



## PET THERAPY

Pet therapy is directly linked to improved health and wellness of the Wounded, Ill, and Injured (WII). It significantly impacts recovery time, the healing process and enhances social skills. Therapy dogs and cats can aid patients with Post Traumatic Stress Disorder (PTSD), lowering blood pressure, reducing anxiety and depression, and reducing agitation. Therapy animals can help to improve and develop many skills. They can be utilized during patient rehabilitation to develop fine motor skills and improve patient communication.

Therapy dogs can encourage behavioral modification and community reintegration. Service members can be assisted during trips to parks, gyms, grocery shopping, restaurants, and work. Therapy dogs can stimulate conversations that encourage social and emotional development, improve daily living skills, improve participation in physical activity and provide support to service members. Having a therapy dog can be a distraction from pain and negative feelings.



### Resources

Many uses of Pet therapy

[http://www.pdhealth.mil/education/2011\\_Presentations/AFPCH%2011%20Establishing%20Animal-Assisted%20Intervention%20Programs%20at%20Military%20Facilities.pdf](http://www.pdhealth.mil/education/2011_Presentations/AFPCH%2011%20Establishing%20Animal-Assisted%20Intervention%20Programs%20at%20Military%20Facilities.pdf)



**NAVY AND MARINE CORPS PUBLIC HEALTH CENTER**  
PREVENTION AND PROTECTION START HERE



Warriors in Transition

<http://www.armymedicine.army.mil/news/mercury/09-04/mamcdog.cfm>

Military Health System and Pet Therapy

[http://www.health.mil/Content/docs/MHS\\_Profiles\\_Paws.pdf](http://www.health.mil/Content/docs/MHS_Profiles_Paws.pdf)

Study on Animal Assisted therapy in Warrior Transition Battalion

[http://health.mil/News\\_And\\_Multimedia/News/detail/10-09-02/Study\\_Focuses\\_on\\_Use\\_of\\_Animal\\_Assisted\\_Therapy\\_in\\_Warrior\\_Transition\\_Battalion.aspx](http://health.mil/News_And_Multimedia/News/detail/10-09-02/Study_Focuses_on_Use_of_Animal_Assisted_Therapy_in_Warrior_Transition_Battalion.aspx)