

## Why use animals for therapy?

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Much has been claimed for animal assisted programmes. For example a programme that works with adolescents notes: "Many studies have been done to show the effects of building relationships with animals".

Endorphins are released into the body and decrease chemicals which cause stress and arousal when sessions are experienced by troubled youth.

Being around animals and caring for them is said to be beneficial both physically and mentally.

It is well documented that holding and stroking animals can reduce blood pressure and alleviate feelings of tension and anxiety.

Animals are non-judgemental and give unconditional love, and for survivors of abuse, it may be the first form of 'safe touch'.

Animals can be an aid to communication as they are not just always a good talking point, but they are also useful in assisting with non-verbal communication and have been used when working with people with **autistic** spectrum disorders and attention deficit disorder **ADD**.

## Alpacas as therapy animals

In animal therapy groups will learn how to properly lead, manage, and take care of the animals.

The members may realise that they exhibit some of the exact same behaviours as the



animal. By learning how to get along and work with the animal they will better understand their own emotions and body language.

Animals cannot speak like humans, and careful attention must be placed on their body language. They will let you know if they are nervous, relaxed, frustrated, excited, or dangerous by their body language. Learning how to recognise this language is key in learning how to train and become one with a animal.

# K2ALPACA FARM & STUD

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## Alpaca Therapy



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## Alpacas as Therapy Animals

### Using Alpacas as Therapy Animals

While technology has had a huge impact on our lives and is beneficial in so many ways, its no mistake that so many people have pets. Nature has through the ages grounded us and provides us with a natural de-stressor in today's frenetic world. Alpacas who by nature are friendly and loveable are found to be therapeutic in multiple ways through by having Hands on with these gentle animals You can feel their soft luxurious fibre listen to them hum and look into their beautiful brown eyes

The benefits of alpacas as therapy animals include:

Exercise  
Sense of wellbeing  
Stress reduction  
Emotional wellbeing  
Peace and tranquillity

I find sitting in a field with my alpacas very therapeutic after a stressful day and I know many owners do the same.

## Troubled kids

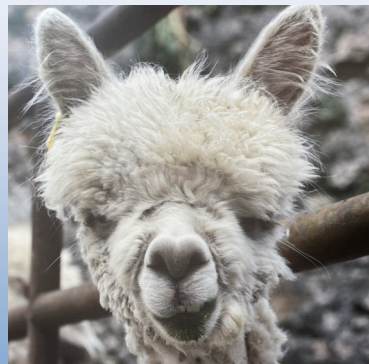
### Troubled Teens

Troubled children are typically in a state of aggression, defiance, or anger. Using therapy with these teens helps maintain a constant and healthy chemical balance.

Not only do animals provide therapy as a result of chemical connection between the human and animal, they also provide troubled youth with an opportunity to learn how to control and work with animals.

Learning how to work with animals will help them in their day to day lives as they deal and work with humans.

Animals can often be stubborn, reluctant to follow orders, and have to learn how to get along with a team.



## Animal Assisted Interventions

### Animal Assisted Intervention can help:

- Combat loneliness and encourages social integration
- Promote a sense of responsibility and empathy with others
- Encourages nurturing traits
- Promotes self-esteem, independence and self-confidence
- Reduces stress
- Encourages mobility
- Can act as a catalyst for change and help people through transitional life stages
- Can assist people in finding alternative 'coping strategies' to face challenges and support personal growth.

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