KYNOTHERAPY AS THE METHOD ASSISTING THE REHABILITATION OF CHILDREN WITH AUTISM
Kynoterapia, jako metoda wspomagająca rehabilitację dzieci z autyzmem

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Abstract

Kynotherapy is a domain thriving for many years having a more and more big application in assisting rehabilitation treating suffering children for autism. Kynotherapeutic classes consist in stimulating the development of the child through the contact with the specially selected, but next trained dog with psychotherapist. Individually exercises selected according to needs of the patient can much lengthen the odds on the smooth running in the adult life supporting the psychosocial development of the child working with the dog also. On the basis of observations of dynamics of the progression kynotherapy in final years it is possible to expect the growing popularity of this method on account of current satisfying results, of drawing up new sets of exercises and coming into existence of next organizations focusing specialists in this field.

Streszczenie

Kynoterapia jest prężnie rozwijającą się od wielu lat dziedziną mającą coraz większe zastosowanie we wspomaganiu leczenia rehabilitacyjnego dzieci cierpiących na autyzm. Zajęcia kynoterapeutyczne polegają na stymulowaniu rozwoju dziecka poprzez kontakt ze specjalnie wyselekcjonowanym, a następnie wyszkolonym psem terapeutą. Indywidualnie dobrane według potrzeb pacjenta ćwiczenia mogą znacznie zwiększyć szanse na lepsze funkcjonowanie w dorosłym życiu wspomagając również rozwój psychospołeczny dziecka pracującego z psem. Na podstawie obserwacji dynamiki postępu kynoterapii w ostatnich latach można się spodziewać rosnącej popularności tej metody ze względu na dotychczasowe zadowalające wyniki, opracowania nowych zestawów ćwiczeniowych oraz powstawania kolejnych organizacji skupiających specjalistów w tej dziedzinie.

Kynotherapy is an issue relatively extensive grasping diverse methods of the rehabilitation. Courses of treatment closely are connected with the kind of disease, in this case with the disorders associated with autism. In every type of therapy a trained dog led by the specialist performs the key role.
Word Kynotherapy derives from the Greek word “kyon” (dog) and therapy combines with the word. Kynotherapy is a multistage process, where overcoming fear and rehabilitated accepting the company of the dog by the child are a crucial moment. They state that children touched with autism more easily establish the bond with the dog with psychotherapist than with the second man. Presence of the dog certainly relaxes and motivates the child to the follow-up work developing his psychosocial abilities. [2]

History kynotherapy in Poland in 1966 in the form spontaneous meetings of enthusiasts of dogs with disabled persons are started. Along with growing interest in this domain a Warsaw foundation was formed CZE-NE-KA, which harness sport was a primary activity for. With the participation of dogs a Foundation is the first organization, for which organizing therapy was a purpose Friend established in 2002 in Warsaw. At the same time for the Foundation Friend a Dogtor Foundation was formed. In 2003 in Łódź a foundation was formed "Ama Canem" which takes care of persons suffering from diverse diseases. In 2004 in Bydgoszcz a Dogotherapeutic Foundation was formed "exactly this way" which already from the beginning of one's activity distinguished methods one-two-three, AAE and AAT. Within consecutive years many new foundations dealing with therapy with the participation were formed of dogs. The problem constitutes the fact that organizations operate according to own standards, because there are no all-Polish concerning regulations kynotherapy. In the country many amateur centers function kynotherapeutic - are often these are people well educated, having good qualifications, however there are many offering swindlers still "pseudokynoterapię" [3].

The following genera are distinguished kynotherapy:

1. One-two-three (Animal Assistant Activity) - of taking the phylum hold one-two-three they are characterized by a lack of script and methodology, here a spontaneity of conducted meetings is crucial; one-two-three a stage constitutes cognitions, of releasing positive emotions; the child establishes the bond with the dog with psychotherapist through a direct contact among others a touch is which; one-two-three constitutes the form of the group work,

2. AAE (Animal Assistant Education) - classes of the AAE phylum are aimed at streamlining the intellectual development of the child; AAE constitutes the form of the individual work / group,

3. AAT (Animal Assistant Therapy) - classes of the AAT phylum depend on individual needs of the child; this genus kynotherapy requires the supervision of specialists along with the increased level of difficulty of exercises - progress is written in files; AAT constitutes the form of the individual work [3].

It is worthwhile recalling that mentioned above genera kynotherapy refer to refined standards. Polish organizations took the following division of activity on: Meeting with the Dog (SP),
Education with the Dog (EP) and Therapy with the Dog (TP). Refined and Polish standards differ slightly from themselves methodologically but the sense of the operation is the same. Distinguished genera kynotherapy attendances require the dog, however choice of the dog being suitable for a psychotherapist is very much difficult and laborious on account of the abundance of spot heights which a dog participating in classes should have kynotherapeutic. The process of selection should be based on an extensive knowledge, for experience and above all awarenesses of allocating the given race.

The Polish Kynotherapeutic Company recommends to psychotherapists pure-bred dogs to be chosen on account of their stabilized genetically nature well is connected with it - predictability. When choosing the dog he is a next stage positive completion of training, after which the dog should represent the judicious obedience. Beasts working as the psychotherapist should be also social. Opinions that the given dog is willing to work can often heard and of contacts with children, however one should remember that not every family dog is suitable for a psychotherapist. The dog accepts the man without the account of it which is, not paying heed to his defects - loves unconditionally. What's more, the trustful and gentle dog doesn't instruct, there is a penalty, patiently everyone watches the gesture and the movement of the child. With functional groups of dogs which completely don't send at targets themselves kynothrapeutic there are battle dogs (e.g. Canario Great Dane), guard dogs (e.g. Tosa Inu) and guard dogs (Alsatian) [1]. Next contraindications for conducting operations kynotherapeutic certainly wounds of all kinds are opened, spending infections running in the general weakness along with fever, panic attack before dogs (phobia), allergy to the canine hair and unchecked aggression towards dogs.

Classifying patients oneself for the application kynotherapy these are very often children suffering from Down's syndrome or autism. It is worthwhile concentrating on sick persons to autism since it is illness relatively poorly known on account of the set of manifestations often assigned to specific individual children.

Autism is a failure to thrive, having character of the comprehensive property with many manifestations - are most often it is a slurred speech, of move, often but not always special abilities in the chosen domain. He is perceived as the kind of disability which is combined with the type of the social exclusion, which negatively influence the development of the child. There are many methods assisting curing autism, among others Kynotherapy. Kynotherapy in case of autistic children much lengthens the odds on the smooth running in the adult life, establishing the bond with other people facilitates. Atmosphere of the play and relaxations accompany classes of this type what it is possible with the child to conduct more exercises of different type e.g. thanks to speech-therapy exercises, sensoric [4].
According to Maria Pecyna it is possible to single out three categories of properties of the childhood autism:

a. Quality disorders of social relations being manifested through at least two manifestations:
   − considerable behavioural disorder oneself displaying the child oneself in contacts bezsłownych (non-verbal), so as: eye contact, expression of the face, attitude of the body, gesticulations;
   − peer light switches are missing;
   − not-educating the need of seeking the chance for sharing joy, interests or achievements with other people;
   − lack of the social or emotional reciprocity (exchanges).

b. Quality disorders of the communication of contacts with other people being manifested through at least one of the following manifestations:
   − delayed or uneducated speech;
   − stereotypically repeated expressions (echolalias);
   − lack of the diversified, spontaneous linguistic exhibition competent for the given level of development.

c. Limited and stereotyped patterns of the behaviour being manifested through at least one of the following manifestations:
   − repeating one or of a few stereotyped and limited models of interests which both subjectively, and like an object diverge from the adopted norm for the given developmental age;
   − stiff attachment to peculiar, impractical customs or rituals in the behaviour;
   − stereotyped repeated motor mannerisms, as e.g. fluttering with hands or fingers, spinning around in circles, as well as moves of the whole body;
   − persistent filling oneself with objects, e.g. with only toys, with omitting people [5].

Planned therapy kynotherapeutic he reduces appearing of the disorders associated with autism, however on account of the diversity of manifestations is very heavy for planning. Well the selected rehabilitation program is aimed at a personal touch to every patient and his area of disorders. Therapy is conducted in a direct contact of the child and the dog what is formed thanks to of baulk with them carry emotional which beats the important aspect in therapy. Thanks to combining exercises and games ago the psychotherapist can enforce more and more positive behaviours. [2]

Model exercises with the participation of the dog, developing functions perceptual and working on the individual negotiations:
a. Eyesight

This exercise is aimed at working encouragingly on the optical arrangement. The child observes what happens around him what the optical arrangement is stimulated by. The dog takes an active part in exercises. Thanks to that the child willingly keeps eye contact with him and closely observes him. Of fun with the corner assistance so like e.g. balls, cubes, basins. Are also with important aspect in therapy since the patient is able to take own choices of the ranking and to notice specific objects and them appropriate, of colours, colours and shapes. What works very much the positive to the optical arrangement. [2]

1. Exercise: holding and throwing a colour ball to the dog. [6]

2. Exercise: the child arranges titbits of the dog to cups with system cube of the green colour to the green basin, yellow cube to the yellow cup. [6]
b. Speech

Encouraging the child to the conversation is giving this therapy, be if the child isn't ready of complicated exercises. Classes consist in preparing it for the speech by teaching and forming the correct university class education correct operation of articulators which the hedgehog, the palate and the mandible access composition into. [2]

4. Exercise: (articulators) the Psychotherapist gives small amount of the processed cheese for child to both hands, the child gives one hand for licking for dog and on second will imitate keeping the dog. [6]

4. Exercise: (speech) the child loud names and compare body parts of the dog. [6]

  c. Hearing

The child learns to identify sounds of the corner kick of coming about other parameters and tones moreover if the dog participates we can lead into the play imitation and repeating individual
sounds so that the child studies through the contact with the animal. A calming and relaxation operation can have these if we let go for the child of the fairy tale or quiet calm sounds. [2]

5. Exercise: the Child listens intently to the heartbeat of the dog. [6]

   ![Child listening to dog's heartbeat](image1)

   d. Coordination aurally-motor

   By the common movement with the dog, the child learns a sense of rhythm as well as him moves stay oneself more precise and coherent, in addition for exercise it is possible very well to connect fun with the move and listening. [2]

6. Exercise: the psychotherapist lets go of the song, the child performs tasks this way how in the song e.g. pass the foot. [6]

   ![Child following dog's commands](image2)

   e. Motor functions Sa with very essential aspect in the life of the child, let the normal development and emotional as well as motor. He gives the child rapidly moments for destressing by the form the play, and there is planned therapy being aimed at developing motor, social and cognitive elements actually. Well to run such parties in the system what the patient learns how to behave by other children thanks to. [2]

7. Exercises: watching the own silhouette and the silhouette of the dog in the mirror. [6]
8. Exercises: the dog passes the baulk child. Children applause and sing into the rhythm of the music. [2, 6]

And. motor activity big purpose:
- exercises of May on the destination poprawe kordynacji of moves
- poprawe umiejetnosci and dokladnosci in the performance ruchow
- sense of well-being dzieki for improvement sprawnosci
- cognition wlasnego ciała [2]

b. low motor activity

purpose:
- improving the thorough grip
- shaping proprioception
- more thorough and more close-knit grip both crayfish [2]

10. Exercises: a hairdressing salon puts the child male elements to the dog e.g. hairpins, rubbers. [6]

Conclusions

Kynotherapy is a multistage process, where overcoming fear and rehabilitated accepting the company of the dog by the child are a crucial moment. They state that children touched with autism more easily establish the bond with the dog with psychotherapist than with the second man. Animals carefully are selected to the rehabilitation. The process of selection should be based on an extensive knowledge, for experience and above all awarenesses of allocating the given race. The Polish Kynothrapeutic Company recommends to psychotherapists pure-bred dogs to be chosen on account of their stabilized genetically nature well is connected with it - predictability. Kynotherapy is dynamically developing domain of rehabilitation proceedings at patients with neurological diseases of different kind. Current news reports in literature treat about a positive effect of the dog
on the behaviour and therapeutic progress at persons with diseases of different kind. A wider research on the influence is needed kynotherapy to the body of the man.

References
