

Životinje kao terapija i pomoć društvu Animals as Therapy and Help to Society

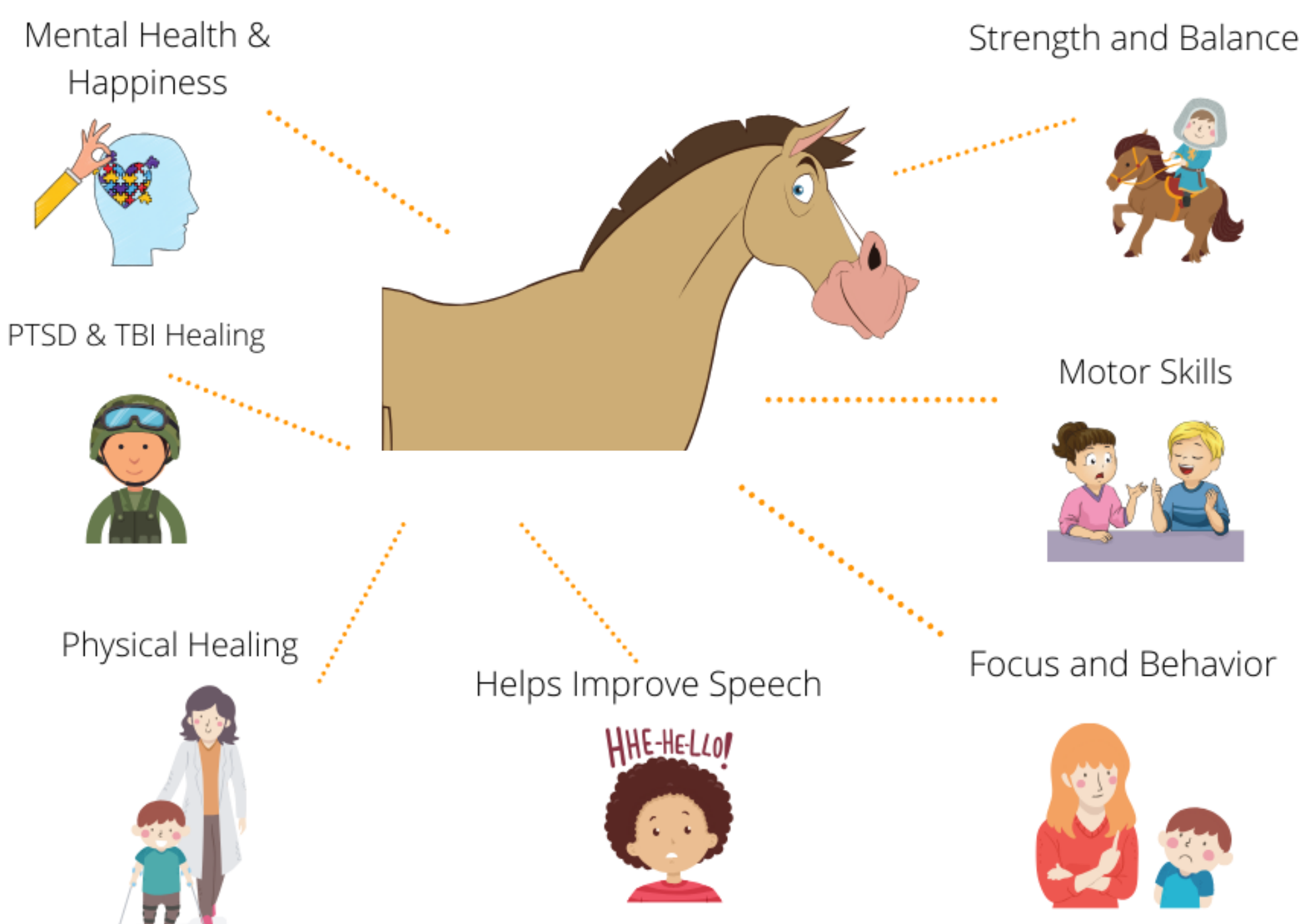
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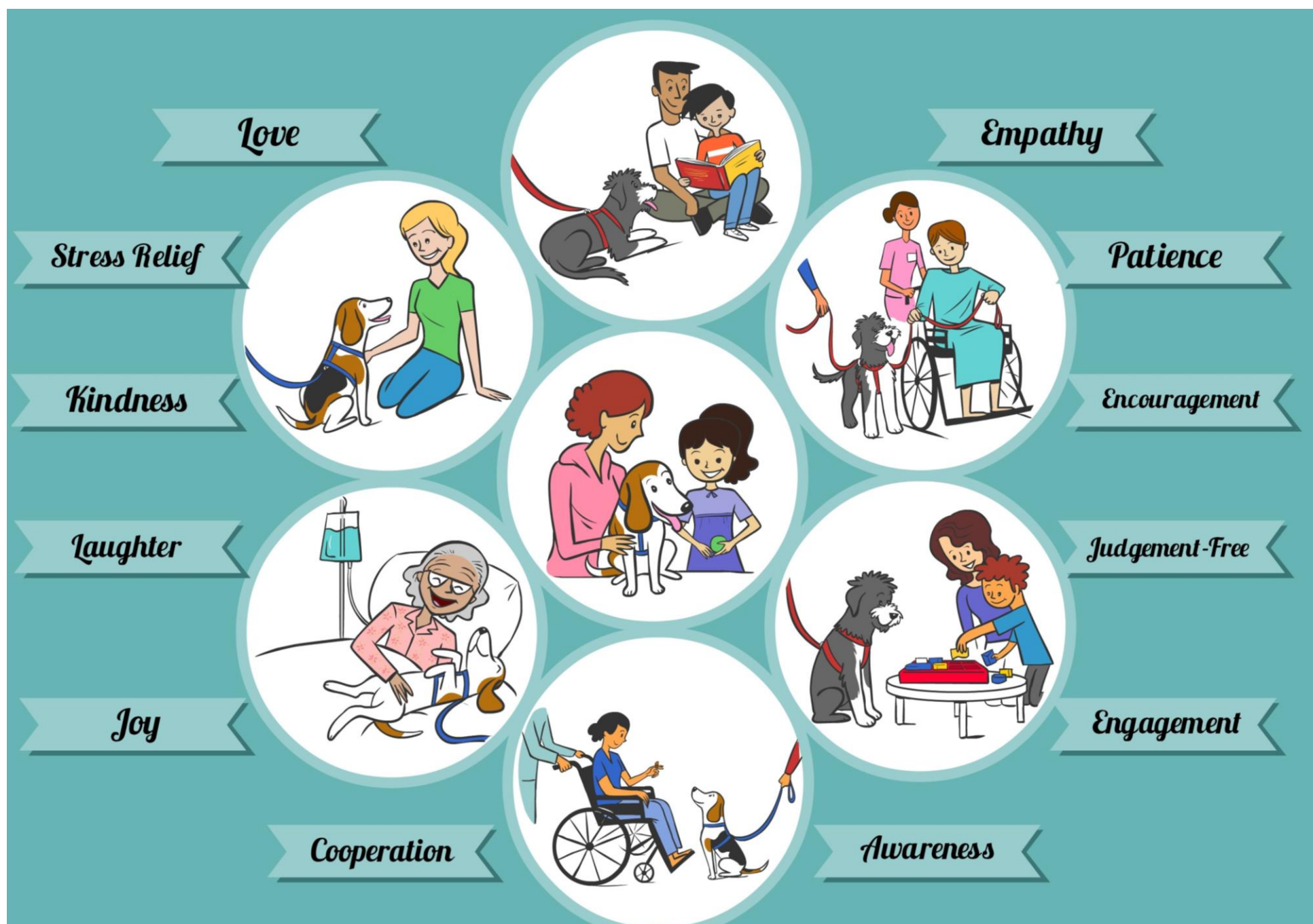
Životinje mogu biti tješitelji duše te pravi pomagači u potrebi i potrazi (self-search). Pronalaze pristup pacijentima s demencijom, mogu mirisom osjetiti bolesti i sumnjaju na pojavu bolesti prije vlasnika. Terapija uz pomoć životinja (European Society for Animal Assisted Therapy - ESAAT) je psihoterapijski tretman koji se temelji na izgradnji veze sa životinjom kroz interakciju i igru, kako terapija uz pomoć životinja djeluje i koja je životinja za koga prikladna. Životinje su se već odavno etablirale kao svojevrsni terapeut za ljude. Bilo da su konj, pas, mačka ili alpaka, pomažu malim i velikim pacijentima, na primjer s anksioznim poremećajima, problemima mišićno-koštanog sustava ili u prevladavanju depresije. Interakcija sa životinjama može prenijeti osjećaj mira, zajednice i ljubavi. Zagovornici terapije uz pomoć životinja kažu da razvoj privrženosti prema životinji potiče samopoštovanje i samopouzdanje. Ovisno o potrebama pacijenta i ciljevima liječenja, ESAAT može uključivati udomljavanje kućnog ljubimca kod kuće, sudjelovanje u programu za terapiju životinja u zajednici ili pohađanje ustanove u kojoj žive terapijske životinje. Često može biti prilika za pacijente da izađu, komuniciraju sa svojim vršnjacima te sudjeluju u vježbama. Životinje mogu zaustaviti usamljenost, dati ljudima s demencijom novu kvalitetu života te pomoći djeci s problemima u ponašanju da izgrade povjerenje i preuzmu odgovornost. Psi na primjer pomažu djeci da smanje agresiju i na njih djeluju opuštajuće. Socijalno povučena djeca postaju aktivnija putem pasa, psi imaju smirujući učinak na hiperaktivnu djecu. Terapija uz pomoć životinja može se odvijati u gotovo svakom okruženju koje najbolje odgovara potrebama pacijenta, uključujući bolnice, škole, pa čak i zatvore. U terapiji mogu sudjelovati mnoge životinje. Iako su konji, psi i mačke najčešći, neki ljudi biraju ribe, zamorce, pa čak i dupine. Vrlo je važno da su terapijske životinje prijateljske, mirne, dobro obučene, zdrave i ažurirane sa cijepljenjima i kontrolom parazita.



BENEFITS OF EQUINE-ASSISTED THERAPY



ESAAT
 European Society for Animal Assisted Therapy
 Founded in Vienna in 2004, is the oldest and most important European umbrella organization for all associations that work with animal assistance. In the course of its existence, practically all currently valid guidelines and specifications for the training and use of therapy animals have been created, thus ensuring the highest standards.



Animals can be comforters of the soul and real helpers in need and self-search. They find access to patients with dementia, with smelling can detect and suspect the occurrence of the diseases prior the owner. Animal Assisted Therapy (European Society for Animal Assisted Therapy - ESAAT) is a psychotherapeutic treatment based on building a relationship with an animal through interaction and play; how animal-assisted therapy works and which animal is suitable for whom. Animals have long established themselves as a kind of therapist for humans. Whether they are a horse, dog, cat or alpaca, they help small and large patients, for example with anxiety disorders, musculoskeletal problems or in overcoming depression. Interaction with animals can convey a sense of peace, community and love. Proponents of animal-assisted therapy say that the development of attachment to animals encourages self-esteem and self-confidence. Depending on the patient's needs and treatment goals, ESAAT may include adopting a pet at home, participating in a community animal therapy program, or attending an institution where therapeutic animals live. It can often be an opportunity for patients to go out, communicate with their peers, and participate in exercises. Animals can stop loneliness, give people with dementia a new quality of life, and help children with behavioural problems build trust and take responsibility. Dogs, for example, help children reduce aggression and have a relaxing effect on them. Socially withdrawn children become more active through dogs; dogs have a calming effect on hyperactive children. Animal-assisted therapy can take place in almost any environment that best suits the needs of the patient, including hospitals, schools, and even prisons. Many animals can participate in the therapy. Although horses, dogs and cats are the most common, some people choose fish, guinea pigs and even dolphins. It is very important that therapeutic animals are friendly, calm, well trained, healthy and updated with vaccinations and parasite control.