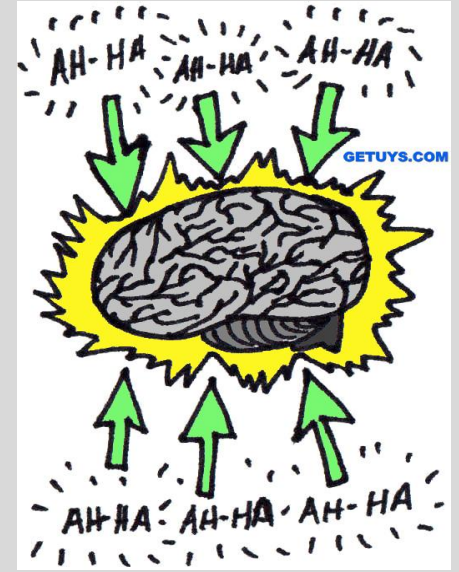


K-12 COUNSELING PROGRAM TOOLS

THERAPY DOG, SELF REFLECTION & DATA



What to Expect



DATA



KNOWLEDGE



ACTION

What is your WHY?

Why do you do what you do?

Why are you here?

Why do you love your job?

IT'S NOT
WHAT
BUT WHY
YOU DO IT



Why Reflection?

Hattie's Effect Sizes: Majority are related to teachers, not students!
(Self-Questioning is .64 on the list!)

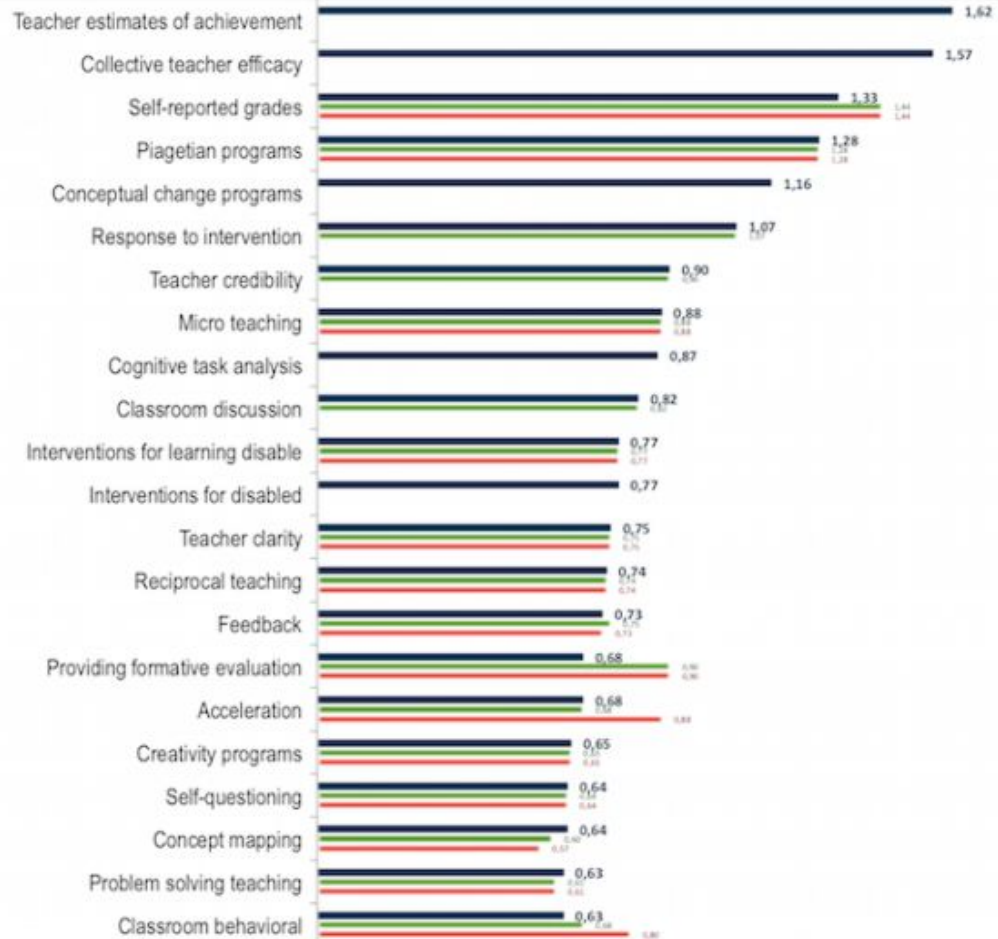
***Actual research suggests that self-reflection builds resiliency in students! Why not educators too?**

Great references for research on reflection:

<http://www.ascd.org/publications/educational-leadership/fb09/vol66/num05/Fostering-Reflection.aspx>

Hattie Ranking of Effect Sizes

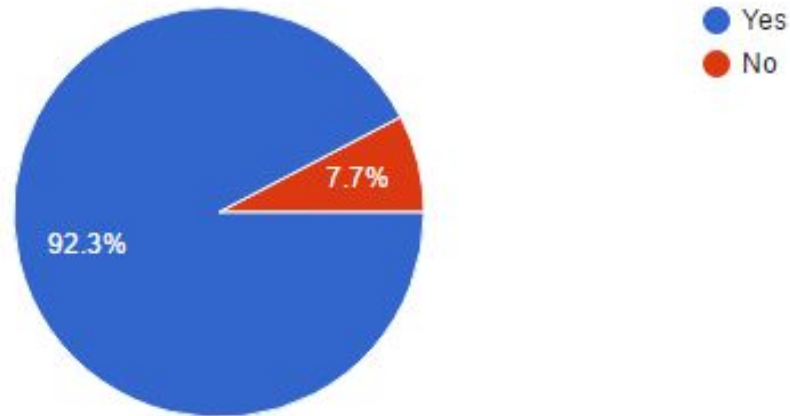
Click on the image for an [interactive visualization](#) of the effect size lists.



Data!

Having a therapy dog (Winnie) at school has had a positive effect on the school environment.

130 responses



Therapy Dog: Winnie!

“I never knew I could actually MISS school, until I saw this dog again. I’m going to be her favorite this year.”
- typically withdrawn 11th grade boy



Using a therapy dog in your school - RESEARCH

- Less threatening environment to share feelings, etc.
 - Beck & Katcher 1996
- Sharing feelings and empathy and social skills
 - Turner 2011
- Help relax professionals in a work setting
 - Barker 2005
- Increased motivation for learning
 - Delta Classroom Canines 2009
- Decrease stress/anxiety and improve attendance
 - Lloyd & Sorin 2014
- Decrease in aggressiveness and hyperactivity
 - Kostrschal & Ortbauer 2003

Thank you,
Amy Kobs!

First things, first.

- Certification
 - Therapy Dog International (TDI)

<http://www.tdi-dog.org/images/TestingBrochure.pdf>

- The Dog
 - At least one year of age
 - Any dog! (goals to match the animal)





Testing Requirements

- Being around people
- group sit/stay/down
- Recall/come
- Reactions of unusual situations
- Leave-It
- Meeting another dog
- Reaction to children
- Touching, petting
- Entering a door first
- Accepting a friendly stranger
- Appearance and grooming
- Walking on a loose lead
- Walking through crowd
- Supervised separation

Concerns?

- Administration
 - policy
- Liability
 - Personal Insurance, school insurance
- Allergies
 - Permission from ALL (share slips)
- Fears
 - Make calls to those concerned
- Logistics
 - Train teachers first, then students, then bring
 - Breaks outside during the day



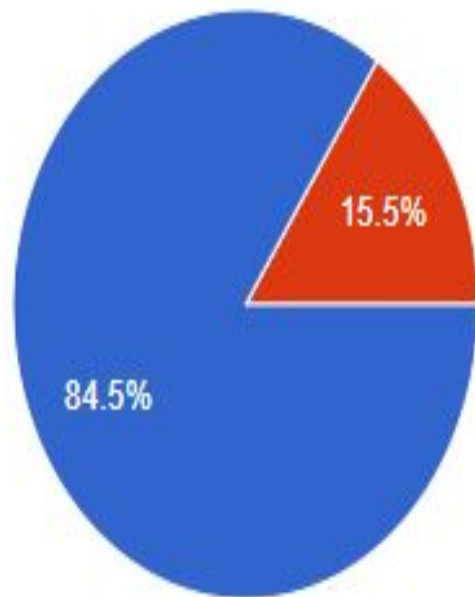
Including a therapy dog in your program...

- PBIS
 - Warrior Way tickets: School-Wide System
- Guidance & Classroom Lessons
 - Responsibility, infuse in all lessons, all can pet, etc
 - Books (resource list)
- Individual or Group Counseling
 - Some kids just talk better with Winnie



Finally, please choose one of the options below that most pertains to you:

110 responses



- Option 1: I feel like I have at least one adult in this school building who I can go to if I really need help.
- Option 2: I do not feel like I have an adult in this school building who I can go to if I really need help.

And she goes to meetings too!



Feedback/Data

“She’s really nice to have Around.”

“She’s a fluffy dog that could use a shave.”

“Winnie is the best thing to happen to our school!”



Resources

Therapy Dogs International: www.tdi-dog.org

Reference Books:

Animal Assisted Therapy in Counseling Cynthia Chandler

Animal-Assisted Brief Therapy A Solution Focused Approach Teri Pichot

Books that work well for classroom guidance lessons, with a therapy dog in mind (any book can work!):

Friendship: Skunk Dog by Emily Jenkins

Kindness/Compassion: How Full is Your Bucket? by Tom Rath

Goals/Career: Dex: The Heart of a Hero by Caralyn Buehner

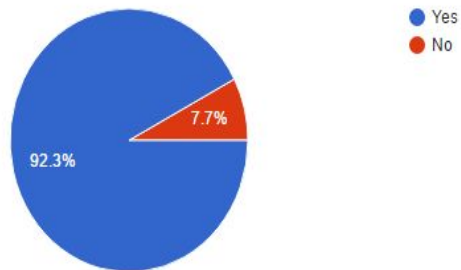
Problem Solving: Dog Vs Cat by Chris Gall

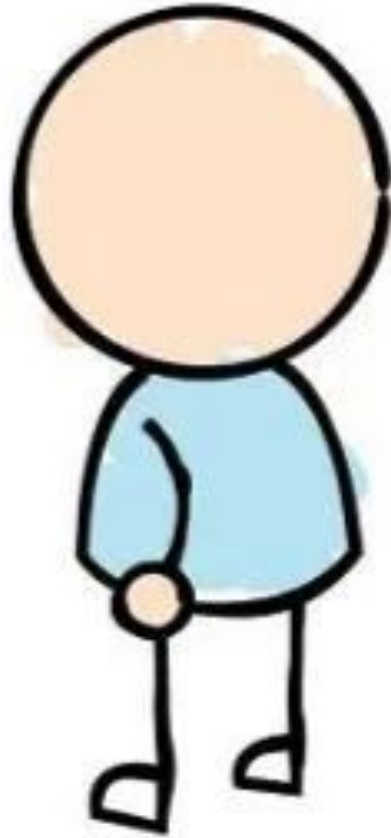
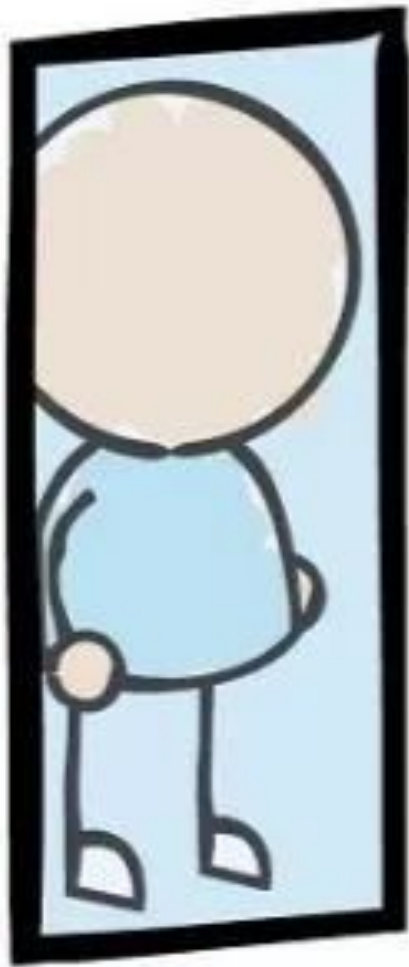
Diversity: Henry the Dog with No Tail by Kate Feiffer

Academics and Perseverance: How Rocket Learned to Read by Tad Hills

Having a therapy dog (Winnie) at school has had a positive effect on the school environment.

130 responses



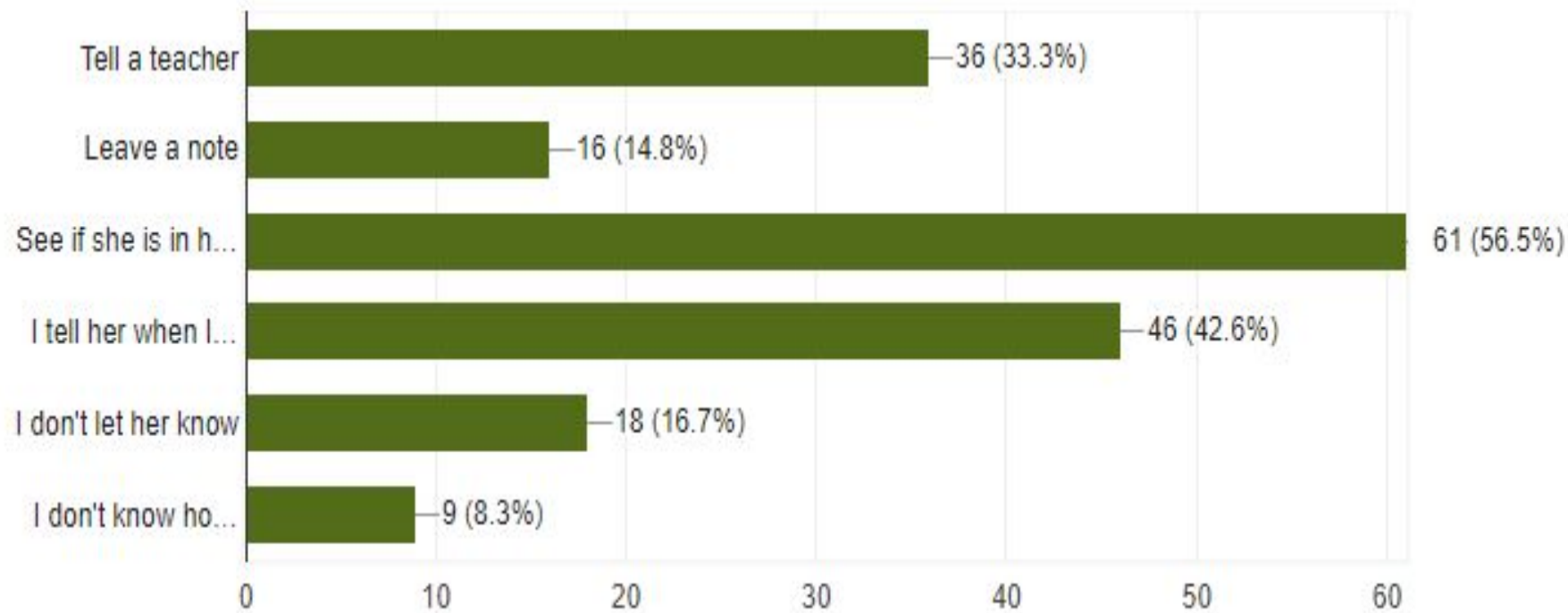


Self-Reflection

We are all
Different!

How do you let Ms. Crosby know when you need something?

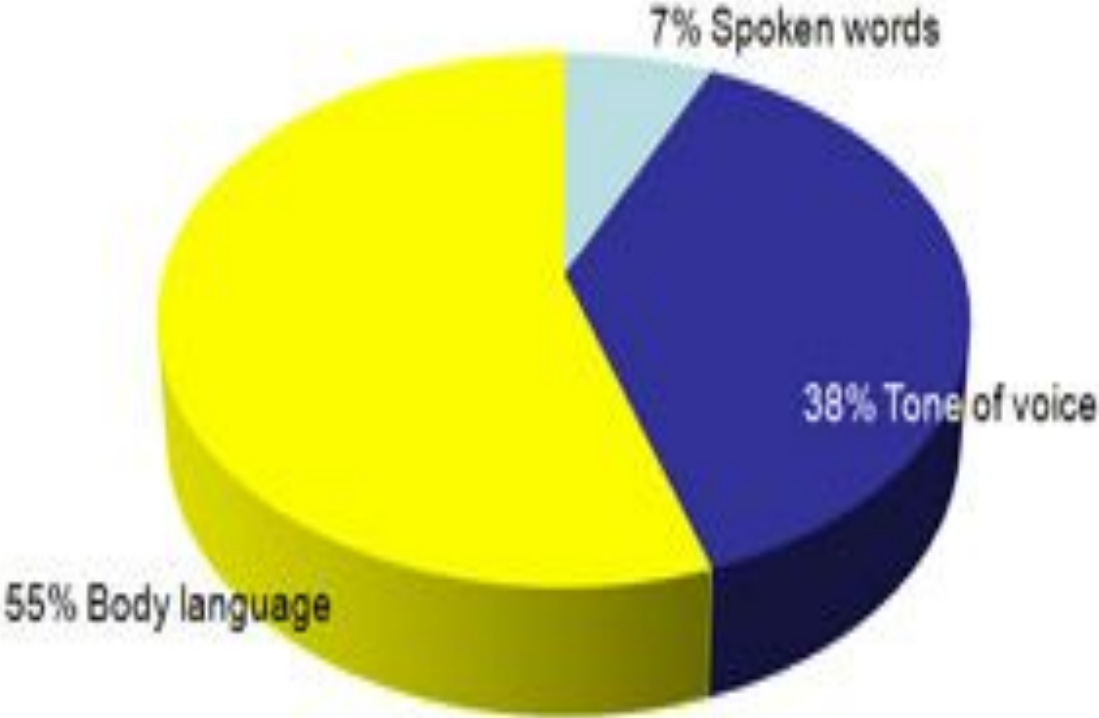
108 responses



Up and at 'em

REFLECT: what do we bring to the table?

Effective Communication



Personal Space
Body Language
Paraverbal Communication

Fear and Anxiety?



UNproductive Responses	PROductive Responses
<p>FREEZE Over-react Acting inappropriately</p>	<p>Increase in speed/strength Increase in sensory acuity Decrease in reaction time - get faster!</p>



Precipitating Factors

Internal or external causes of our overall behavior

WHAT ARE THEY?

ACEs are
ADVERSE
CHILDHOOD
EXPERIENCES

The three types of ACEs include

ABUSE



Physical



Emotional



Sexual

NEGLECT



Physical



Emotional

HOUSEHOLD DYSFUNCTION



Mental Illness



Mother treated violently



Divorce



Incarcerated Relative



Substance Abuse

HOW PREVALENT ARE ACEs?

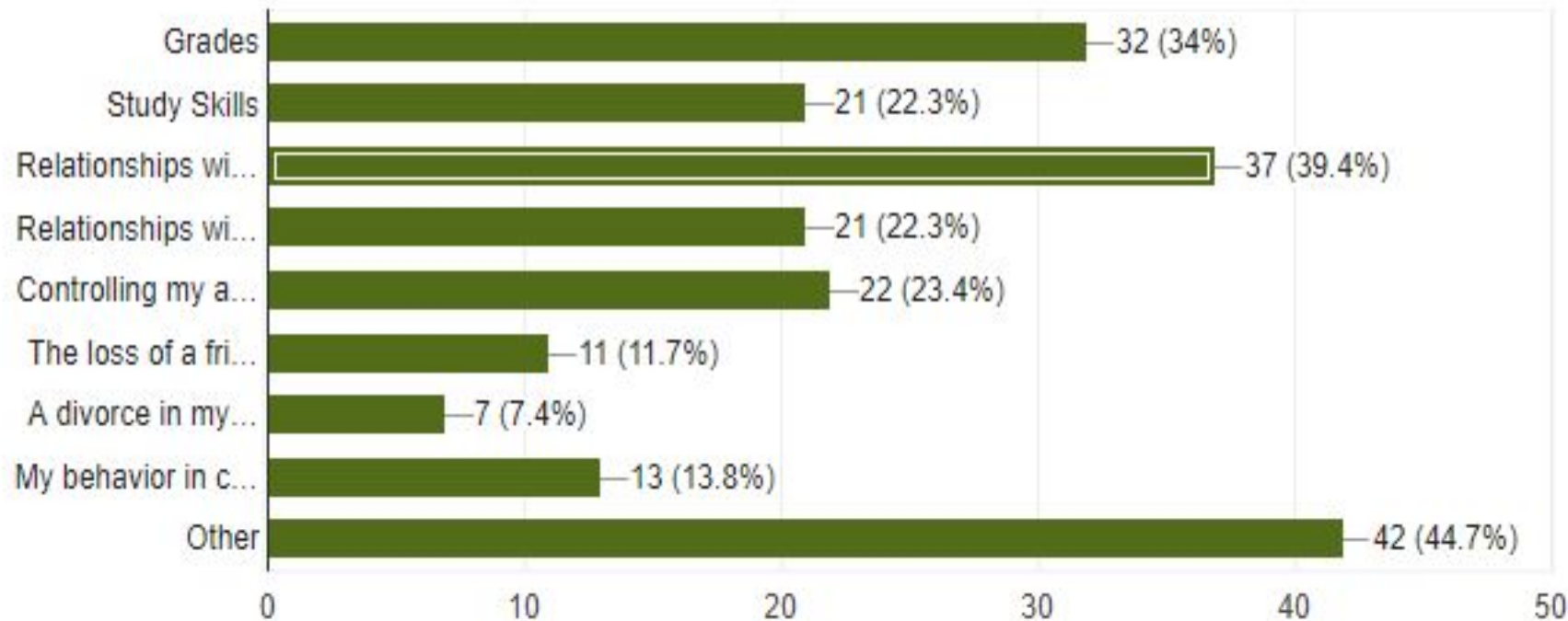
WHAT IMPACT DO ACEs HAVE?

SELF-CARE IS HOW YOU TAKE YOUR POWER BACK.



Please check any topics that Ms. Crosby has helped you with this year.

94 responses





Nicole Crosby

4K -12 School Counselor
School District of Winter

715-266-3301 x2252

ncrosby@winterwarriors.org

**In the spirit of reflection and data, please give constructive feedback on the evaluations