
- **Case Study:** Supporting a trauma survivor using structured equine-assisted sessions.

Module 4: Therapy Session Planning and Implementation

- Goal setting and treatment planning
- Client intake and needs assessment
- Structured session design
- Documentation and reporting tools
- Measuring therapeutic outcomes
- **Case Study:** Designing a 6-week AAT program for children with behavioral challenges.

Module 5: Special Populations and Inclusive Therapy

- Autism spectrum support strategies
- Geriatric and dementia care interventions
- Pediatric developmental therapy integration
- Rehabilitation and physical therapy support
- Cultural sensitivity in therapy delivery
- **Case Study:** Animal-assisted activities in dementia care facilities improving social engagement.

Module 6: Risk Management and Safety Protocols

- Infection control and hygiene standards
- Liability management and insurance basics
- Client safety screening procedures
- Emergency preparedness planning
- Ethical and legal compliance
- **Case Study:** Risk mitigation planning for therapy sessions in community centers.

Module 7: Communication and Professional Collaboration

- Interdisciplinary teamwork models

- Client-family engagement strategies
- Professional boundaries and ethics
- Stakeholder reporting systems
- Advocacy and community awareness
- **Case Study:** Collaborative care model integrating AAT in a rehabilitation hospital.

Module 8: Program Development and Sustainability

- Business model development for AAT programs
- Grant writing and funding strategies
- Social impact measurement frameworks
- Marketing and digital outreach strategies
- Scaling and sustainability planning
- **Case Study:** Launching a community-based Animal Assisted Therapy initiative with measurable impact metrics.

Training Methodology

This course employs a participatory and hands-on approach to ensure practical learning, including:

- Interactive lectures and presentations.
- Group discussions and brainstorming sessions.
- Hands-on exercises using real-world datasets.
- Role-playing and scenario-based simulations.
- Analysis of case studies to bridge theory and practice.
- Peer-to-peer learning and networking.
- Expert-led Q&A sessions.
- Continuous feedback and personalized guidance.

Register as a group from 3 participants for a Discount

Send us an email: info@fineskilltrainingcenter.org or call *+254769199797*

Certification

Upon successful completion of this training, participants will be issued with a globally- recognized certificate.

Tailor-Made Course

We also offer tailor-made courses based on your needs.

Key Notes

a. The participant must be conversant with English.

b. Upon completion of training the participant will be issued with an Authorized Training Certificate

c. Course duration is flexible and the contents can be modified to fit any number of days.

d. The course fee includes facilitation training materials, 2 coffee breaks, buffet lunch and A Certificate upon successful completion of Training.

e. One-year post-training support Consultation and Coaching provided after the course.

f. Payment should be done at least a week before commence of the training, to Fineskill Training Center account, as indicated in the invoice so as to enable us prepare better for you.

Upcoming Scheduled Sessions

Start Date	End Date	Location	Price
23 Nov 2026	27 Nov 2026	Online	$1,000
23 Nov 2026	27 Nov 2026	Physical	$1,500
23 Nov 2026	27 Nov 2026	Physical	$3,000
23 Nov 2026	27 Nov 2026	Physical	$3,000
23 Nov 2026	27 Nov 2026	Physical	$6,000
23 Nov 2026	27 Nov 2026	Physical	$4,500
23 Nov 2026	27 Nov 2026	Physical	$6,000
23 Nov 2026	27 Nov 2026	Physical	$6,000

Ready to enroll or request a customized program? Book online or contact us:

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