



FIREPAW

**THE FOUNDATION FOR INTERDISCIPLINARY RESEARCH AND EDUCATION
PROMOTING ANIMAL WELFARE**

**Animals already get it.
We teach people.**

Schenectady Public Library Animal Series

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