



## **Sample of Therapeutic Goals using pet-assisted therapy**

### PSYCHO-SOCIAL

Acceptance by pet  
Feelings of trust, connection and safety  
Enhance therapeutic alliance / relationship  
Increased social interaction / motivation / decreases boredom

### FINE AND GROSS MOTOR SKILLS

Reaching for pet  
Grooming pet  
Walking dog  
Buckling collar/leash

### BALANCE

Walking dog  
Bending to place water or food bowl  
Sitting up

### ENDURANCE

Throwing a safe toy while standing  
Walking with therapy team (dog) for increased distance

### MEMORY/COGNITIVE

Remembering names, stories, history  
Reflecting and Reminiscing  
Giving requests and increasing social responses

### PROBLEM SOLVING

Choosing game or toy  
Choosing where to hide treat or toy  
Choosing to brush or massage the pet

### RANGE OF MOTION

Tossing a toy (stretching)  
Grooming

### SENSORY STIMULATION

Feel of fur and body warmth  
Hearing barking/vocalizations

### SPEECH

Offering requests like sit, shake  
Speaking pet's name, engaging