



blooming bees psychology

# Zoey

Pet therapy dog





## Meet Zoey

Zoey is a happy go lucky Kelpie x Border Collie. She's obedience trained, military style with Master Of Puppies and fully vaccinated. She understands boundaries and can adapt to situations and people on command. She is incredibly friendly and non confrontational. The only thing that outdoes her sweet and gentle temperament are her adorable ears. She is an ideal pet therapy dog.

### About the breed

The Border collie x Kelpie mix is a gentle breed of dog with a mild temperament and sweet nature. They have a good character and are a great companion for older people and children and are highly intelligent making them obedient and loyal dogs.

### What is pet therapy

Pet therapy is a guided interaction between a person and a trained animal. The purpose of pet therapy is to help someone recover from or cope with a health problem or mental disorders.

# Benefits

Interacting with a friendly pet can help many physical and mental issues. It can help reduce blood pressure and improve overall cardiovascular health. It can also release endorphins that produce a calming effect. This can help alleviate pain, reduce stress, and improve your overall psychological state.

## Social

A visit with a dog provides a positive mutual topic for discussion, promotes greater self esteem and well being and focused interaction with others.

## Cognitive

Canine companionship stimulates memory, problem solving and game playing.

## Physical

Interaction with a furry friend reduces blood pressure, provides tactile stimulation, assists with pain management, gives motivation to move, walk and stimulates the senses.

## Emotional

An adorable four-legged visitor improves self-esteem as they provide unconditional love. This brings a calming effect for the children, lifts mood often provoking laughter. It can also help children learn empathy and to better communicate.

## Environmental

A dog in a facility decreases the feeling of a sterile environment, lifts mood and this continues after visit.

