

Animals do us Good!

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Introduction

veterinary medicine and specialist in positive psychology, helps us to perceive all the good that contacting animals can do children and young people, whether or not in the therapeutic environment.

The scientific community recognizes the impact that the human-animal bond can have on individual and community health and it is known that the relationship with a pet develops both personal and social skills such as responsibility, self-esteem, trust, learning about cause and effect and feelings of empathy. Everything indicates that there is a transference effect to empathy with people, so this experience acts as a basis for the development of social intelligence.

In turn, TAA researchers Katcher and Wilkins have observed that children with Attention Deficit Hyperactivity Disorder (ADHD) have a greater focus on learning when an animal is present. And one of the most fascinating facts of this matter is that, according to several scientific studies, the benefit of the bond between people and animals is mutual, clearly showing an increase of well-being in both parts. It is based on these assumptions that the Animal-Assisted Therapies are performed. The TAA is a therapeutic process, adopted worldwide, and standardized by the organization.

Horses, dogs, cats, donkeys, dolphins, birds, llamas and rabbits are some of the species used in TAA Delta Society, which since 1997 has been promoting the improvement of human health and quality of life through animals, making them the main element of treatment.

The goal is to promote benefits and assist in the social, emotional, physical and/or cognitive recovery of children and adults. After defining objectives and planning strategies, the therapist must adapt his method of work to the introduction of the animal in order to increase its effectiveness and create in the child motivation to reach the therapeutic goals outlined.

The care of nature it is worth emphasizing here the importance of contact with Nature. In several countries of the European Union a new multidisciplinary science called Green Care is under development. It is a movement to promote mental and physical health, including social benefits and educational activities through contact with nature and with animals. Green Care included regular activities on farms or in forests, as part of a structured, therapeutic or educational rehabilitation. Thus, we can conclude that contact with nature and animals has a beneficial effect on people in general and is of prime importance for the balanced development of children and young people, by promoting well-being and reducing stress and anxiety.

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