Animals already get it.
We teach people.

Session Topic:
Companion Animals: What they do for us, What we can do for them

Speakers:
Pamela Frank, Ph.D.
Joshua Frank, Ph.D.

Outline of presentation:

I. How animals Help Us
   A. Overview of how animals help us w/ overcoming and coping w/ physical & emotional illnesses
   B. Animals helping in therapeutic settings: hospitals, long-term care facilities, retirement centers, etc.
      1) Animals assisting in AIDS; cancer; cardiac wards
   C. Animals helping people in non-institutional settings
      1) Guide dogs; Helpers for wheel-chair bound; DV victims; Cancer recognition; etc
   D. Animals assisting with: depression; anxiety; stress; to lift spirits; lower blood pressure, etc.

II. How Helping Animals Helps Us
   A. Helping animals can be healing to us even when we are not really "sick"
      1) Animals offer us: A healthy sense of balance; a healthier sense of time; a healthier setting of our
         priorities--seeing what's really important; Becoming in-tune w/ nature--appreciation of all living
         beings; Healthier sense of self-- unconditional positive self-regard/knowing what to value about
         self & others

III. Ways We Can Help Animals: Overview
   A. Addressing self and others' Unrealistic Expectations about animals
   B. Recognizing and speaking out about: Scapegoating animal family members
   C. Addressing and speaking out about Overpopulation
      1) How big is the problem?
      2) What is being done about it?
      3) What we all can do as individuals:
         a) spay/neuter
         b) adoption
         c) stopping abandonment