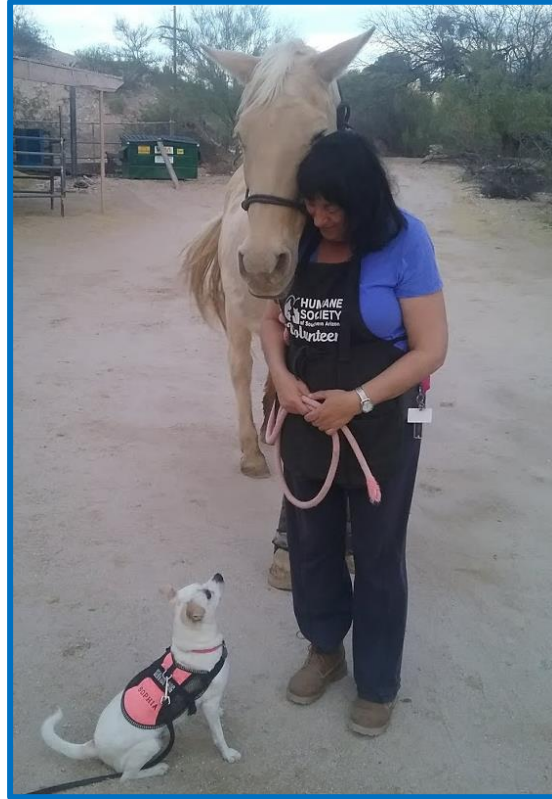


# The Human-Animal Connection

People Helping Animals  
Animals Helping People

Genie Joseph, PhD  
Executive Director



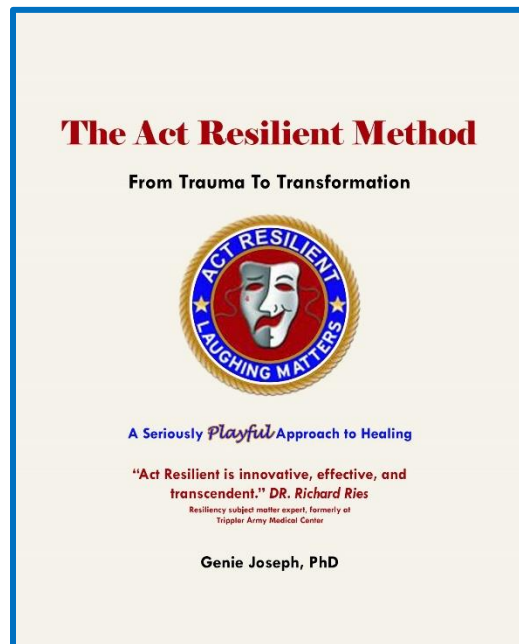
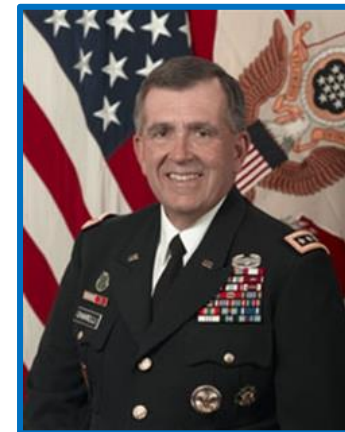
Respecting Animal Wisdom  
Makes Us Better People

[TheHumanAnimalConnection.org](http://TheHumanAnimalConnection.org)

Bringing People and Animals Together for the Well-being of Both



# The Act Resilient Method



VICE CHIEF OF STAFF  
UNITED STATES ARMY  
WASHINGTON DC 20310-0201  
January 23, 2012

Ms. Genie Joseph  
Act Resilient

Honolulu, Hawaii 96822

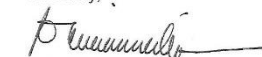
Dear Ms. Joseph

Please accept my sincere gratitude for the tremendous work you are doing through your program Act Resilient. It is grass roots programs like this that are making the most difference in the lives of our Soldiers and their Families. I wholeheartedly agree with you that Post Traumatic Stress is an injury and you are greatly assisting the healing and recovery process in Hawaii.

I applaud all that you are doing and continue to do. Anecdotal or not, you are making a difference. Through your creativity, you have developed a program that Soldiers and their Families want to use. If there is anything that I can do for you, please do not hesitate to ask.

Army Strong!

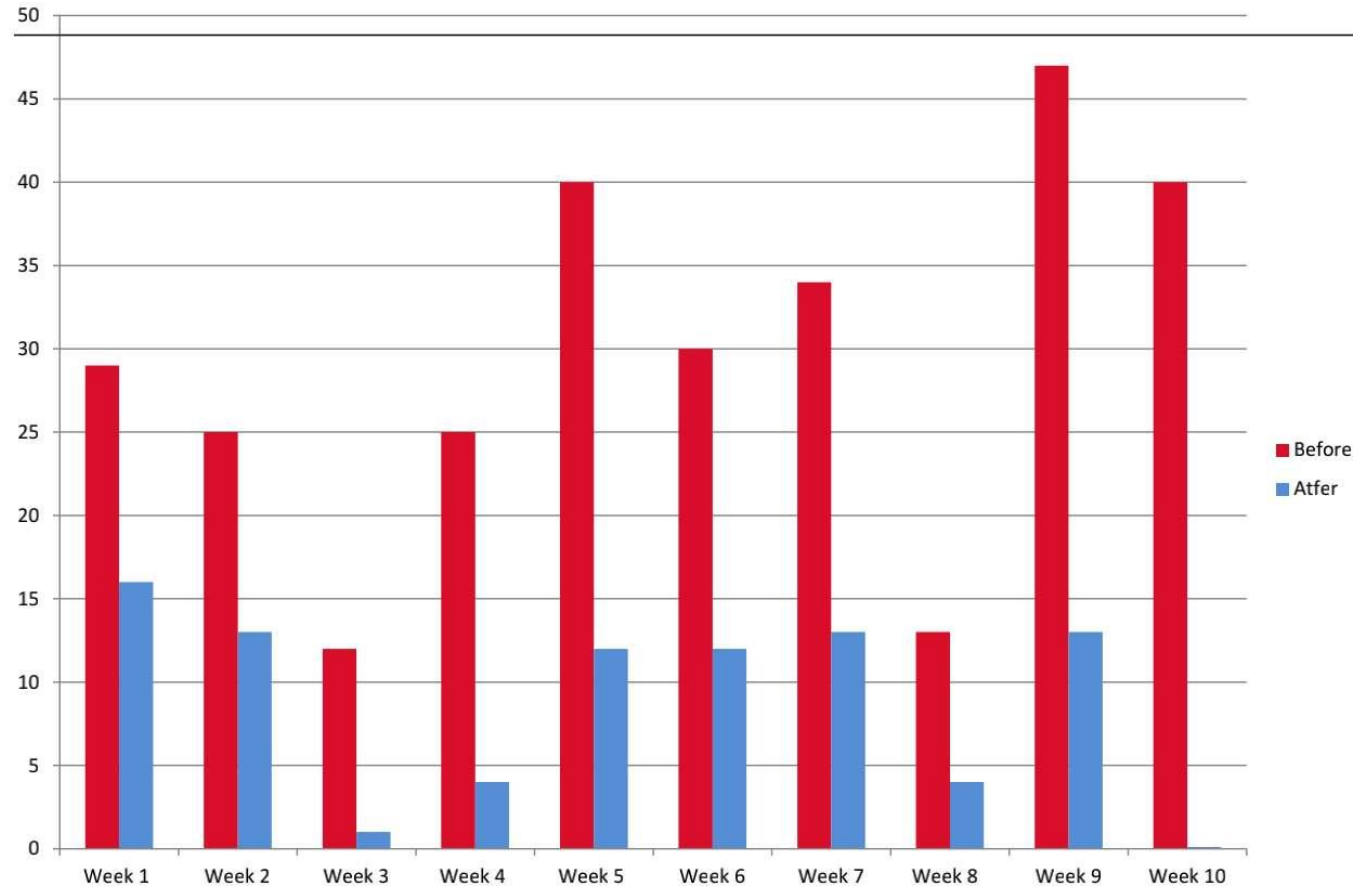
Sincerely,

  
Peter W. Chiarelli  
General, U.S. Army

General Chiarelli, RET. – Vice Chief of US Army

# Subjective Units of Distress (Wolpe, 1969)

Act Resilient Class



Individual stress levels were surveyed before and after each class.

# Heroes4Animals

People Helping Animals  
Animals Helping People

A Collaboration between  
The Human-Animal Connection  
&  
The Humane Society of Southern Arizona

Bringing Veterans & Active Duty to the Shelter  
Training them to work with shy, fearful, or under-socialized dogs  
Encouraging Fostering  
Pairing for Emotional Support Animal Adoption





Reclaiming Purpose

“Broken” People  
serve  
“Broken” Animals

Service as a Pathway to Healing

Sailor Saves Kittens  
from burning ship

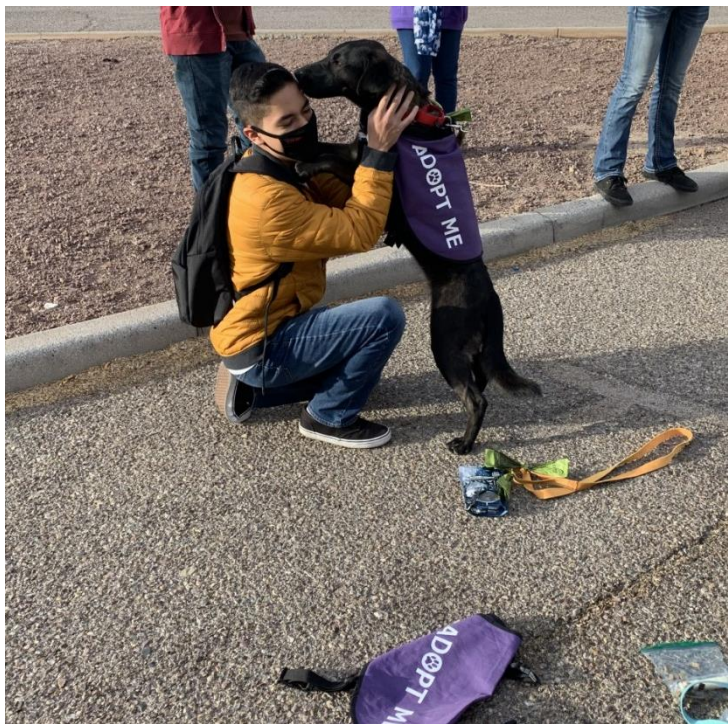
# Therapy Dogs Help People to Open Up



Soldiers will speak  
50% more  
if a dog is present in  
the session.

Source: Army Medical Journal

# The Morale Dog Teams



Coming soon...

To Davis-Monthan  
Air Force Base





# CUDDLES to COMBAT ISOLATION

- CONNECTION
- Is one of the significant
- Resilience Protective Factors

# The Importance of Touch

For Well-Being Physically & Mentally

Studies show TOUCH in American Society is decreasing.



- Touch stimulates vagal activity.

- “The Vagal nerve is one of the 12 cranial nerves, and it has a lot of branches all over the body from the gastrointestinal system and the heart to our vocal chords ... Touch increases vagal activity and with that, you get a decrease in cortisol, the stress hormone. Touch stimulates an increase in serotonin, which is the body’s natural antidepressant and anti-pain chemical.”

Source:

Dr. Tiffany Field – University of Miami School of Medicine

*Emotional*  
Cardio  
Fitness

**Hugs for Health**



Multiple studies show  
that even short interactions  
Can be beneficial to Mood,  
Morale and Resilience

Source: Fine and Beck

– The Human-Animal Bond

# A Variety of Partnerships with Animals

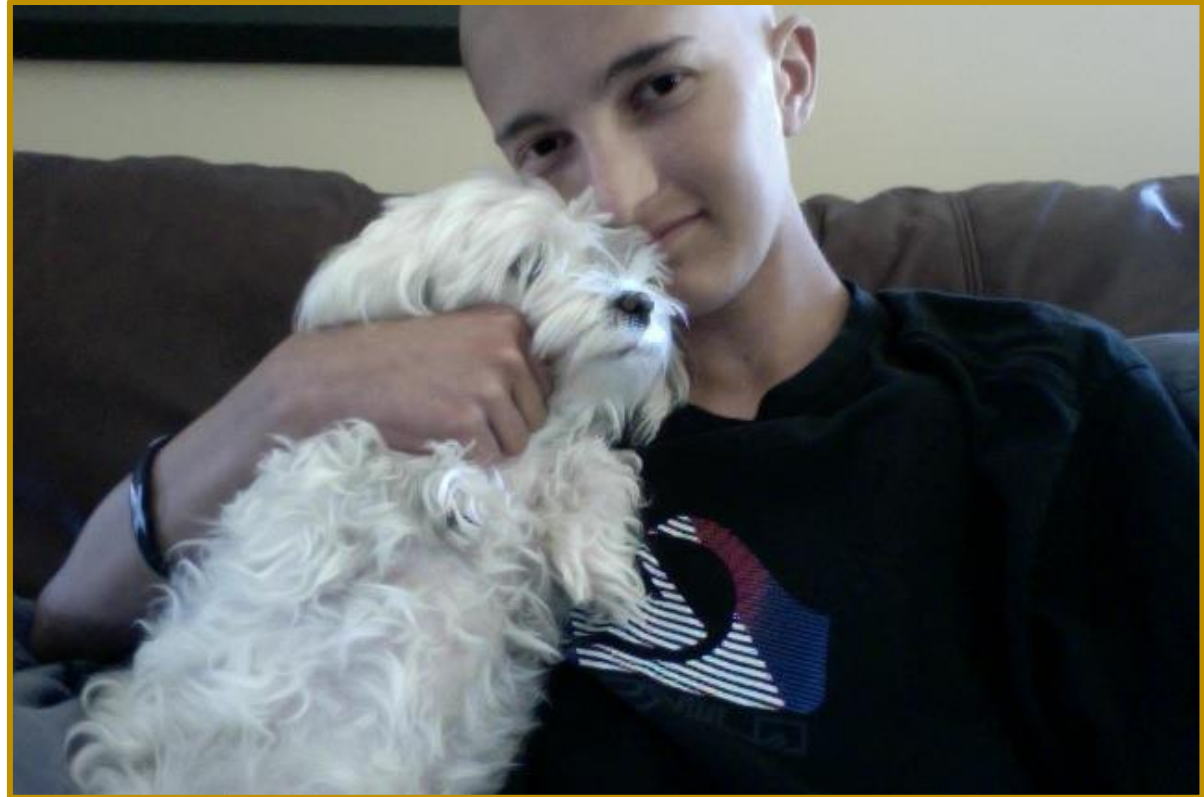
What Defines....

- Companion Animals
- Emotional Support Animals
- Therapy Animals
- Animal Assisted Activity
- Animal Assisted Therapy
- Service Animals
- Working Dogs
- Disaster Response
- Cancer / Covid Detection



# What is an Emotional Support Animal or Companion Animal?

Any animal can be an ESA



# Canine Covid Detection

Asher – was rehomed seven times before becoming a “master Covid-19 detector”

Lesson for Veterans:

Finding Your Purpose

The Mission Continues...

- 83-100% Accuracy Rate
- Finland Airport
- US, England, Germany, Italy



# Various Therapy Animals



Facility Visits



Help Kids Read



Courtroom Dogs



Combat Unit Support



Compassion Fatigue



Paro – Robot Seal

# Animal Assisted Activity (AAA) & Animal Assisted Therapy (AAT)

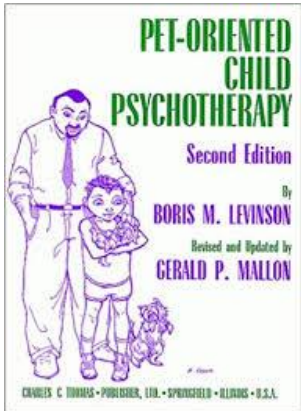


People with PTSD will talk 50% more if a dog is in the session.

Source: U.S Army Medical Department Journal – Canine Assisted Therapy in Military Medicine 2012



Mobility Issues



Cardiac Surgery Recovery



# SERVICE ANIMALS

Require Specialized Training

- Seeing & Hearing
- PTSD
- Brace & Support
- Mobility
- Casey - monkey
- Autism
- Diabetic Alert
- Seizure Alert



# Animals & Resilience

## Connecting with Animals Supports You

Physically, Mentally, Emotionally, Spiritually



Stress Relief  
Raise Morale  
Improve Cognitive Functions  
Lower Blood Pressure

Source: AAT in a Deployed Environment: CPT Brian T. Gregg US Army

# ANIMALS HELP US FEEL GOOD

## Connecting to Your SENSE OF GOODNESS

Do You TRUST Life?

Positivity?  
Gratitude?



Source: Genie Joseph, PhD The First Principle of The Act Resilient Method

# Ten Ways Dogs Can Help You Feel Good *FAST*



“There is no psychiatrist in the world like a puppy licking your face.”

Bernard Williams

Dogs are Role Models for Coping Skills

# Tip # 1 - The Power of Connection

The Power of The Pack



We Are Social Animals

## Tip # 2 - The Power of Play



“Those who play rarely become brittle in the face of stress or lose the healing capacity for humor.”

-Stuart Brown, MD



# Tip # 3 – The Power of Focus

The Power to Direct Your  
Focus on What you Want...  
is the Key to Success in Life

“If you want to be happy,  
do not dwell in the past,  
do not worry about the future,  
focus on living fully in the present.”

Roy T. Bennett



# Tip # 4 – Shake it off and Let It Go



The Power of Shaking –  
why prey animals shake

Source: Shaking Medicine – Bradford Keeney 2007



# Tip # 5 – Be Here *NOW!*



Your Power is in the Present Moment

The Power of the Present  
to Heal the Past

Act Resilient Principle # 2

# Tip # 6 – Forgiveness is Your Path to Freedom

Your Dog is the  
one thing on Earth  
that loves you  
more than you  
love yourself.”

Josh Billings



## Tip # 7 – Assume the Best



**TRUST GOOD**

# Tip # 8 – Attend to *Toward & Away*



Listening to your natural, dynamic rhythms



“Dogs never lie about love.”

Jeffrey Masson

# Tip # 9 - Situational Awareness

& SENSE-SATIONAL AWARENESS



Is this Safe? How do we know?

# Tip # 10 – The Status Quo vs. CHANGE

## THE PECKING ORDER

Know WHEN to Respect It



AND When to Challenge it!  
And *HOW* to Challenge it.



# Coming to Your Senses

How do you feel about your Animal Nature?

Want more Peace in Your Life? Make friends with Your Animal Nature

# We are ALL Animals

How do you feel about your animal nature?



Is it  
Your “Lower” Nature?  
OR  
Your “Higher” Nature?



# Connecting to Your Animal Nature



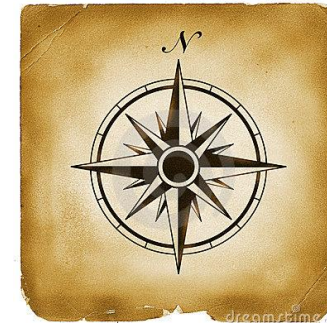
Bonobo – our closest relative - 98.7% genetic match

Source: Primatologist Frans De Waal

# Your Animal Nature Connects You to Your Essential Nature



## Connecting to Your True North



Your Personal “Knowing” Radar System

# The Power of Volunteering

No Dog?  
No Problem!



Volunteering with The Human-Animal Connection  
With Shelter Dogs  
Jog-a-Dog  
Love-A-Dog-Day  
Veteran Program

**Get Started with Us!**

**The Davis-Monthan AFB  
MORALE DOG TEAMS**



# Get Involved!

VOLUNTEER

With the Human-Animal Connection

Visit our Website:

[TheHumanAnimalConnection.org](https://TheHumanAnimalConnection.org)

Sign up for our Newsletter

GenieJoseph9@gmail.com

