



# Animal-Assisted Brief Therapy, Second Edition: A Solution-Focused Approach

By Teri Pichot

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## Animal-Assisted Brief Therapy, Second Edition: A Solution-Focused Approach By Teri Pichot

This book provides an overview of Animal-Assisted Activities (AAA) and Animal-Assisted Therapy (AAT) and demonstrates how they can be incorporated into solution-focused treatment programs. Pichot, focusing on the use of therapy dogs, starts with a discussion of the basics of AAA/T and solution-focused therapy, as well as what every practitioner should know about dogs before partnering with them. Successfully combining all of this into an effective treatment program is considered next. Pichot draws upon her own experience developing an AAA/T program in the substance abuse counseling program at a county public health agency to illustrate the effective implementation of such a program and the struggles and lessons learned in doing so. Using AAA/T with special populations, cultural considerations, and the impact a therapy dog can have on the handler. New in this edition are client scenarios that demonstrate the therapist's thought process when making clinical decisions about when and how to use a therapy dog. Sample forms and treatment plans are also provided that professionals can use to modify or structure in their work with clients. The concepts and information provided in this valuable guide will be helpful for any therapist regardless of whether he or she is in private practice or working in an agency setting.

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## **Animal-Assisted Brief Therapy, Second Edition: A Solution-Focused Approach** By Teri Pichot **Bibliography**

- Sales Rank: #1088704 in Books
- Published on: 2011-11-24
- Released on: 2011-12-21
- Original language: English
- Number of items: 1
- Dimensions: 9.00" h x .71" w x 6.00" l, .95 pounds
- Binding: Paperback
- 312 pages

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#### Review

*"Pichot's second edition of Animal-Assisted Brief Therapy provides a valuable practical resource for mental health providers interested in incorporating animal assisted interventions. Her use of personal examples makes her insights come alive as strong supporting evidence. I highly recommend this book to any professional interested in incorporating animal assisted therapy into their practice."* - **Aubrey Fine, EdD, Professor, California State Polytechnic Institute, Pomona**

*"I think very highly of Teri Pichot's work and the seriousness she has always shown and shows again in this wonderful book. Reading it I learned new things about dogs, about people, about solution-focused therapy, and about the complexity and thoughtfulness required when adding something into the complex context of a therapy program."* - **Harry Korman, MD, Specialist in Child and Adolescent Psychiatry; Owner and director of SIKT in Malmö, Sweden**

#### About the Author

Teri Pichot, LCSW, is the founder of the Denver Center for Solution-Focused Brief Therapy, where in addition to seeing clients, she provides international training and consultation to agencies and professionals.

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