

# creature comfort pet therapy

**creature comfort pet therapy** is an innovative and compassionate approach that integrates animals into therapeutic settings to promote emotional, psychological, and physical well-being. This method leverages the natural bond between humans and animals to provide comfort, reduce stress, and improve overall health outcomes. Creature comfort pet therapy has gained increasing recognition in healthcare, mental health, and community programs due to its proven benefits across diverse populations. This article explores the fundamental concepts behind creature comfort pet therapy, its various applications, and the scientific evidence supporting its efficacy. Additionally, it outlines the types of animals commonly involved and best practices for implementing pet therapy programs effectively. The discussion also addresses potential challenges and future directions in the field, providing a comprehensive understanding of this valuable therapeutic tool.

- Understanding Creature Comfort Pet Therapy
- Benefits of Creature Comfort Pet Therapy
- Types of Animals Used in Pet Therapy
- Applications of Creature Comfort Pet Therapy
- Implementing Creature Comfort Pet Therapy Programs
- Challenges and Considerations

## Understanding Creature Comfort Pet Therapy

Creature comfort pet therapy is a specialized form of animal-assisted therapy that emphasizes the soothing and reassuring effects animals have on humans. It involves trained therapy animals, often accompanied by certified handlers, interacting with individuals in various settings such as hospitals, nursing homes, schools, and rehabilitation centers. The core principle is to utilize the calming presence and nonjudgmental companionship of animals to alleviate anxiety, loneliness, and other emotional difficulties. This therapeutic approach is distinct from service animals, which perform specific tasks, as creature comfort pet therapy focuses primarily on emotional support and enhancing quality of life through animal interaction.

## Definition and Scope

Creature comfort pet therapy refers to the deliberate use of animals to

provide comfort and emotional support to individuals undergoing physical, psychological, or social challenges. The therapy sessions are structured to foster positive interactions that promote relaxation, socialization, and emotional healing. This form of therapy can be customized to meet the needs of different populations, including children, elderly individuals, and patients with chronic illnesses or mental health disorders.

## **Historical Context**

The concept of using animals for therapeutic purposes dates back centuries, with documented cases of animals aiding in human healing and emotional stability. Modern creature comfort pet therapy began gaining formal recognition in the mid-20th century, evolving alongside advances in healthcare and psychology. Today, it is an established complementary therapy supported by research and integrated into multidisciplinary treatment plans.

## **Benefits of Creature Comfort Pet Therapy**

Creature comfort pet therapy offers a wide range of physical, emotional, and psychological benefits backed by scientific research. The presence of therapy animals has been shown to reduce stress hormones, lower blood pressure, and improve mood. These benefits contribute significantly to enhanced patient outcomes and overall well-being.

### **Emotional and Psychological Benefits**

Interacting with therapy animals can help reduce feelings of anxiety, depression, and loneliness. The nonverbal communication and unconditional affection from animals provide comfort and foster a sense of safety and acceptance. For individuals with mental health challenges, creature comfort pet therapy can complement traditional treatments by promoting emotional regulation and social engagement.

### **Physical Health Advantages**

Beyond emotional support, pet therapy can encourage physical activity, improve motor skills, and stimulate sensory awareness. Patients recovering from surgery or dealing with chronic pain may experience reduced perception of pain and increased motivation for rehabilitation through positive interactions with animals.

### **Social Interaction and Communication**

Creature comfort pet therapy also enhances socialization, particularly for

individuals who struggle with communication or social anxiety. Therapy animals act as social catalysts, encouraging interaction among patients, caregivers, and healthcare providers. This can be especially beneficial in group therapy settings or educational environments.

- Reduction in stress and anxiety levels
- Improved mood and decreased depression symptoms
- Lowered blood pressure and heart rate
- Enhanced social skills and communication
- Increased motivation for physical therapy and rehabilitation

## **Types of Animals Used in Pet Therapy**

While dogs are the most common therapy animals, creature comfort pet therapy encompasses a variety of species selected based on the therapeutic goals and client preferences. Each type of animal brings unique qualities that can enhance the therapy experience.

### **Dogs**

Dogs are the predominant species in pet therapy due to their trainability, sociable nature, and ability to bond closely with humans. Different breeds may be chosen depending on temperament, size, and suitability for specific client needs. Therapy dogs undergo rigorous training and certification to ensure they are well-behaved and responsive in therapeutic settings.

### **Cats**

Cats are also utilized in creature comfort pet therapy, particularly for clients who prefer a gentler, more independent animal companion. Cats can provide calming effects and promote relaxation, especially in environments like nursing homes and assisted living facilities.

### **Other Animals**

Other animals such as rabbits, guinea pigs, birds, and even miniature horses have been employed in pet therapy programs. These animals are chosen for their calm temperament and ability to engage clients in unique ways. For example, miniature horses are used in settings where larger animals can be

accommodated and provide a novel therapeutic experience.

## **Applications of Creature Comfort Pet Therapy**

Creature comfort pet therapy is applied across diverse environments to support individuals facing a variety of challenges. Its flexibility and effectiveness make it a valuable tool in many therapeutic contexts.

### **Healthcare Settings**

Hospitals and rehabilitation centers incorporate pet therapy to aid in patient recovery, pain management, and emotional support. Interaction with therapy animals can help reduce hospital-related stress and improve patient satisfaction.

### **Mental Health Treatment**

In mental health facilities, creature comfort pet therapy assists in managing anxiety, depression, PTSD, and other psychological conditions. It is often integrated into counseling and group therapy to enhance engagement and emotional expression.

### **Educational Environments**

Schools and special education programs use pet therapy to foster social skills, reduce behavioral issues, and promote empathy among students. Animals can serve as motivators and calming influences in classroom settings.

### **Senior Care and Assisted Living**

In senior living communities, pet therapy combats isolation, stimulates memory recall, and encourages physical activity among older adults. The presence of animals enhances quality of life and emotional well-being for elderly residents.

## **Implementing Creature Comfort Pet Therapy Programs**

Establishing an effective creature comfort pet therapy program requires careful planning, adherence to safety standards, and collaboration among healthcare professionals, animal handlers, and clients.

## **Training and Certification**

Therapy animals must undergo specialized training to ensure they are calm, obedient, and comfortable in various environments. Handlers also receive education on animal behavior, infection control, and client interaction protocols. Certification by recognized organizations validates the suitability of both animal and handler for therapy work.

## **Program Design and Protocols**

Successful programs define clear objectives, session structures, and evaluation methods. This includes selecting appropriate animals, scheduling visits, and setting guidelines for client eligibility and interaction. Safety measures are critical to prevent allergic reactions, injuries, or animal stress.

## **Collaboration with Healthcare Providers**

Integrating creature comfort pet therapy into treatment plans involves coordination with medical and mental health professionals to align therapy goals and monitor outcomes. Ongoing communication ensures that pet therapy complements other interventions effectively.

## **Challenges and Considerations**

While creature comfort pet therapy offers significant benefits, several challenges must be addressed to maintain program integrity and client safety.

## **Health and Safety Concerns**

Potential risks include allergies, zoonotic diseases, and animal behavior unpredictability. Strict hygiene protocols, regular health screenings for animals, and careful client screening help mitigate these risks.

## **Accessibility and Inclusivity**

Ensuring that pet therapy is accessible to individuals with disabilities or phobias requires adaptable approaches. Alternative forms of animal interaction or virtual pet therapy may be employed to accommodate diverse needs.

## **Ethical Considerations**

Animal welfare is paramount in creature comfort pet therapy. Animals must not be overworked or exposed to stressful situations. Ethical guidelines emphasize respect for animal well-being alongside client benefit.

## **Frequently Asked Questions**

### **What is Creature Comfort Pet Therapy?**

Creature Comfort Pet Therapy is a program that uses trained therapy animals to provide emotional support, reduce stress, and improve the well-being of individuals in various settings such as hospitals, schools, and nursing homes.

### **How does Creature Comfort Pet Therapy benefit mental health?**

Creature Comfort Pet Therapy helps reduce anxiety, depression, and loneliness by providing companionship, comfort, and a sense of connection through interactions with friendly therapy animals.

### **What types of animals are commonly used in Creature Comfort Pet Therapy?**

Common animals used include dogs, cats, rabbits, and sometimes smaller animals like guinea pigs, all carefully trained to be gentle and calm around people.

### **Who can participate in Creature Comfort Pet Therapy sessions?**

Anyone can benefit from Creature Comfort Pet Therapy, including children, elderly individuals, patients recovering from illness, and people experiencing emotional or psychological challenges.

### **Is Creature Comfort Pet Therapy safe for people with allergies?**

Programs often consider allergies by using hypoallergenic animals or ensuring proper hygiene and controlled environments to minimize allergic reactions.

### **How can one become a Creature Comfort Pet Therapy**

## **volunteer?**

Individuals interested in volunteering typically need to complete a training program, have a well-behaved pet that passes temperament tests, and obtain certification from recognized therapy animal organizations.

## **Where are Creature Comfort Pet Therapy sessions usually held?**

Sessions are commonly held in hospitals, nursing homes, schools, rehabilitation centers, and community centers to maximize accessibility for those who benefit from animal-assisted therapy.

## **What is the difference between Creature Comfort Pet Therapy and regular pet ownership?**

Creature Comfort Pet Therapy involves trained animals specifically for therapeutic interactions under supervision, while regular pet ownership is focused on companionship without the structured therapeutic goals.

## **Are there any scientific studies supporting the effectiveness of Creature Comfort Pet Therapy?**

Yes, numerous studies have shown that therapy animals can lower blood pressure, reduce stress hormones, improve mood, and enhance social interaction, validating the benefits of Creature Comfort Pet Therapy.

## **Additional Resources**

### *1. The Healing Power of Pets: Harnessing Creature Comfort for Emotional Wellness*

This book explores the profound impact that pets have on human emotional health. It delves into scientific studies and personal stories that highlight how animals provide comfort, reduce stress, and promote healing. Readers will find practical advice on integrating pet therapy into everyday life for improved mental well-being.

### *2. Creature Comfort: How Pets Transform Our Lives Through Therapy*

Focusing on the therapeutic benefits of companion animals, this title offers insights into various types of pet therapy, including animal-assisted therapy and emotional support animals. It examines the roles different species play in healing and provides guidance for those seeking to use pets as part of a therapeutic regimen.

### *3. Furry Friends, Healing Hearts: The Science of Creature Comfort in Pet Therapy*

This book presents a comprehensive overview of the scientific research behind

pet therapy and the concept of creature comfort. It explains how interactions with animals can lower anxiety, improve mood, and enhance social connections. The author includes case studies that illustrate the transformative power of animal companionship.

#### *4. Paws and Presence: Mindfulness and Creature Comfort in Animal-Assisted Therapy*

Combining mindfulness practices with pet therapy, this book offers techniques for using animal interactions to cultivate presence and reduce anxiety. It highlights the unique ability of pets to ground individuals in the present moment, making therapy sessions more effective and enriching.

#### *5. Comfort Creatures: The Role of Pets in Emotional and Physical Healing*

Exploring both emotional and physical aspects of healing, this book discusses how pets contribute to recovery from illness, injury, and mental health challenges. It provides detailed examples of therapy animals in hospitals, nursing homes, and counseling settings, emphasizing their role in holistic care.

#### *6. Whiskers and Wellness: The Therapeutic Benefits of Creature Comfort*

This engaging title examines how daily interactions with pets can foster a sense of well-being and reduce feelings of loneliness. It offers practical tips for caregivers and therapists on incorporating pets into wellness programs, supported by research and anecdotal evidence.

#### *7. The Comfort of Companionship: Pet Therapy and Emotional Support Animals*

Focusing on the legal and emotional framework of emotional support animals, this book guides readers through the process of obtaining and benefiting from support pets. It explores the psychological comfort these animals provide and their growing acceptance in therapy and everyday life.

#### *8. Healing Paws: Stories of Transformation Through Creature Comfort Therapy*

Through compelling personal narratives, this book showcases the life-changing effects of pet therapy on individuals facing trauma, addiction, and chronic illness. It highlights the empathetic bond between humans and animals that fosters resilience and hope.

#### *9. Animal Angels: The Science and Spirit of Creature Comfort in Healing*

Blending scientific research with spiritual perspectives, this book explores how pets serve as both healers and companions. It investigates the energetic and emotional exchanges between humans and animals, offering a holistic view of creature comfort in therapy settings.

## **Creature Comfort Pet Therapy**

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**creature comfort pet therapy:** *Creature Comfort* Bernie Graham, 2010-10-05 . . . a collection of wonderful and encouraging stories about 'Animal Assisted Therapy.' - Stanley Coren, author of *The Intelligence of Dogs* This inspiring, humorous, and touching book celebrates the beneficial effects that animals have on humans and describes how their healing potential is being increasingly acknowledged by the medical community. Animal Assisted Therapy, an important new development in health care, has already shown that people are statistically less likely to suffer an early heart attack if they have a pet, and that stroking an animal actually reduces stress levels. This, however, is only the tip of the iceberg, says environmental psychologist Bernie Graham. Animal Assisted Therapy is now achieving amazing results in treating children with physical and mental disabilities by using trained dolphins in aquatic therapy. There are also programs that teach dogs to help the disabled by taking laundry out of the washing machine; selecting, unpacking, and paying for items in the supermarket; and even withdrawing money from the bank. Cats, rabbits, and dogs are now taken into hospitals to comfort the patients, and more exotic animals such as ferrets, donkeys, guinea pigs, monkeys, and even tigers are being used to bring hope to individuals, thereby enhancing human efforts. Written with warmth and compassion, *Creature Comfort* looks at all aspects of Animal Assisted Therapy, including the theories behind it, to provide both a practical guide and a moving account of the many rewarding human-animal interactions. A must for pet lovers, health care workers, and anyone who wishes to benefit from this most holistic of therapies. Bernie Graham, an environmental psychologist, is a member of the British Psychological Society, the International Society for Anthrozoology, and the Society for Companion Animal Studies.

**creature comfort pet therapy:** *CREATURE COMFORT: Veterinary Medicine for Pet Lovers and Future Doctors* Meredith Kennedy DVM, 2010-03-24 *Creature Comfort: Veterinary Medicine for Pet Lovers and Future Doctors*. The basics of veterinary medicine for anyone who loves animals, for those who aspire to become a veterinarian, or for pet lovers who just want the inside scoop. Do you know someone who has always wanted to be a veterinarian? Is it you? Whether you're ten years old or seventy, pet lovers of all ages will enjoy this reader-friendly handbook on the basics of veterinary medicine. What does it take to become a veterinarian? Do I have to get straight As in school? How many years does it take? What do veterinarians do? What's the difference between a small animal and a large animal veterinarian, or those who specialize in exotic animals or reptiles or birds or emergency? Why do we spay and neuter? How are surgeries performed for animals? Why do they need vaccinations? Why do they need their teeth cleaned? Whether you're planning a career in veterinary medicine or you're just curious and you love animals. *Creature Comfort: Veterinary Medicine for Pet Lovers and Future Doctors* explains the basics in an engaging format with plenty of photos of our furry, four-legged friends. A portion of the proceeds from this book is donated to animal welfare organizations.

**creature comfort pet therapy: Spirituality, Health, and Healing: An Integrative Approach** Caroline Young, Cyndie Koopsen, 2010-08-15 *Spiritual, Health, and Healing : An Integrative Approach*, Second Edition offers healthcare professionals, instructors, and spiritual care providers a comprehensive guide to the most current research on the connection between spiritual practice and health. This updated Second Edition includes new sections on integral spirituality and the New Thought Movement; healing rituals and healing environments; plus new information on spirituality and aging, caring for the elderly, and spiritual hospice.--Résumé de l'éditeur.

**creature comfort pet therapy:** *Unnatural Companions* Peter Christie, 2020-05-21 Highly compelling...page-turning read — TNC's Cool Green Science We love our pets. Dogs, cats, birds, reptiles, and other species have become an essential part of more families than ever before—in North America today, pets outnumber people. Pet owners are drawn to their animal companions through an innate desire to connect with other species. But there is a dark side to our domestic connection with animal life: the pet industry is contributing to a global conservation crisis for wildlife—often without the knowledge of pet owners. In *Unnatural Companions*, journalist Peter Christie issues a call to action for pet owners. If we hope to reverse the alarming trend of wildlife

decline, pet owners must acknowledge the pets-versus-conservation dilemma and concede that our well-fed and sheltered cats too often prey on small backyard wildlife and seemingly harmless reptiles released into the wild might be the next destructive invasive species. We want our pets to eat nutritionally healthy food, but how does the designer food we feed them impact the environment? Christie's book is a cautionary tale to responsible pet owners about why we must change the ways we love and care for our pets. It concludes with the positive message that the small changes we make at home can foster better practices within the pet industry that will ultimately benefit our pets' wild brethren.

**creature comfort pet therapy: Children, Dogs and Education** Mary Renck Jalongo, 2018-05-08 This book brings together authoritative information about the child/dog bond as it is manifested with family dogs, visiting therapy dogs, and service dogs trained to assist children with disabilities. Despite the widely accepted view that participating in a dog's care and interacting with dogs in behaviorally healthy ways is a route to becoming responsible and compassionate, research on this complex dynamic is difficult to design, time-consuming to collect, and challenging to analyze. This volume synthesizes theory, research, and practice, bringing all to bear upon child/dog interactions in homes, schools, libraries, and the community at large. *Children, Dogs and Education* serves as a handbook for a diverse group of adults who seek to build positive relationships between children and dogs—parents/families, professional dog trainers, teachers, librarians, mental health professionals, health care professionals, and university faculty. The study of interactions between human and nonhuman animals has captured the imagination of an international community of researchers from many different fields and professions. Even though dogs are ubiquitous in the lives of most children, studies of children's interactions with dogs in families and communities are lacking. Most of the previous research on the human-canine bond has focused on adolescents and adults or, even when younger children are the focus, it has tended to rely on parents to speak for children. There are three features of this book that make it unique. First, it goes beyond exploring the child/dog bond to examine additional important issues, including: children's concepts of responsible care, their ability to interpret dogs' behavioral cues, and their ideas about canine behavioral issues/training. Second, unlike most other work to date, it represents children's voices through cases, interviews, and drawings. Finally, the contributors to this edited work use their collective wisdom to draw educational implications and suggest direction in preparing the next generation of dog guardians.

**creature comfort pet therapy: Animals are the Issue** Linda S Katz, 2013-10-31 Supply your library with the best collection of resources on animal issues! *Animals are the Issue: Library Resources on Animal Issues* is a guide to books, journals, and Web sites on historic and modern animal treatment. Expert librarians and scholars provide helpful resources showing what ideals and practical solutions exist in animal rights and welfare debates. With this book, students, philosophers, and politicians can find the best of written and electronic resources about the protection and ethical use of animals by humankind. *Animals are the Issue* stands alone as a source for locating materials on animal protection and welfare. This valuable guide will help librarians save time and money in locating diverse areas of information regarding animal consumption and exploitation. The authors have noted what they consider to be the most essential resources for library collections. This book offers references that discuss the utilization of animals by humans: as companions in sports and entertainment in religion in science and education in industry in hunting *Animals Are the Issue* explores how animals are seen, viewed, and used by humans. With bibliographies, annotated lists, and short commentaries by the authors on nearly every item, you'll be able to supply your patrons with a highly effective animal rights/welfare collection.

**creature comfort pet therapy: Harnessing the Power of Equine Assisted Counseling** Kay Sudekum Trotter, 2012 First Published in 2012. Routledge is an imprint of Taylor & Francis, an informa company.

**creature comfort pet therapy: Imagining Animals** Caroline Case, 2025-07-30 This classic edition of *Imagining Animals* explores how the making of animal images in art therapy and child

psychotherapy can act as a powerful catalyst for children who may be struggling with communication. Readers will benefit from learning about the different ways that animal symbolism can support autistic children and children navigating trauma, abuse and depression in engaging with the therapeutic process. This essential book explores two contrasting primitive states of mind throughout: the investing of the world around us with life through animism and participation mystique, and the lifeless world in the states of mind encountered in children who are hard to reach. Featuring a new introduction by the author, subjects covered in subsequent chapters include, but are not limited to: Animal/human relationships Animal symbolism Animals on stage in therapy and anthropomorphic animal objects Three-dimensional clay-work The location of the self in animals Imagining Animals offers a unique insight into the role and representation of animal imagery in art therapy and child psychotherapy. This is an essential read for all arts and play therapists working with children as well as adult psychotherapists interested in the use of imagery.

**creature comfort pet therapy: Dogs in Health Care** Jill Lenk Schilp, 2019-09-26 Dogs have a storied history in health care, and the human-animal relationship has been used in the field for decades. Certain dogs have improved and advanced the field of health care in myriad ways. This book presents the stories of these pioneer dogs, from the mercy dogs of World War I, to the medicine-toting sled dogs Togo and Balto, to today's therapy dogs. More than the dogs themselves, this book is about the human-animal relationship, and moments in history where that relationship propelled health care forward.

**creature comfort pet therapy: Prevention Magazine's 2000 Everyday Health Tips for Better Health and Happiness** , 1993

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**creature comfort pet therapy: Books Magazine** , 1998

**creature comfort pet therapy: Positive Ageing** Nilanjana Sanyal, Manisha Dasgupta, 2020-12-20 This book presents a kaleidoscopic view of the positive layers of ageing as well as key interventions that can help generate and maintain positivity and well-being among the elderly. It explores the connections of ageing with spirituality, nature and existentialism, and leisure to encourage creativity, individuation, happiness, and emotional detachment. It further examines various interventions such as end-of-life care, mindfulness and yoga, retrospection, life review, and so on, which may improve the overall quality of life by promoting the health of the elderly individual.

The book focuses on authentic ageing, transpersonal gerontology, the concept of the elder child, geriatric interventions, and caregiving, and suggests practical improvements in health and facilities for the elderly. It also covers aspects of the inner life of the prolonged ailing or dying person from a mental health perspective and emphasizes the value of positive ageing. A guide to applied geriatrics and geriatric psychology, with its simple style and clear methods in end-to-end praxis, the book shows how mental well-being can be fostered in the elderly to help them find meaning and purpose in old age. This book will interest students, teachers, and researchers of psychology, positive psychology, geropsychology and gerontological studies, sociology and social work, public health, medical education, and geriatric nursing. It will also be useful to practitioners including psychologists, counsellors, gerontologists, mental health professionals and NGOs working with the elderly, and the interested reader.

**creature comfort pet therapy: Your Dog: Owner's Manual** Marty Becker, Gina Spadafori, 2025-05-01 Through surprising facts, moving stories and tested solutions, the veterinary expert from Good Morning America and The Dr. Oz Show will give every dog owner the secrets to raising a healthy, well-behaved dog. For anyone who owns a dog or is thinking about getting one, Dr. Marty Becker's manual is a must-have guide to anything and everything canine. In *Your Dog: The Owner's Manual*, the best-loved family doctor for pets shares insider secrets on how to keep puppy problems from becoming doggy disasters and how to best bond with your dog through helpful, easily accessible tips and tricks on how to: Find the right dog for your family's lifestyle Solve the most annoying behavioral problems Make sure your dog gets the exercise he needs Use food puzzles to prevent weight gain Prevent dog health problems Save money on medication, both traditional and alternative For seasoned dog owners as well as those looking to adopt a new friend, Dr. Becker provides all the insight that makes for both happy owners and happy dogs.

**creature comfort pet therapy: Parenting with Pets** Christine Hamer, Margaret Hevel, 2007 *Parenting with Pets* beautifully details the never ending learning opportunities family pets naturally bring into the lives of their children. Parents will appreciate the many examples of challenging life lessons and how our pets can be the most effective teachers with our guidance and interactive dialogue with our children. *Parenting with Pets* will show you how pets facilitate social interactions, and how children from pet-owning homes have better verbal and nonverbal communication skills than those from non-pet-owning families. Pets can also help teens through awkward adolescence. This book will show you how pets augment the lessons we teach. Although they cannot take a parent's place in raising children, pets can help to remind parents that many of the things we find stressful, such as business meetings, traffic jams, frustrating coworkers, aren't really that important. Animals have a profound effect on human physiology. They slow the heart rate, lower blood pressure, and temper

**creature comfort pet therapy: Finding Joy on the Mountain Climb** Lori Arnold-Grine, PhD, 2014-12-12 Living with chronic illness can make life seem like a steep mountain climb. How do you find the strength to climb on and face each day with pain and suffering? *Finding Joy on the Mountain Climb* is a story of encouragement and hope, enriched with scripture and prayer. Written during a chronic illness battle, Arnold-Grine shares how a deep personal relationship with God helped her take One Step at a Time. She also includes 40 days of inspirational devotions from her health blog to help find purpose, peace and comfort in the battle. Discover how God will carry you through a struggle and equip you for the climb in her testimony: Every day with chronic illness I must take up my cross and follow where God leads me up this mountain. My hand is in His - the only way I want to travel this difficult journey. It has brought me to a deeper relationship with God, and through it I wish to share my story of hope and offer encouragement to others. The focus is not on the mountain climb, but on the Lord getting me to the summit to praise Him and finding joy in the journey by leaning heavily on Him. Inspired by Psalm 46:10 Be still and know that I am God, I take one step at a time with Him. It is within the battle that we find ourselves committed to what matters most. As I lean not on my own understanding, God offers peace and light to pave my pathway. He gives strength for the journey and carries me. Give me Jesus for the journey, and as I walk closely with

Him, may He bless others through me. It is my prayer that this story encourages others to praise God on the mountain climb.

**creature comfort pet therapy: The World's Children and Their Companion Animals** Mary Renck Jalongo, 2004

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