



ZOOTHÉRAPIE



What is zotherapy ?

Mediation that is practiced individually or in small groups of a maximum of three people with the help of a familiar animal, conscientiously selected and educated, under the responsibility of a health, social or specialized education professional and in the immediate environment of people in whom we seek to awaken reactions aimed at maintaining or improving their potential, whether recreational, cognitive, physical, psychosocial or emotional. Animal therapy is not a medicine but a mediation.

With whom do they intervene ?

It is used with the elderly, the physically or mentally handicapped, the mentally ill, underprivileged youth, juvenile delinquents, adult inmates in prisons as well as youth in closed institutions, lonely people, children in hospitals, children who are failing at school, people suffering from psychological disorders, etc. The animals involved in all these activities meet pre-established standards of health, behavior and education.

What is the purpose of pet therapy ?

By using the mediation of an animal, in order to bring them well-being, to develop lost dexterity, to improve their functioning, to favour their adaptation and to break their isolation.

Where there is practice ?

The professional practice of IFZ (Institut Français de Zoothérapie) has been established in France. As proof, many hospitals, EHPAD, MAS, FAM... call upon us to develop programs and train their staff.

Are there any training courses or diplomas in animal therapy ?

There is the Professional Training given by the French Institute of Zotherapy that I founded in 2003. This training is recognized by the professional organizations of care. There are some other trainings that appear on the Net... but can be trusted !!!! For IFZ, no diploma, but a certification which is a specialization in health, social and specialized teaching. A diploma would be a mistake. Since zotherapy is above all a mediation practiced by health and social professionals and therefore a specialization.

With which animal ?

The animal most helpful for pet therapy is the dog, especially these breeds of dogs:

- The Welsh Corgi. ...
- The Golden Retriever. ...
- The Beagle. ...
- The Labrador Retriever. ...
- The Saint Bernard. ...
- The Cavalier King Charles Spaniel. ...
- The Bichon à poil frisé ...
- The Greyhound