



Pet Therapy for PTSD

RE1002



Marley & Tigger

Pet Therapy for PTSD

RE1002



- Animal Communication
- The Human Energy Field
- The Anxious Predator Response
- Real Pet Therapy
- Legal Considerations
- Dog Video Analysis

Animal Communication

- Birds flying in formation vote on their direction with every wing flap
- Deer vote with their eyes and ear flaps when it's safe to drink water
- In other words, democracy prevails – not survival of the fittest
- Pets seem to “know” when we're emotionally upset



Assume Animals are Always Communicating

- Leaning on the door or wall
- Pushing with the nose
- Pointing
- Hand-shaking
- Saying “no”: glancing away, twitching the ears back momentarily
- Laying belly up
- Avoiding eye contact can be aggression



Assume Animals are Always Communicating

- Ears straight back can mean fight
- Leaning on you
- Licking you
- Licking their lips
- Jumping
- Mouthing
- Dreaming behavior



The Human Energy Field

- Feeling the presence of someone behind you in line.
 - Anxiety
 - Anger
 - Peace
 - Someone watching you
- Crying for no reason.
- Waking up from a dream and the feeling lasts all day.
- Intuition.
- Premonition?



State of PTSD Research

- PTSD service animals are classified as “Compassionate Use”.
- Animal research has largely been treated much like research on our “sub-conscious mind” – ignored or marginalized to fit the narrative.
- Research bias exists.
- Research questions originate from the individual willing to do the work.
- Just because there is no data, doesn’t mean it’s not real.

But there is data!



State of PTSD Research

- 70% Non-verbal communication
 - Posture
 - Facial expression
 - Behaviors



State of PTSD Research

- 70% Non-verbal communication
 - Posture
 - Facial expression
 - Behaviors

But they also told us 95% of our brain doesn't get used!



State of PTSD Research

- [I Am: The Shift is about to Hit the Fan.](#)
 - All of nature is connected, animals vote and communicate constantly.
 - Within three feet, humans unconsciously detect each other's electromagnetic waves that carry information and nanosecond variations in the timing of each second heartbeat.
 - When millions of people share fear, grief, and anger, computer programming changes.
 - Humans, like animals, are hard-wired for connection and love, *not* survival of the fittest.
 - Quantum entanglement theory meets mental health.

“A must see...but there is a trauma sequence when discussing mirror neurons.”



State of PTSD Research

The Energetic Heart

Bioelectromagnetic Interactions
Within and Between People



Rollin McCraty, Ph.D.
HeartMath Research Center
Institute of HeartMath

Physiological Linkage and Empathy

The ability to sense what other people are feeling is an important factor in allowing us to connect or communicate effectively with others. The smoothness or flow in any social interaction depends to a great extent on the establishment of a spontaneous entrainment or linkage between individuals. When people are engaged in deep conversation, they begin to fall into a subtle dance, synchronizing their movements and postures, vocal pitch, speaking rates, and length of pauses between responses,⁵⁴ and, as we are now discovering, important aspects of their physiology can also become linked and entrained.

Source: [Heart Math Institute, Boulder Creek, CA](#)



State of PTSD Research

- [What the Bleep Do We Know?](#) and [WTB: Down the Rabbit Hole](#).
 - Best visual demonstration of Masaru Emoto's research discussed in his book, [The Hidden Messages in Water](#).

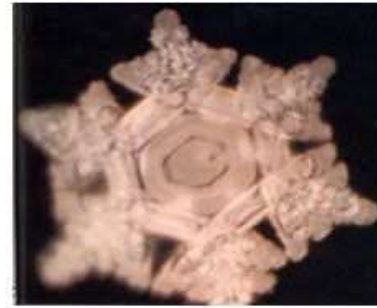




Sanbu-ichi Yusui Spring water



Japan Shimanto River, referred to as the last clean stream in Japan



Antarctic Ice



Fountain in Lourdes, France



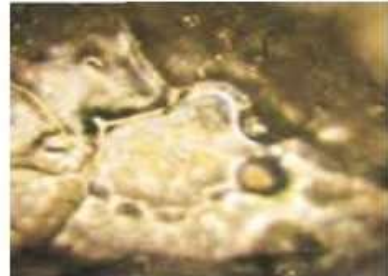
Biwako Lake, the largest lake at the center of Japan. Pollution is getting worse.



Yodo River, Japan. The river passes through most of the major cities in Kasai.



Untreated Distilled Water



Fujiwara Dam, before offering a prayer



Fujiwara Dam, after offering a prayer

Check out [Pinterest.com](https://www.pinterest.com) when you have some free time.



State of PTSD Research

- E-Motion

- Demonstration of Emotion Code release of trapped emotions from the body.
- The Emotion Code book discusses the research of how plants have been proven to have a holographic, energy matrix present where half of the leaf has been cut away.
- White blood cells carried across town change the direction of their electrons' orbital spin at precisely the moment the human donor is placed in a magnetic field.



State of PTSD Research

- Heal: The Most Powerful Healer is Within
 - Gratitude, finding a purpose in the struggle against diseases, and optimism generate the body chemistry necessary for the body to heal itself.
 - Out of 1,500 people from all over the world that cured themselves from every imaginable cancer, they all did the same 9 things.
 - Physical, mental, spiritual, and emotional transformation at every level.
 - Only 2 of the 9 things were physical like nutrition, 7 were holistic.
 - Explanation of the nocibo, the opposite of the healing placebo.



The Anxious Predator

- Breeding is Social Engineering...for animals.
- For what purpose has your dog been bred?

Look up [your breed's history](#) at the American Kennel Club.



The Anxious Predator

Food for thought:

- For what intention was your dog bred?
- What is believed about the species of your favorite animals?
- What do you fear about your dog when you walk it in public?
- How often do you get anxious when you see another dog?



Clearing Breed Energy

Biological Plausibility:

Cognitive Behavioral Therapy – proved thoughts can change DNA

Generational Ancestral Clearing – addresses DNA methylation.

References:

- [The Body Keeps the Score](#), Bessel van der Kolk
- View this TED talk on [Epigenetics](#).



Anxious People Foster Anxious Animals

- How many unhappy pet owners know their own mental health problems are projected onto their animals.
- Don't people start looking like their pets?
- Watch the Dog Whisperer if possible.
- If you aren't the Alpha, they know and take over.



Anxious People Foster Anxious Animals

- So PTSD dogs are like children that we're not trained to interpret their feedback.



Animal Abuse is a Predator Response to be Cleared

Guess what is closely related to animal abuse?

If you attack a weaker animal, your chance of abusing people is higher.

You need Predator Response Release Work. Consider a workshop.



Real Pet Therapy

- Allow the behavioral activation to happen
- Talk in normal language, not barking commands constantly
- Be calm, cool, and collected
- You must be the Alpha
- Animals know your energy, even if you're clueless
- Let them lick your open palm or feet for free reflexology ;)



Real Pet Therapy

- Don't let a dog come between you and your spouse, literally or figuratively.
- Distracting energy can come between you and the dog.



Real Pet Therapy

- Show an open palm to a friendly dog that appears scared by you
- Be routine in your approach
- Pet under their chin to raise their self-esteem
- Pet top of their head to acknowledge them without raising their excitement



Real Pet Therapy

Take Home Points:

- Thank your dog for barking before stopping it.
- Honor their protective instincts.
- Carry yourself with confidence. Be the alpha.
- Avoid crowding in a dog with violent tendencies.
- If agitated, give space. When safe, sit beside dog – avoid confrontational body language.



Legal Considerations

Emotional Support Animals

- It's up to each establishment if you can go in with your dog.
- Sometimes you can get your pet fee waived or stay in a hotel.

PTSD Service Animal

- PTSD is protected under A.D.A.
- Need:
 - Pass an obedience course.
 - Register the dog with a PTSD registry (vest, certificate...).
 - Carry prescription with you.
- Can go anywhere if animal is behaved.

Risk-Benefit Analysis of Service Animals

PRO's

1. More social mobility, less isolation.
2. More confidence.
3. Some relief of anxiety, feeling love in anxious places.
4. Retraining you with positive experiences.
5. Behavioral activation therapy.

CON's

1. Your animal can cause a trauma.
2. You will have to live with the guilt and financial/legal consequences.
3. Your dog could become traumatized.
4. You could lose your animal.

Pet Therapy for PTSD

RE1002



Rescue a dog



And they'll rescue you right back!