

SZATMÁRI ZOLTÁN, HORVÁTH ESZTER, FRITZ PÉTER

Eszterházy Károly Főiskola, Sporttudományi Intézet, Eger

ABOUT THE HISTORY OF ANIMAL THERAPY AZ ÁLLATTERÁPIA TÖRTÉNETE

Abstract

The animal therapy as a therapy method is really old. People in the antiquity used the healing power of animals. Even Hippocrates, the well known doctor used horses to strengthen the trunk muscles. In the middle Ages the knowledge of the antiquity lost, the people used animals as tools. Nowadays they started to discover these methods again, especially in Germany, in the UK and in the USA. In these countries there were created many organisations in the past 50 years. They train animals (dogs, horses, dolphins and so one) to help more and more children and adults with different kinds of psychological, intellectual problems or locomotor disorder. Unfortunately in Hungary this process is not as known as in abroad. There are only a few organisations who deal with this ancient technique.

Primarily we do my research about this topic in the library and on the internet. Unfortunately there is not any information about animal therapy in Hungarian, but we can find many data in German and English.

Doing our research we learn that there are many people, who inquire about this method, but unfortunately in our country it won't be as general as in abroad. The reason of it is mainly the serious and expensive medical examinations of the animals. That's why this tendency cannot spread in Hungary.

Keywords: animal therapy, healing, organisations, learning

Development of the topic

Nowadays we use animals not only as pets but also in the medicine as a healing method. Naturally all kind of animal can be a therapy animal, but I'll intensively deal with the dog and the horse therapy. However still these two have a really big literature, I would like to emphasize some part which I think are important or interesting.

Even in the prehistory we can speak about connection between people and animals. However this relationship is confined only the hunt in this early age. La-

ter people domesticated some of the animals. The wolves were among the earliest from them. They help us in hunting and they also became loyal partners. Then we realized the healing power of them.



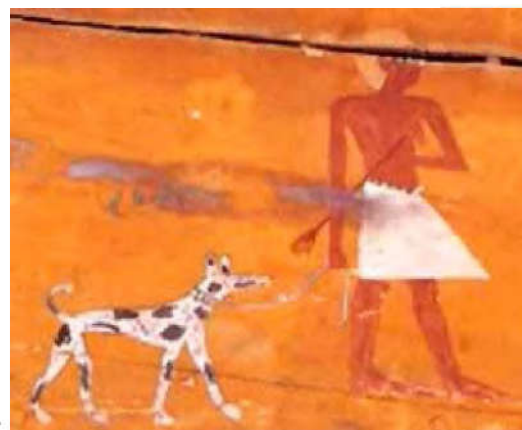
1

The animal therapy as a therapy method is really old. People used it even in the antiquity. Almost all culture in the world has one or more “saint” animals. The Egyptians figured nearly all of their gods from animals (Anubis, Bastet, Thot). Some of them were used for healing, for example the dogs. They thought the dog’s saliva have a healing power. So people really respect the animals in Egypt, especially the cats which was so mummified like the Pharaoh. The murder of a cat was a deadly sin. In Greek the horses were used for cure. Even *Hippokrates* the well known doctor used horses to strengthen the trunk muscles.² Horses were also very popular around the Hungarian adventurers, who went even to the afterlife with their animals.³

¹ <http://www.tankonyvtar.hu/hu/tartalom/tkt/kutyatar-kutyatar/ch05.html>

² <http://www.psychologyafrica.com/2012/05/the-beginning-of-animal-assisted-therapy-aat/>

³ http://www.pacidoki.hu/hu/lovter_hu.html#c_001



In the middle Ages the knowledge of the antiquity lost, people used animals more as tools than therapy method. The reason for that were the serious rules of the Church. The religion controlled all area of their life, and so the connection between people and animals was not as strong like in the antiquity. But even in this dark age we can find objects of using this therapy method. Saint Roch (Szent Rókus) the Franciscan monk with a dog's help, which licked his wounds, recovered from the plague. Later he became the patron saint of people who recovered from the black death.⁶



⁴ <http://barkpost-assets.s3.amazonaws.com/wp-content/uploads/2013/05/greece-dog.jpg>

⁵ http://wysinger.homestead.com/egypt_dog.jpg

⁶ http://jelesnapok.oszk.hu/prod/unnep/szent_rokus

⁷ http://1.bp.blogspot.com/-H0p6aAB3XOc/T9-VM5sHK-I/AAAAAAAAAB-A/yMwH_FGMDns/sl600/258+San+Rocco.jpg

After this dark period our society started to discover the knowledge of the antiquity again.

At the end of the 1600 *John Locke* tried to archive the social- and emphatic development of the children with the help of animals.⁸

In 1750 the doctor of *Mária Terézia* recommended the queen the horse riding as a therapy method for strengthening her weak trunk muscles. However this kind of therapy also proved to be very useful in the treatment of emotional disorders.⁹ Even one of the greatest literateur, Goethe firmly believed in the positive effect of the horse riding.

The first time when we find written objects about the use of animal therapy was in the 18 century. In a mental hospital in *York Retreat* in *England* *William Tuke* practiced this method on mental ill patients.

We know Sigmund Freud as the father of the psychoanalysis, but only a few people know that he was also the first who had resort to the help of a dog in treating people. His dog the Chow Chow Jofi was a real therapy dog which always presented during the psychological therapy. According to Freud the dogs are the best methods to cure people, who have psychosomatic problem. They don't have any stereotype toward the patient, however their emphatic ability is very well developed, their presence mean a calming effect for the patient.¹⁰



11

In 1919 also in America people started to discover the beneficial effect of the animals. The St. Elizabeth Hospital in Washington institute began to apply animals in mental healing programs.

Animal therapy was used even during the II. Word War. Smoky, the little Yorkshire Terrier is a great example for that. Smoky was a dog of *Corporal William Wayne* who got hurt in the battle, so while he convalesced, one of his friends brought his dog to the hospital to feel himself better. It was a brilliant idea,

⁸ <http://www.psychologyafrica.com/2012/05/the-beginning-of-animal-assisted-therapy-aat/>

⁹ http://www.pacidoki.hu/hu/lovter_hu.html

¹⁰ <http://schnauzerfoto.de/2010/03/chow-chow-jofi-und-sigmund-freud-beruehmte-hunde/>

¹¹ <http://kutya-portal.hu/wp-content/uploads/2014/01/Jofi-%C3%A9s-Sigmund-Freud.jpg>

because the presence of Smoky had a very good effect on the other patients. The doctor of the hospital noticed this, and he let the dog to visit his keeper regularly, as a living antidepressant for him, and for the other soldiers, who often had physically or mentally injury.

Although Smoky was not for the war trained dog, he served in the II. Word War. He saved his keeper's life many times, when he forecasted the bombs. But his greatest feat was when he showed under a tunnel a 70 m long cord. A bunch of people's life was saved with this action. Smoky is a national hero now, he has many monuments all over America.¹²



13



14

Animal therapy was use even in the German military during the II. Word War. Ernst Göring, son of the Luftwaffe chef Hermann Göring used therapeutic horseback riding to rehabilitate the wounded pilots.¹⁵

1968 passes for a milestone in the history of Animal Assisted Therapy, namely in this year the idea was born by Prof. Boris Levinson, about using animal therapy in Clinical psychology. The psychologist of the American Yeshiva University, Dr. Levinson deal with mentally handicapped children, and children with behaviour disorders. One day he treated a young boy with behaviour disorders. Levinson tried to speak to him for months, but it was hopeless, the young boy refused to answer. Once he was forced to bring his dog in his surgery. However when the boy saw the dog he started to ask questions about it, and slowly he asked not only about the dog but he spoke with the doctor. Then Levinson regularly used his dog during the treatments. He started to study the relationship between people

¹² https://books.google.hu/books?id=2PruqyaDw6wC&pg=PR16&lpg=PR16&dq=animal+assisted+therapy+smoky&source=bl&ots=bTtwdK2Add&sig=0aaxBsRoODGjL_OHDJEo-xfgYvA&hl=de&sa=X&ei=e_gaU-DqNofpywPa4YCADg&ved=0CGUQ6AEwBA#v=onepage&q=animal%20assisted%20therapy%20smoky&f=false

¹³ [http://upload.wikimedia.org/wikipedia/en/b/b7/Smoky_\(dog\)_in_helmet.jpg](http://upload.wikimedia.org/wikipedia/en/b/b7/Smoky_(dog)_in_helmet.jpg)

¹⁴ <http://www.njpetcommunity.com/wp-content/gallery/njpet/smokey/smokey-war-dog-yorkie-yorkshire-terrier.jpg>

¹⁵ Geoffrey Cocks: Psychotherapy in the Third Reich: The Göring Institute ISBN 1-56000-904-7, p. 312.

and animals, he even gave lecture on it, and collected information about other, similar cases. Unfortunately his speech was unsuccessful, that time the society was not enough open for that kind of discovery.¹⁶

The using of AAT spreaded in America and England first, but later also became very popular in Germany, Switzerland and in the Netherlands. In 1969 the RDA was created in England, and in the same year the NAHRA in the USA. In 1979 the SCAS was created (Society for Companion Animal Studies) in the UK. Soon much more organizations formed in the world, for example the CSToG (Centre for Service and Therapy Dog's Germany) in Germany and in 1997 the MLTSZ and in 2006 the MATESZE (Magyar Terápia és Segítőkutya Egyesület) in Hungary. In 2004 the ESAAT was born (European Society for Animal Assisted Therapy).

Nowadays series of surveys demonstrate the effectiveness of the AAT. It can help both to the children, adults and old people. It gives assistance to overcome depression and help to build contacts. In Hungary and the neighbouring countries the dog and the horse therapy plays a huge role. We can use both of them for motion development. With the horses we can improve the trunk muscles.

Sources

<http://www.psychologyafrica.com/2012/05/the-beginning-of-animal-assisted-therapy-aat/>

http://www.pacidoki.hu/hu/lovter_hu.html#c_001

http://jelesnapok.oszk.hu/prod/unnep/szent_rokus

<http://www.psychologyafrica.com/2012/05/the-beginning-of-animal-assisted-therapy-aat/>

http://www.pacidoki.hu/hu/lovter_hu.html

http://books.google.hu/books?id=2PruqyaDw6wC&pg=PA25&dq=william+tuke+animal+assisted+therapy+bethlem+hospital&hl=de&sa=X&ei=IvQaU4O6Men_ygOJrIKIBg&ved=0CCwQ6AEwAA#v=onepage&q=william%20tuke%20animal%20assisted%20therapy%20bethlem%20hospital&f=false

<http://schnauzerfoto.de/2010/03/chow-chow-jofi-und-sigmund-freud-beruehmte-hunde/>

http://books.google.hu/books?id=2PruqyaDw6wC&pg=PR16&lpg=PR16&dq=animal+assisted+therapy+smoky&source=bl&ots=bTtwdK2Add&sig=0a-axBsRoODGjL_OHDJEo-xfgYvA&hl=de&sa=X&ei=e_gaU-DqNofpy-

¹⁶ <http://www.matud.iif.hu/2011/06/06.htm>

wPa4YCADg&ved=0CGUQ6AEwBA#v=onepage&q=animal%20assis-
ted%20therapy%20smoky&f=false

Geoffrey Cocks: Psychotherapy in the Third Reich: The Göring Institute ISBN
1-56000-904-7, p. 312.

<http://www.matud.iif.hu/2011/06/06.htm>

Pictures

<http://www.tankonyvtar.hu/hu/tartalom/tkt/kutyatar-kutyatar/ch05.html>

<http://barkpost-assets.s3.amazonaws.com/wp-content/uploads/2013/05/greece-dog.jpg>

http://wysinger.homestead.com/egypt_dog.jpg

http://1.bp.blogspot.com/-H0p6aAB3XOc/T9-VM5sHK-I/AAAAAAAAAB-A/yMwH_FGMDns/s1600/258+San+Rocco.jpg

<http://kutya-portal.hu/wp-content/uploads/2014/01/Jofi-%C3%A9s-Sigmund-Freud.jpg>

[http://upload.wikimedia.org/wikipedia/en/b/b7/Smoky_\(dog\)_in_helmet.jpg](http://upload.wikimedia.org/wikipedia/en/b/b7/Smoky_(dog)_in_helmet.jpg)

<http://www.njpetcommunity.com/wp-content/gallery/njpet/smokey/smokey-war-dog-yorkie-yorkshire-terrier.jpg>