



Sample of Therapeutic Goals using pet-assisted therapy, Maureen Ross, MA

PSYCHO-SOCIAL

Acceptance by pet
Feelings of trust, connection and safety
Enhance therapeutic alliance / relationship
Increased social interaction / motivation / decreases boredom

FINE AND GROSS MOTOR SKILLS

Reaching for pet
Grooming pet
Walking dog
Buckling collar/leash

BALANCE

Walking dog
Bending to place water or food bowl
Sitting up

ENDURANCE

Throwing a safe toy while standing
Walking with therapy team (dog) for increased distance

MEMORY/COGNITIVE

Remembering names, stories, history
Reflecting and Reminiscing
Giving requests and increasing social responses

PROBLEM SOLVING

Choosing game or toy
Choosing where to hide treat or toy
Choosing to brush or massage the pet

RANGE OF MOTION

Tossing a toy (stretching)
Grooming

SENSORY STIMULATION

Feel of fur and body warmth
Hearing barking/vocalizations

SPEECH

Offering requests like sit, shake
Speaking pet's name, engaging