



HOME CLIENTELE RESOURCES **BENEFITS OF AAT** ADDITIONAL SERVICES CONTACT US FACEBOOK MORE

480-297-8232



Benefits of Animal-Assisted Therapy

Quicker Rapport Building

The counselor appears to be safe because the animals trust him/her so it is easier for the client to initially form trust.

Animals Have a Calming Effect and Promote Spontaneous Change

Animals can divert attention away from anxiety which can give the therapist the chance to work with the non-anxious client which is much more effective.

Animals reflect back what the client is putting out there to others so they see a direct effect of their behavior either desired or undesired. This promotes awareness which is needed to change a behavior. Horses do this in a way that is non-threatening.

Animals Help Maintain Focus

- Helps to teach us the here and now also known as mindfulness.
 - Helps to define healthy relationships.
- Helps to facilitate natural and spontaneous change up to 6 months after the sessions have ended.

Connecting With Nature Helps Promote Faster Healing





Please get in touch!

Interested in our services? Get in touch with us via the form below and we'll get back to you as soon as possible! If you don't hear back from us within 24 hours then please send an e-mail directly to skyetherapysolutions@gmail.com due to technical difficulties...

Skye Stables: Elliot and Lindsay in Gilbert
By appointment only

Contact Us - Send An Email

Skye Therapy Solutions, PLLC
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Name *

Email Address *

Message *



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Send Message

Address

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Mesa

Skye Stables for Jacqui's services
Elliot Rd. & Lindsay Rd.

Contact

480-297-8232
skyetherapysolutions@gmail.com

Hours

Hours
Mon 8:00-6:00
Tues/Thurs 8:00-6:00
Wed 7:00-6:00
Fri 8:00-6:00 (groups)
Sat Office based open
Sun: Closed

Social



