## **Canines Teach Compassion**

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Counseling Community & Whole School





## What are the top benefits of this program?





## Top Seven Benefits

- 1. The Awwe 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



## 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



## What Oscar Knew





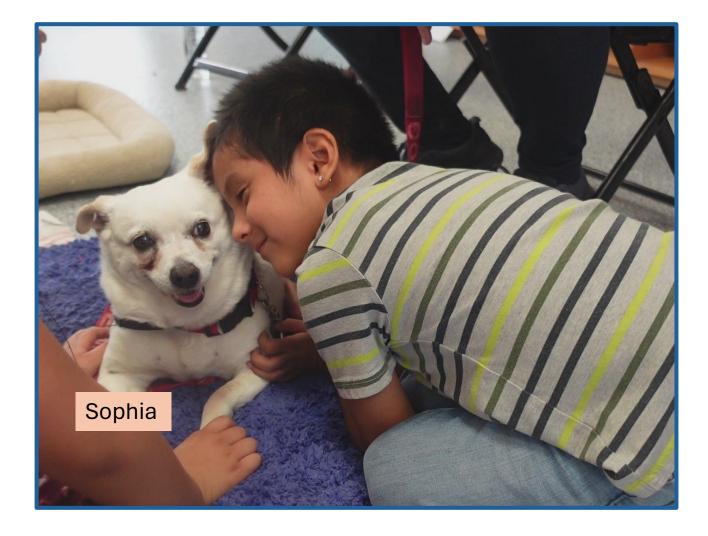
#### SUDS: Subjective Units of Distress





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

# Emotions are Contagious



#### Good Dog $\implies$ Good Person $\implies$ 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





# **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?





#### 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



## 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

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/caninesteach-compassion



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



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### THE HUMAN-ANIMAL CONNECTION



DEEPENING RELATIONSHIPS WITH ANIMALS AND OURSELVES Genie Joseph, Ph.D.