



# Canines Teach Compassion

Genie Joseph, PhD  
[TheHumanAnimalConnection.org](http://TheHumanAnimalConnection.org)



# Counseling Community & Whole School



# What are the top benefits of this program?



Hercules



Joey

# Top Seven Benefits

1. The Awwwe Sweet Connection
2. Connecting Beyond Words
3. Non-Judgment Zone
4. Unconditional Acceptance
5. Touch-Healing
6. Balance of Giving & Receiving
7. Being Truly Seen



Charlie

# IMPROVISATION & Class Structure

1. Free play with dogs & SUDS  
(taking emotional temperature)
2. Main Learning Lesson
3. Self Expression / Kindness
4. Getting Peaceful / Mindfulness
5. Re-check SUDS –  
& free play with dogs



# And it's not just dogs



# Reaching the unreachable



Patrick & Shadow



# Animals as Partners: not tools

Mochi and the Soul Gaze



Mochi



# What Oscar Knew

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Oscar

**SUDS:**  
Subjective Units of  
Distress

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**Stress  
Levels  
in Dogs**



It's easy to see because dogs don't lie about what they're feeling

# Emotions are Contagious

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Sophia

Good Dog → Good Person → Good World  
The Sense of Good is a Force for Change



We all have different learning strategies



The HOOPS of Learning & Motivation Strategies

Dogs:  
All behavior is  
an attempt to  
feel safe and  
connected

Removing the  
“good” / “bad” dichotomy



# Pairs: How to Dialogue with the “Inner Critic”

Example:

A: “I’m lazy!”

B: “Are you always lazy?”

A: “Well, I guess not.”

B: “When are you not lazy?”

A: “When I really care about....”

Without compassion for self,  
it is very difficult to have compassion for others

Blanche



# FOCUS: For Dogs & People



Mazie: Therapy Dog in Training



# Navigating Same & Different



First, Establish Circle Boundary

Three Questions:

1. How am I like ALL the others?
2. How am I like SOME of the others?
3. How am I like NO other?



Aurora (nine pounds)

## Leash Walking & Connective Leadership

With eyes closed:

Take turns leading and following

Practice “good” and “bad” leading

Ask students:

How does it make you feel?

How does it make the dogs feel?



# Towards & Away

Non-Verbal Communication & Social Skills



Zora

# Writing: Story Telling / Problem Solving

Pick a creature

1. Give creature a name
2. What do they want more than anything in the world?
3. Who or what stands in their way?
4. In the end, how does the creature solve the problem?



# Singing Lullabies to Dogs



# HAC Resources

TheHumanAnimalConnection.org

Webinar: Could My Dog Be a Great Therapy Dog

[https://www.youtube.com/watch?v=\\_z3FGy671IQ&t=2108s](https://www.youtube.com/watch?v=_z3FGy671IQ&t=2108s)

Videos: Canines Teach Compassion

<https://www.youtube.com/watch?v=UcKQRdC6CI0>

<https://www.youtube.com/watch?v=cG2Rt3jEYNw>

Blog: Canines Teach Compassion

<https://www.thehumananimalconnection.org/post/canines-teach-compassion>



Louanne

The Human-Animal Connection book  
(& e-book & audio book)



TheHumanAnimalConnection.org  
GenieJoseph9@gmail.com

THE  
HUMAN-ANIMAL  
CONNECTION



DEEPENING RELATIONSHIPS  
WITH ANIMALS AND OURSELVES

Genie Joseph, Ph.D.