GO GREEN & CARE

Professional Development Course

Output Identification:	Green Care / Animal Assisted Activities (AAA)	
Output Title:	Green care activities with dogs	
Keywords	Green Care, facilitation of animals, animal assisted activities with dogs, human-animal interaction, emotional reflection	
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FRAMEWORK OVERVIEW

The training course is developed in a modular form, with each module corresponding with a particular unit of learning outcomes while following the principles of EQF and ECVET. The objective of the training course is to provide the necessary knowledge, skills and competencies for the understanding of how to use aspects of animal assisted actions related to dog handling. The course consists of 50 hours to include both online and distance learning. (5 Credit unit – Level 3-4)

The training course addresses social and emotional challenges among people of all ages through the use of animal assistant actions. The training course covers:

- how to design and plan a green care session with dogs
- dog handling in various situations in Green Care context
- basic dialog and facilitation with animals
- how to handle self-esteem with animals (animals and people)
- reflection and review of different emotions related to animal assistant actions
- how to raise and facilitate good atmosphere among animal assisted actions

The training material consists of:

- online course materials
- case samples
- timing and units
- evaluation model / assessment criteria

LEARNING OBJECTIVES

This unit is aimed at those working in a wide range of settings in the health and social care sector. Learners will develop their understanding of a range of aspects of animal assisted actions including the underlying theory of Green Care principles and the ways in which it can be used to benefit those cared for in this sector.

TARGET GROUPS

In animal assisted actions, dogs are used for following purposes: improving self-esteem, helping to accept differences, controlling one's feelings, "breaking the ice" in social situations, achieving communication and starting a conversation, as well as a factor that helps to create a relaxed atmosphere in different situations.

People and participants involved in the following areas:

- o people with specials needs
- o depression, anxiety and emotional imbalance
- o social isolation
- o emotional imbalance

LEARNING METHODOLOGY

It has been noticed that dogs prevent depression and develop people's social skills, self-esteem and independence. (Wells 2007, 150.) Dogs work as partners to the elderly and lonely people and they can also helppeople that may be stressed. In addition, dogs give people a reason to be physically active. (Headey & Grabka 2003, 15.)   A pet can provide a young person with something they may feel they are not receiving for example: positive attention, patience, empathy, altruistic affection as well as providing them something nice to do. (Aro 2007, 2.) According to Kihlstöm-Lehtonen (2009), a dog works as a "paw therapist" in social interaction, enhancing and sustaining everyday routines. In addition, animal assisted interventions have helped to improve the social

skills of autistic children and youngsters, among others; their eye contact has increased and concentration improved. (Luomala-Toikkanen 2008, 10-11; Pössi & Pössi 2011, 37-43, Latvala-Sillman, 2013, 203-209.)

Animal Assisted Interventions (AAI) is a hypernym for all such activities in which animals are used in therapeutic or improving actions and surroundings. Animal Assisted Interventions can be further divided in two hyponyms: *Animal Assisted Therapy* (ATT) and *Animal Assisted Activities* (AAA). (Kruger & Serpell 2006, 23.) Animal Assisted (Special) Pedagogy (AAP) can also be added to the terminology. The industry is still young and the terminology is only becoming established – thus the terms related to Animal Assisted Interventions are used alternatingly and sometimes even vaguely.

Animal Assisted Activities (AAA) refers to activities related to memorable experiences, joy and recreation, the purpose of which is to enhance people's well-being. Professionals or volunteers that have been educated for the activities can work as instructors. The activity can be occasional or regular and it does not include any treatment goals. The most typical activities include visits with animals to schools, nursing homes and kindergartens. (Kruger & Serpell 2006, 23; Ikäheimo 2013,10.)

Animal Assisted Therapy (ATT) is based on the interaction between people and animals and it is <u>always goal-directed action</u>, the purpose of which is to advance the client's physical and mental rehabilitation. The therapy is conducted by a trained health and social care or education expert, who utilizes the expertise of their field and possesses a practice degree in an animal assisted field, or the therapy will be conducted under the surveillance of such person. Animal Assisted Therapy is always planned according to the client's individual needs, the action is documented and its success evaluated. (Alasorvari & Hopiavuori 2014, 5; Kruger & Serpell 2006, 23; Ikäheimonen 2013, 11.)

Animal Assisted (Special) Pedagogy (AAP) is goal-oriented and planned animal assisted action that takes place in a learning institution and follows the curriculum. It is conducted by a trained professional with a trained animal, and it is a part of the learning institution's curriculum. (Jäntti 2014.) With the help of Animal Assisted Pedagogy, it is possible to learn i.a. social, emotional and academic skills in a planned and goal-oriented manner. It is regularly assessed whether these goals have been met. (Alasorvari & Hopiavuori 2014, 8-31; Luomala-Toikkanen 2008, 10.)

CONTENT OF TRAINING FRAMEWORK

The following are the knowledge, skills and competencies that the learner will be required to achieve in order to complete his/her course of training, and within the training framework the trainer will be provided with the basic resources with which he/she will be able to deliver these outcomes.

Units	Knowledge The candidate should know:	Skills The candidate should be able to:	Competences The candidate should:
1: Introduction **to GreenCare and animal assisted activities** **Duration ~ 5h**	• The basic principles of dog care and training. • Understanding of social aspects of dog assisted activities. • Animal assisted principles and ideology.	• Handle dogs • Understand the basics of dog care • Explain the ideology of dog assisted activities	• Work and operate in basic situations with dogs • Understand basic behaviour of dogs. • Know how dogs can be used in animal assisted activities.
2: Dog care and management of working dog **Legal issues** **Duration: ~ 15 h**	The legal requirements for environment of kennels and keeping dogs (European regulation) • feeding and health basics of working dog • dog handling environments and animal transport • Environments and management • Legal aspects	• Handle daily routines and feeding practices with dogs • Understand and explain how legal requirements have to be recognized among animal assisted activities • Assist and operate in dog assisted activities in various environments (indoors / outdoors)	• Be able to take care and feed working dogs among animal assisted actions • Be able to keep up the labour motivation of working dogs • Be able to implement dog care in various environments
3: Professional aspects to animal assisted activities	• The health & safety requirements for using green care activities with dogs (EU regulation)	• Work safely in different environments • Consider the effect that different environments and user groups have on	•

Duration ~ 10 h	• Legal aspects and norms related to dog assisted activities. • Working dog criterions: breed, training level, vaccination, medication, other health regulations • most common infectious diseases and zoonosis mechanism • allergies and allergy prevention	the dog's behavior and the safety of using the dog in its line of work. • Is able to familiarize the dog and the client to work together safely. • Prevent and stop the spreading of infectious diseases and illnesses	

4: Planning and running AAA – sessions for targeted group
 	
Duration ~ 15 h
	How to plan a dog assisted activity. How to organize and run an animal assisted session with targeted group
	
	➔ timing
	➔ actions
	➔ actors / roles
	➔ evaluation
		• Explain how dogs and different environments can be used to foster health and welfare.
		
		• Work safely with dogs
		
		• Be able to plan and organize a dog assisted activity for a targeted group:
		
		  • Actions: Games, training, walking the dog, nursing procedures
		
		  • Emotion cards, role plays, wording, dog-themed games
		
		  • toy dogs, stuffed dogs
			• Be able to work and operate safely and run efficient practices. Be able to operate animal assisted activities in a flexible way in practice.

5: Assessment review and personal reflection **Duration: ~5h**	• Learning review • Learning objectives • Timing • Roles	• Dog handling and training • Safety • Feedback from customers -> verbal / non-verbal	Be able to handle dogs with the required manner and take care of all safety in actions. Review and process her/his own actions and behaviour / emotions and reflect the feedback from others.

ASSESSMENT CRITERIA / ANIMAL ASSISTED ACTIVITIES

Units	Knowledge	Skills	Competences
1: Introduction GreenCare and Horsemanship	1 – satisfactory knowledge 2 – good knowledge 3 – excellent knowledge	1 – basic skills in standard situations 2 – advanced skills in variable situations 3 – expert skills in variable situations	1 – can do and operate in a group 2 – can do most tasks individually 3 – competent/expert (can guide and instruct others)
2: **Stable environments and horse keeping Legal issues**	1 – satisfactory knowledge 2 – good knowledge 3 – excellent knowledge	1 – basic skills in standard situations 2 – advanced skills in variable situations 3 – expert skills in variable situations	1 – can do and operate in a group 2 – can do most tasks individually 3 – competent/expert (can guide and instruct others)
3: Professional aspects to animal assisted activities Health and safety	1 – satisfactory knowledge 2 – good knowledge 3 – excellent knowledge	1 – basic skills in standard situations 2 – advanced skills in variable situations 3 – expert skills in variable situations	1 – can do and operate in a group 2 – can do most tasks individually 3 – competent/expert (can guide and instruct others)
4: **Planning and running a horse assisted activity for targeted group**	1 – satisfactory knowledge 2 – good knowledge 3 – excellent knowledge	1 – basic skills in standard situations 2 – advanced skills in variable situations 3 – expert skills in variable situations	1 – can do and operate in a group 2 – can do most tasks individually 3 – competent/expert (can guide and instruct others)
5: Assessment review and personal reflection	1 – satisfactory knowledge 2 – good knowledge 3 – excellent knowledge	1 – basic skills in standard situations 2 – advanced skills in variable situations 3 – expert skills in variable situations	1 – can do and operate in a group 2 – can do most tasks individually 3 – competent/expert (can guide and instruct others)

Additional evaluation methods	• written paper • discussions • learning diary	• experimental learning + review (eg. sharing circle) • activities + feedback • peer evaluation	• group evaluation • personal learning diary • group blog

SUPPORT RESOURCES / ADDITIONAL INFORMATION:

1. Green Care Finland ry / National Green Care Assosiation - http://www.gcfinland.fi
2. Green Care in the Nordic countries – a research field in progress (research report 2012):
   https://www.regjeringen.no/globalassets/upload/lmd/vedlegg/brosjyrer_veiledere_rapporter/rapport_green_care.pdf
3. Animal-Assisted Brief Therapy (E-document)
   http://tandfbis.s3.amazonaws.com/rt-media/pp/common/sample-chapters/9780415889612.pdf -
4. Effects of Robot-Assisted Activity for Elderly People and Nurses at a Day Service Center (article):
   http://cstwiki.wtb.tue.nl/images/Effects_of_Robot-Assisted_Activity_for_Elderly_People_and_Nurses_at_a_Day_Service_Center.pdf -
5. Animal Assisted Actions / Therapy – links and further information:
   a. https://www.youtube.com/watch?v=RYdzZe3_bmU   - Making a Difference with Animal Assisted Activities (video)
   b. https://www.youtube.com/watch?v=YW52mdoI-W8 - Animal Assisted Therapy: How Pet Therapy Works (video)