

Animal Assisted Therapy

Categories : [Health Issues](#), [Mental Health Care](#), [Wildlife and Animals](#)

DEFINITION

Animal Assisted Therapy (AAT) is a type of therapy that involves animals as a form of treatment.

AAT is designed to improve a patient's social, emotional, and/or cognitive functioning. AAT is provided in a variety of settings and may be group or individual in nature.

For more information go to:

Pet Partners: <https://petpartners.org/>

American Humane Association: <https://www.americanhumane.org/publication/therapy-animals-supporting-kids-task-program-manual/>

TO FIND PROVIDERS IN CONNECTICUT'S COMMUNITY RESOURCES DATABASE:

Search by service name: [Pet Assisted Therapy](#)

SOURCE: Connecticut Humane Society

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