



Tails of Aloha

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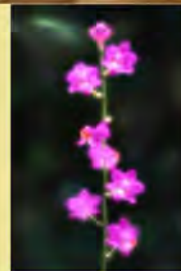
Dog is my Co-Therapist

By Lynn Goya, Psy.D.

As a psychologist, I had an idea to merge two things I love: helping others through psychotherapy and having dogs. It's been a long journey, but it's now a dream come true.

My Golden Retriever, Makana has been a regular member of my office, who I share with three other psychologists and a psychiatrist, since he was nine weeks old. I've been fortunate that they all love dogs and have welcomed him into the office. He has a pen in the waiting room where incoming clients have actually helped me train him! When he was a puppy, I had a little sign on his crate which asked them to have him sit before they gave him a treat (which I supplied) or pet him. He got good at sitting with this practice! Makana loves interacting with people, especially children. One day, I walked out of my office and found a child reading a book to him while he lay down quietly in his crate. So cute! He's become such a familiar part of the office that clients of all my office-mates ask where he is if he's not there!

Now 16-months old, Makana is a certified therapy dog, having passed the Canine Good Citizen and Delta Society tests. As a therapy dog, Makana sits in psychotherapy sessions to assist a wide range of patients with a wide range of needs. His use in therapy is called "intervention". In other words, he doesn't lie on the floor during sessions; he is there to meet a particular goal for that patient. For example, if a patient is depressed, Makana can offer to comfort with his wagging tail, caring brown eyes, or cuddly nature. If a child



CHANGING LIVES, ONE VISIT AT A TIME

Dog is my Co-Therapist (continued)

patient needs to work on building his/her self-esteem, I may have the child take Makana for a walk (with my supervision) to increase the child's confidence and sense of competence. Research has shown that Animal-Assisted Therapy improves communication, raises self-confidence, reduces the symptoms of disease, and improves one's quality of life. In addition, animal-assisted interventions has been shown to have statistically significant health benefits with improvement in blood pressure, heart rate, response to stress, depression, perceived quality of health, and loneliness.

Having Makana as a co-therapist has taken on a life of its own. Makana now has his own business cards which I give our especially to children patients, and a Facebook page! You can visit him at www.facebook.com/Makana.Goya or read more about him at www.childadulttherapy-honolulu.com.

Makana has a little sister, Yumi, a 6-month old West Highland White Terrier, who takes turns coming to the office and is in training to be a therapy dog. She already shows the perfect temperament - she loves people, especially children; she affectionate, intuitive, and engaging. She just completed her second Puppy Kindergarten class and is beginning to learn the skills a therapy dog should have. I plan to have her also be a part of Tails of Aloha along with Makana who is presently a member of Tails.

For more information about Makana, feel free to contact me at 927-6765.



Tails Wish List

Clumping Cat Litter

Shower Curtains

Canned Cat Food

Dry Cat Food

Plastic Shelving

Newspaper

Plastic Grocery Bags

Food Bowls

Water Bowls

39 gallon trash bags

Wooden Clothespins

Cat Toys

Dog Toys

Plastic Carriers

Metal Carriers

Foam flooring

Ceramic Tiles



Rehomed Pets

It is always a heartwarming experience when we are able to rehome animals, and it is out of this world when the new adoptive families share their photos with us!

With the assistance of Carolun Macina of Young Brothers Hawaii, Tails was able to find the perfect homes for Mana and Nani with Aaron and Hilda Miyashiro. Just look at the smiles on Camryn and Evan!

Mana and Nani are the perfect fit for this wonderful, happy, and caring family.



Kat Kwiz

1. What is the name of the Egyptian goddess with a cat's head?
a. Bastet b. Isis c. Hathor
2. Teddy Roosevelt's cat had a deformity. What was it?
a. Kink-tail b. Polydactyl c. Hairlessness
3. Which part of a cat's body is ridged in a unique pattern, like the fingerprint of a human?
a. the paw pad b. the nose pad c. the inner ear
4. How many teeth does a cat have?
a. 26 b. 28 c. 30
5. The cat is one of only three animals which, when walking, move both their left feet, then both their right feet. What are the other two?
a. Giraffe and camel b. Dog and bison c. Palomino and gazelle
6. What is the scientific name for a cat's whiskers?
a. hypochaeris radicata b. Vibrissae c. Epioblasma
7. Who said: "If a man could be crossed with a cat, it would improve man but deteriorate the cat."
a. Mark Twain b. Charles Darwin c. John Grisham
8. Who said: "Even the smallest feline is a work of art."
a. Louis Wain b. Leonardo d Vinci c. Pablo Picasso
9. Who said: "Odd things animals. All dogs look up to you, all cats look down to you, only a pig looks at you as an equal."
a. Bill Clinton b. Winston Churchill c. Bugs Bunny
10. Who wrote Old Possum's Book of Practical Cats, on which Andrew Lloyd Weber's hugely successful musical, Cats, is based?
a. T S Eliot b. Erskine Caldwell c. Eugene Field



**I have a purpose - growing;
I have a goal - glowing.**

**I have a hobby - giving;
I have a song - living.**

**I have a mission - reaching;
I have a love - teaching.**

**I have a calling - caring;
I have a joy - sharing.**

William Arthur Ward

Did you know?

Acetaminophen only relieves pain - it is not an anti-inflammatory.

Tylenol is TOXIC to cats

Never use over the counter medications for cats

Ibuprofen carries a high risk of side effects in dogs

NSAIDs are effective, but have many side effects when used long term. They include vomiting, diarrhea, gastric ulcers, liver disease and kidney disease.

Supplements for arthritis include Glucosamine, Chondroitin, MSM and Essential Fatty Acids (Flax or Fish oil).

Antioxidants in the forms of Vitamin E and Selenium may help in protecting the damaged joints.

Colostrum has shown to be beneficial to human athletes and may be beneficial to pets.

Kat Kwiz Answers

1. Bastet
3. the nose pad
5. Giraffe and camel
7. Mark Twain
9. Winston Churchill



2. Polydactyl
4. 30
6. Vibrissae
8. Leonardo Da Vinci
10. T S Eliot