

## The Human-Animal Connection

### The Presence of Animals – Introduction to The Trust Technique

1. The Trust Technique employs the Peaceful Power of Presence for greater well-being for humans and animals.
2. We believe that humans and animals share emotions and energy, and when the human becomes calm and peaceful, it is very much enjoyed by animals and helps them to rapidly heal.
3. We believe that all animals are good – and that all behavior is an attempt to feel safe and connected. Some behaviors may not be effective or desirable, this is when we can offer them a different choice.
4. Animals have opinions. This doesn't mean they will always get what they want, but when we recognize that they have thoughts, feelings, desires, and opinions, we improve the quality of our connection.
5. Animals have wisdom. We can benefit from understanding their unique wisdom. Respecting their unique wisdom changes us both.
6. Animals communicate beyond words. We can learn to enter their communication zone and better understand their experience.
7. Animals heal in their own rhythm and timing. We like to let the animals lead the pace of the healing work we do.
8. Just like humans, animals can experience trauma. But they can also heal from trauma.
9. Trust creates a sense of safety. A Sense of Safety leads to letting go of pain and trauma.
10. Healing can happen with or without touch. Giving touch is different from taking touch. Giving touch is mutually desired and is delivered in the pace and style the animal prefers.

#### **About Genie Joseph, PhD, and contact info**

Genie Joseph is a Certified Trust Technique Practitioner. She has worked with all types of animals in homes, in rescues, and shelters. She works in person as well as online and over zoom for private consultations. She is the Executive Director of The Human-Animal Connection and was formerly on the board of Tripler Army Medical Center's Human-Animal Bond program. She and her Therapy Dog Sophia work with and HAC team of therapy dogs in high schools, with veterans, and with others.

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## Could My Dog Be a Therapy Dog?

### **The Roles: Therapy Dog, Emotional Support and Service Dogs:**

Therapy dogs bring comfort to people they visit. Emotional Support Animals give comfort to their person. Service Dogs are trained to provide assistance to a specific person. Only Service Dogs have legal access to public places.

### **Who Could Be a Great Therapy Dog?**

Any breed, any size dog at least three years old, who has lived with the handler for at least six months and is fully vaccinated and healthy. Therapy Dogs are calm and listen well to their handler.

### **Qualities of a Great Therapy Dog:**

The dog loves new people, new places, and interacting with strangers. The dog allows and enjoys petting and physical contact, and closeness. The dog is not easily disturbed by noises, motion, or medical equipment such as wheelchairs and walkers. The dog is highly attentive to his handler's cues and has good focus, able to ignore distractions, including food on the floor. The dog is calm and has a pleasant demeanor, is adaptable and flexible in new environments. The dog's behavior is reliable and predictable and can remain calm, even if those around them are stressed or emotional.

### **Where Can Therapy Teams Work?**

There are so many opportunities for where Therapy Dogs are desired. You can choose if you and your dog prefer to work with children, teens, adults, veterans, first responders, etc. You can choose where you volunteer, such as hospitals, nursing facilities, hospice, or helping students prepare for exams. You can volunteer with the HAC's high school program, which combines social skills training with dog interactions. New opportunities arise each day, and you can even find your own.

### **Therapy Dog Testing**

Most therapy dog teams have been through rigorous training. They would need skills similar to the Canine Good Citizenship Test. The test will also evaluate the bond and connection between the person and the dog and how well the dog focuses on and listens to their person. Basic training might be 6-8 weeks, meeting once a week. Some dogs will require more than one training series.

### **Becoming a Certified Team**

You and your dog can test with several organizations. Once you pass, you will become an insured team. You must follow all rules of your certifying organization, including up-to-date vet records and vaccinations.

The Human-Animal Connection offers online and zoom consultations as well as in-person training.

For more information, contact Genie Joseph [GenieJoseph9@gmail.com](mailto:GenieJoseph9@gmail.com)

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