



**UNMUZZLED**  
**The therapeutic power of animals**  
**Audrey Desrosiers**

**When an animal becomes a therapist!**

224 pages

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Used more and more in institutions (CHSLDs, schools, hospitals, etc.), zotherapy gives an extra boost to everyday support and assists healthcare professionals and social services in their work. People with dementia or Tourette's syndrome, newcomers, young people with language delay, university students suffering from performance anxiety or children said to be "at the end of the line"—all benefit from this authentic connection between humans and animals.

After 15 years of a prolific and active career exploring the various possibilities offered by this discipline, Audrey Desrosiers takes a serious look at the research and incredible breakthroughs in this field, as well as at the setbacks and grace-filled moments in her career. In her unique and surprising style, she describes various effective and original zotherapeutic tools, while giving an overview of their positive effects on overall health: better expression of emotions, reduced tension, improved physical condition, among other benefits. Enter the wonderful world of animal therapy and discover how a rabbit, a puppy, a horse or even

an alpaca can become true agents of healing.

**Strong points**

- A zotherapeutic practice that ties in with professional settings and the multidisciplinary approach needed for patients' well-being.
- An important stage in the recognition of the profession by the general public, compared with other books on the subject.
- A very practical, up-to-date, innovative book, designed to be adapted to each environment.
- An author who is a true trailblazer in her specialty.

**Subjects:** zotherapy, pets, intervention, health, cognitive disorder, therapy, healing, anxiety

*With a background in the world of music and theatre, and a multidisciplinary visual artist, Audrey Desrosiers took training in zotherapy in 2006 when the profession was still in its infancy. She has become a pioneer in the field, while working to have the profession recognized and to create bridges with traditional practitioners (neuropsychologists, speech therapists, occupational therapists, etc.). Since 2010, she has run a private clinic, offering seminars and training in Quebec and internationally.*