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t Animal-Assisted Brief Therapy inviting the animal to touch them by offering an outstretched hand. There is the desire by many to interact. This touch is known to decrease an individual's "anxiety and physiological arousal and can have important health effects" (Sussman, 1985, p. 199). Not only can petting a dog lower a person's

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Animal-assisted therapy (AAT) is an alternative or complementary type of therapy that involves animals as a form of treatment. It falls under the realm of Animal Assisted Interventions (AAI).

## **Animal-assisted therapy - Wikipedia**

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