



Animal-Assisted Therapy at *TherAlliance* Counseling Services LLC

At *TherAlliance* Counseling Services, we believe in the healing power of connection — sometimes that connection comes not only from people, but also from animals. Our therapy animals are specially trained and temperament-tested partners who join us to support your counseling journey.

✿ What is Animal-Assisted Therapy (AAT)?

Animal-Assisted Therapy is a type of counseling that includes the presence or interaction with a therapy animal (such as a dog). The therapist carefully guides these interactions to help support your emotional and mental health goals.

♥ Possible Benefits

- Increased feelings of calm and comfort
- Lower stress and anxiety
- Support in processing trauma or difficult emotions
- Improved social and relational skills
- A sense of companionship and safety

⚠ Things to Keep in Mind

- Animals, like people, can be unpredictable. Scratches, knocks, or allergic reactions are rare but possible.
- You are never required to participate in sessions with animals.
- If you feel uncomfortable at any time, please let your therapist know — you have the right to stop or adjust your participation.

Our Promise to You

- All therapy animals are healthy, fully vaccinated, and temperament-assessed.
- A licensed therapist supervises every session.
- Safety and comfort — yours and the animal's — always come first.

Your Choice Matters

Animal-Assisted Therapy is completely optional. You may choose to participate or decline at any point without it affecting your care at *TherAlliance* Counseling Services.

If you'd like to participate, we'll ask you (or your parent/guardian if you're under 18) to sign a simple waiver and consent form so you fully understand the risks and benefits.

Questions?

Please feel free to ask your therapist anything about Animal-Assisted Therapy. We want you to feel safe, supported, and informed every step of the way.

 We're glad you're here, and we're excited to walk this path with you — together.

(Continue to next page to sign waiver and informed consent form)

Animal-Assisted Therapy (AAT) Waiver & Informed Consent

TherAlliance Counseling Services LLC

105 W. 3rd St.

Media, PA 19082

Phone: 856.886.8402

Purpose of Animal-Assisted Therapy (AAT)

Animal-Assisted Therapy (AAT) is an adjunctive therapeutic approach that may involve the presence or interaction with a therapy animal as part of the counseling process. Participation in AAT is voluntary and may be discontinued at any time by either the client or provider.

Potential Benefits

- Increased comfort, relaxation, and emotional regulation
 - Enhanced therapeutic rapport and engagement
 - Support with stress reduction, social skills, and trauma recovery
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Potential Risks

While all reasonable precautions are taken to ensure safety, risks may include but are not limited to:

- **Allergic reactions** (animal dander, saliva, etc.)
 - **Injury** (scratches, bites, accidental knocks, etc.)
 - **Fear, discomfort, or triggering responses** related to animals
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Client Responsibilities

By signing this waiver, you acknowledge and agree to:

1. Inform your provider of any known allergies, fears, or concerns related to animals.
2. Avoid bringing food, toys, or other items that may distract or excite the therapy animal.

3. Follow all safety guidelines provided by your therapist when interacting with the animal.
 4. Understand that therapy animals are **not service animals** and are present solely for therapeutic purposes under professional supervision.
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Provider Responsibilities

The Alliance Counseling Services LLC agrees to:

1. Maintain therapy animals that are healthy, vaccinated, and temperament assessed.
 2. Supervise all client-animal interactions.
 3. Remove the animal from session if it becomes unsafe, disruptive, or counter-therapeutic.
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Liability Waiver

I understand that while precautions are taken to ensure my safety, **interactions with animals inherently involve some risk**. By signing below, I release and hold harmless *The Alliance Counseling Services LLC*, its clinicians, staff, and representatives from any liability for injury, allergic reaction, property damage, or emotional distress resulting from my participation in Animal-Assisted Therapy.

Consent

I have read and understood the information above regarding Animal-Assisted Therapy. I have had the opportunity to ask questions and understand that my participation is voluntary. I may choose to withdraw from Animal-Assisted Therapy at any time without affecting my access to other therapeutic services.

Client Name (print): _____

Client Signature: _____ **Date:** _____

Parent/Guardian Signature (if minor): _____ **Date:** _____

Therapist Signature: _____ **Date:** _____