The Human-Animal Connection

People Helping Animals
Animals Helping People

Genie Joseph, PhD
Executive Director

Respecting Animal Wisdom
Makes Us Better People

TheHumanAnimalConnection.org
Bringing People and Animals Together for the Well-being of Both
The Act Resilient Method

From Trauma To Transformation

A Seriously Playful Approach to Healing

“Act Resilient is innovative, effective, and transcendent!” Dr. Richard Kas

Genie Joseph, PhD

General Chiarelli, RET. – Vice Chief of US Army
Subjective Units of Distress (Wolpe, 1969)

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
“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 simulates 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
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

Source: New York Times
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

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

Require Specialized Training
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
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!

The Power of the Present to Heal the Past

Act Resilient Principle # 2

Your Power is in the Present Moment
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*

“Dogs never lie about love.”
Jeffrey Masson

Listening to your natural, dynamic rhythms
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

Sign up for our Newsletter

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