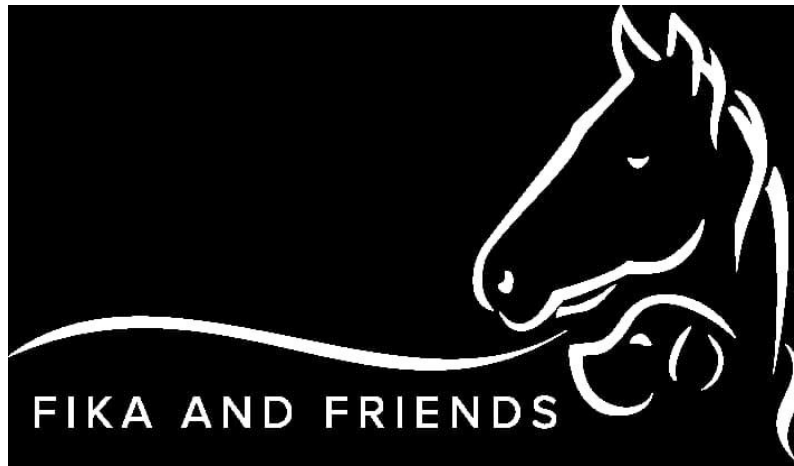


Fika and Friends



Fika and Friends provide animal assisted therapy in Boston, MA. AAT is an emerging form of therapeutic intervention in which animals are used as tools for clients to gain self-understanding and emotional growth. Dog and equine assisted psychotherapy is a type of therapy, a field of mental health that recognizes the bond between animals and humans and the potential for emotional healing that can occur when a relationship is formed between the two species.

Fika and Friends provide motivational, educational and recreational interactions that enhance people's quality of life. Literacy programs help children improve their reading skills by reading. Further, the animal interaction motivates rehabilitation patients to walk again, teaches children in special-education classrooms important life skills, and facilitates counseling sessions in mental health centers.

Animal assisted therapy is thought to be an effective short-term therapeutic approach for both individuals and families, addressing a number of mental health problems, including behavioral issues, depression and anxiety, low self esteem, eating disorders, ADD/ADHD, post traumatic stress disorder, and relationship problems. While there is a need for research to support anecdotal evidence of the effectiveness of animal assisted psychotherapy.

37 Mill Road, Ipswich, MA, 01938, USA.

(617) 872-2399

<https://www.fikaandfriends.com>

<https://www.linkedin.com/in/leah-goldman-437ba888>

<https://www.youtube.com/channel/UCNQhs0-YhmvO3i0hmv6BI4g/about>

<https://www.instagram.com/legoldman/>

<https://www.pinterest.com/fikaandfriendsma1848/>