

# 動物〈輔助〉治療

Hi, 我是治療犬發發!



## Animal-Assisted Therapy

我們開心時需要分享，悲傷時需要安慰。現今社會的家庭觀念越來越薄弱，親朋戚友之間的關係也越來越疏離。幸好，家中的貓貓和狗狗沒有追名逐利的傾向，更不會忙著玩智能手機，所以仍有時間和心情陪伴我們，聆聽和分享我們內心的世界。

We share when we are happy; we need to be comforted when we are sad. Nowadays in the society, the attachment to one's family is becoming weaker and weaker and the relationship with relatives is getting looser and looser. Luckily, our pets are not worldly, they won't be busy with smartphones but are always willing to spend time to hear what we want to share.





# Age-Old Therapy

## 歷史悠久

動物（輔助）治療（Animal-Assisted Therapy），簡稱動物治療，是在醫護或輔導人員的指導下，因應個別人士的需要，以動物為人類進行治療，目標是增進治療對象在生理、社交、情緒、精神或認知功能，治療可以個別或小組形式進行，過程中會安排適切的記錄及評估。

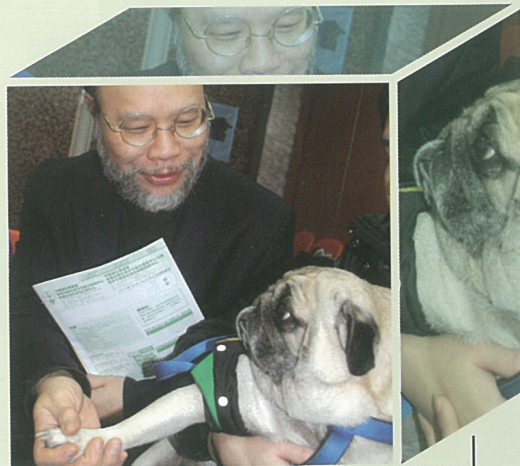
早在1790年代，英國的約克療養院已採用動物治療，安排精神病患者照顧兔子、禽鳥等小動物，透過這個過程，提高患者的自制力。動物治療是一種輔助性治療，它雖然不能代替藥物，但能透過心靈支持，促進病人康復。對於心理疾病，動物治療更能發揮其獨一無二的功效。一個1972年在紐約進行的調查發現，受訪的435個心理治療師中，有三分之一曾在治療中應用伴侶動物，輔助病人進行治療。動物治療在香港雖然未算普及，但多年前在麥理浩復康院的殘疾人士騎術訓練，其實也算是一種動物治療，應用了馬匹作為治療一部份，協助殘疾人士建立自信，身心發展得更好。

Animal-Assisted Therapy (A.A.T.), a.k.a. Animal Therapy in short, is a kind of therapy which makes good use of animals according to different needs of patients to provide treatment to patients under the instructions of therapists or counsellors. It aims to improve their psychological, social, emotional, psychiatric or cognitive functioning. The therapy can be done individually or in groups with appropriate records and assessments as it goes.

Early in the 1790s, a sanatorium in York, England has been using Animal Therapy. Patients were told to take care of small animals such as rabbits and birds, in hopes of enhancing the ability of self-controlling of the patients. Cannot replace medicines though, Animal Therapy is used as an assistance by giving a spiritual support to facilitate the recovery, moreover, A.A.T. can play an unique role in curing psychological illnesses. A survey done in New York in 1972 discovered that one-third of the interviewed 435 psychological therapists had been using animals in therapies. Although Animal Therapy is not that common in Hong Kong, the therapy of equestrian skill training for disabled persons done by MacLehose Medical Rehabilitation Centre several years ago was indeed a kind of Animal Therapy, which used horses as an element of the therapy, to help the disabled to build self-confidence again so as to foster better physical and psychological development.



發發的人緣甚佳，個個也要和他握握手。



發發工作認真，細心聆聽下一個任務！



## Bring into Practise in Hong Kong

## 引入香港

香港動物治療基金會主席范德穎醫生，正積極把動物治療引入香港，希望更多有需要人士能受惠，同時也令有需要的動物得到照顧，達到雙贏效果。目前，香港動物治療基金會正推行「長者貓計劃」和「重拾動力計劃」，前者的對象是長者，後者的對象是隱閉和半隱閉青年。隱閉青年往往較難與別人建立關係，阿權便曾是其中一員。曾有一段日子，他喜歡躲在家中打機，很少跟人接觸。後來，他參加了香港動物治療基金會和中華錫安傳道會合辦的「重拾動力計劃」，認識了治療犬「發發」（駐場的八哥犬），牠活潑懂性，漸漸跟阿權建立起正面的感覺和關係，把他帶離隱閉的世界，重新「撻著」他生命的動力。負責這個計劃的主任黎立顯，也為阿權的成果感到高興和欣慰，還推薦阿權在中心工作，幫助其他青年人。

Dr. Fan Tak Wing, The chairperson of Hong Kong Animal Therapy Foundation (HKATF), is now zealously bringing Animal Therapy to Hong Kong, hoping that more people with special needs can be benefited and the animals in need can be cared, to get a win-win result. For the time being, HKATF is promoting "Elderly and Cats Scheme" for the elderly and "Regain Momentum", targeting at the reclusive adolescents or young adults who find it hard to build up relationships with others and have chosen to withdraw from social life at different levels. Kuen is one of them. For quite a period of time, he enjoyed staying at home playing video or computer games, barely contact with others. Incidentally, he joined the "Regain Momentum" co-organized by HKATF and Chinese Evangelical Zion Church Social Service Division. He met Fat Fat, a therapy dog (Pug), which is also a sensible extrovert. As they gradually built a positive relationship, Fat Fat led Kuen to get out of his own world and "re-lit" the hope of his life. Lai Lap Hin, the one who is in charge of this scheme, feels happy and gratified with what Kuen achieved. He then referred Kuen to work in the Social Service Centre to help other teenagers in need.



范醫生認為動物治療也是一種生命教育，令人更懂得珍惜生命。



阿權和發發已經成為合作伙伴，為青少年提供服務。





一起為「重拾動力」服務的黎主任(左一)、胡老師(左二)、  
范醫生(中間)、阿權(右二)和Carole(右一)



范醫生和黎主任定期開會，跟進個案

## Range of Services

## 服務範圍

在外國，動物治療已被不同機構廣泛採用，受眾包括兒童、長期和末期病患者、自閉症患者、濫藥、肢體殘障、智力、心理和精神障礙人士。范醫生指出，不同的治療對象各有不同需要，應用時沒有一定方程式，要隨機應變。醫療人員要先對治療的對象、環境作出評估，為治療對象選擇合適動物，並跟進和記錄情況，協助治療對象改善病情。狗慣於服從權威，有外國懲教所便應用狗來訓練反社會、不守紀律的犯人。表面上是人在訓練狗隻，但同時，狗隻也在訓練人，幫助他們明白遵守紀律的重要，達到相輔相承的效果。在香港，約兩成長者有抑鬱徵狀，可是他們往往欠缺感情交流對象。「長者貓計劃」鼓勵長者把貓咪作為伴侶寵物，經社工或其他專業服務轉介，為長者配對合適的貓咪，給他們帶來一份精神寄托，令他們生活得更加有意義和開心。

In foreign countries, A.A.T. has been widely adopted by different organizations to help children, patients who suffered from long-term and terminal diseases, autistic people, drug abusers, the physically, mentally, psychologically or psychiatrically handicapped etc. Dr. Fan pointed out that since every patients has his/her own needs, there is no one absolute formula applicable to all patients, instead, therapists have to adjust to changing circumstance. In addition, therapists have to assess the patient and the surrounding environment, pick a suitable animal for the patient, then record and follow up the case, in order to assist them to achieve the goal of the healing process. For instance, as dogs are used to obey the authority, some correctional services departments in foreign countries would use dogs to train anti-social and disobedient criminals. It may look like the human being is training the dog, but indeed the dog is training the human being at the same time - help them understand the importance of abiding by the law. In Hong Kong, there are 20% of the elderly showing signs of depression, but they always lack someone to talk to. "Elderly and Cats Scheme" encourages the elderly to keep the cat as a companion animal. Referred by social workers or other professional services, the elderly can get a suitable cat as a psychiatric reliance, leading them to a happier and more meaningful life.



# 愛的力量

## The Power of Love

我們天生就需要愛和被愛，最理想的，當然是在人類世界中獲得愛，但幸福並非必然。其實，愛的對象也可以是動物，牠們忠心、誠實，願意無條件地付出愛和關懷。只要我們願意付出一顆真心，無論我們有沒有漂亮的外表、成功的事業或可觀的財富，動物也不會嫌棄我們，只會給我們送上貼心的回應。動物治療的重點，就是要把動物變成人生的一部分。動物不懂得遷就我們，我們可能就要改變自己來遷就牠們。有時，人與人之間會因面子或種種理由，未能放下身段，遷就別人。但面對著天真無邪的寵物，卻是另一回事，我們反而被馴服了，願意「改變自己」。或許，這就是動物治療的心法，因為一個人如果願意改變自己，生命也就能夠改寫了！

We are born to love and be loved, most desirably we can get it in the human's world, but as we all know, we cannot take love for granted. In fact, the target of love could be an animal; they are loyal, honest and willing to devote love and care. No matter we have a beautiful face, glamorous outfit, successful career, considerable sum of fortune or not, as long as we are willing to devote our true heart, animals will never leave or abandon us, but respond to us touchingly. One key point of Animal Therapy, is to see animals as a part of human's life. If animals do not know how to accomodate themselves to us, we may have to change ourselves to fit them. Sometimes we just cannot accomodate ourselves to others because we are afraid of losing honour and prestige by doing so, or there might be other reasons, however, when were are facing innocent pets, it is totally another matter - we might be tamed and willing to "change ourselves". Perhaps, this is exactly what the Animal Therapy is about - life will be changed if one would love to change him/herself!

### Fat Fat's Profile

#### 發發小檔案

發發是一隻出色的治療犬，在中華錫安傳道會工作。他性格隨和，熱情好客，無論對人或對其他動物也很友善，深受大家的愛戴和歡迎。義工胡老師和Carole透露，原來他是一隻自來犬。去年的年廿八，他突然從街上走進官塘動物醫院，姑娘發現他沒有晶片，便收養了他。後來，他被范醫生推薦到「重拾動力計劃」服務，負責提供正能量給隱青。🐾

Fat Fat is an awesome pet partner to fill this position capably, which is now working at Chinese Evangelical Zion Church Social Service Division. It is accomodating, enthusiastic and friendly to both human beings and other animals, and so it is always welcomed and loved by everybody. The volunteers Wu and Carole enclosed that Fat Fat came to them by itself. 3 days before the Lunar New Year of 2011, he strolled into the Kwun Tong Animal Hospital. A nurse checked its body but no chip was found, so they decided to keep Fat Fat. After that, Dr. Fan introduced it to "Regain Momentum" to provide positive energy to reclusive adolescences and young adults. 🐾



希望多些朋友能支持動物治療！