

公益社団法人 日本動物病院福祉協会 (JAHA) CAPP 委員長・戸塚 裕久  
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CAPP Committee, Japanese Animal Hospital Association (JAHA)



For the second part of this workshop, we will be talking about the Companion Animal Partnership Program (CAPP) Committee of the Japanese Animal Hospital Association (JAHA) and its activities with respect to interaction between people and animals.

We are asking Dr. Rebecca Johnson, who has just given a talk, and Dr. Hiroko Shibanaï, an overall advisor to this convention, to serve as workshop advisors.

First of all, I would like to give you a general overview of the CAPP's activities.

Since the Great East Japan Earthquake struck, not a single day has passed without us seeing or hearing the word “kizuna” (meaning emotional “bonds” or ties”). At JAHA, we place great importance on human-animal bonds. We started up the CAPP in 1986 as a means for promoting interaction between people and animals with the overall aim of realizing a society in which people and animals can coexist while enjoying better mutual relationships.

As Dr. Rebecca Johnson said earlier, it is becoming well understood that, when people spend time with pets such as dogs, cats or birds, they feel a real sense of relief and they can relax both physically and mentally, which helps to improve their health. This is due to the reciprocal interaction that stems from the bonds between people and animals.

Founded in 1978, JAHA began implementing the CAPP as a program fostering interaction between people and animals in 1986. In 2009, JAHA became a public interest incorporated association able to

carry out projects for public interest purposes in the following five fields: continuous education projects for strengthening animal hospitals and animal medical care, projects related to people gaining qualifications for specialized work in animal hospitals and animal medical care, projects for promoting community involvement by animal hospitals, projects for promoting animal therapy CAPP visitation activities, and survey research projects concerning animal therapy. Among these activities, today I would like to talk to you about the projects promoting animal therapy and about CAPP volunteer activities.

Also, at this conference, these activities are broadly divided into the following three categories, depending on their purpose.

The first category is animal-assisted activity or AAA. As was explained at the animal welfare presentation carried out earlier at Tiger Place, this is a form of contact activity aimed mainly at fostering emotional stability, providing recreation and improving quality of life. Many of the activities generally classed as “animal therapy” are of this type.

The second category is animal-assisted therapy or AAT. This is a form of adjunct therapy used in the context of medical practice that brings animals into professional therapy and with medical staff playing a leading role. The objectives of the therapy are set out and suitable animals and volunteers are selected in order to improve the psychological, physical and social functions of the people receiving the therapy in accordance with their needs. Also, the effectiveness of the therapy is judged after it is completed.

The third and final category is animal-assisted education or AAE. In this activity, educators accompanied by animals visit elementary schools to give children an opportunity to learn how to communicate with animals and about the importance of life. The number of schools incorporating AAE into their living studies or integrated study programs is gradually increasing.

By taking part in CAPP activities, animals can learn how to live happily as family members in their respective households. In addition, they can engage in activities together with their owners. It is important that animals have an aptitude for liking people and for enjoying communication with people other than their owners, and also for them to be able to enjoy the activities without feeling stress, even in an unfamiliar environment. Activity periods are designed so that they are kept within one hour. Also, we take care not to place too much of a burden on the animals by keeping an eye on their behavior and providing breaks as needed during the activities.

For the animals taking part in these activities, daily care and management is important. So, apart from ensuring hygiene through such things as parasite prevention, appropriate feeding management, brushing and shampooing, etc., consideration must be paid to the animals' health by obliging their owners to present medical examination reports once a year in general and twice a year in the case of animals that work in medical facilities.

Over the first 26 years of the program up until December 2011, a total of 13,187 activity sessions were held. The numbers of activity sessions held at each facility were as shown in the chart. During this time, the total number of participating people including volunteers and veterinarians was 127,008 and the total number of participating animals was 102,214. So large numbers of both volunteers and animals have participated in this program.

JAHA has established an accreditation standard to serve as a goal for the many volunteers and animals that take part in CAPP activities. In the accreditation

examination, we evaluate the owners' and the animals' aptitude for the activities and also check whether or not they have the necessary knowledge to serve as APP volunteers or to lead a volunteer team. When an owner passes both the practical examination and the written examination, they obtain a qualification allowing them to become active as a CAPP-accredited partner together with their animal. This figure shows the number of CAPP-accredited partners at present.

In addition to that, JAHA is providing wide-ranging support to raise the level of its volunteer teams and maintain the motivation of the participating volunteers. We are also involved in many other kinds of activity such as producing and delivering a CAPP activity manual and DVD, hosting an annual conference, producing activity reports, giving research talks at the WJVF (West Japan Veterinary Forum), holding education seminars on an on-going basis, and managing training workshops for teamwork building.

The volunteer teams are not only carrying out "contact" activities in facilities. They are also involved in PR activities to make their work better known to society in general. For example, through participation in local animal welfare festivals and national health and welfare festivals. These activities also help to keep the volunteers themselves motivated.

Lastly, CAPP activities stress the importance of the bonds between people and animals, so they are designed with the health and welfare of the participating animals in mind. They are designed to be enjoyable activities that do not cause the animals any undue distress or strain. Also, by strengthening the relationship of trust between the animals and their owners through these activities, it is possible to build an even stronger bond of affection between the two. So I hope everybody here will consider participating in Companion Animal Partnership Program activities. This will help promote more interaction between people and animals.

That completes my talk.

## 人と動物の絆を大切に CAPP活動

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【Slide 1】

## “アニマルセラピー?”

- 一般的に「アニマルセラピー」といわれることが多いが、JAHAでは  
**人と動物のふれあい活動(CAPP)**と呼び、以下のことを行なっている
  - AAA: Animal Assisted Activity  
—動物介在活動
  - AAT: Animal Assisted Therapy  
—動物介在療法
  - AAE: Animal Assisted Education  
—動物介在教育

【Slide 5】

## ヒューマン・アニマル・ボンド 人と動物の絆



JAHAは  
ヒューマン・アニマル・ボンドの  
理念を大切に、人と動物が  
より良い関係で共生できる  
社会の実現を目指して  
活動している

【Slide 2】

## AAA(Animal Assisted Activity)

- 動物介在活動
  - 生活の質を高める、何かの動機づけ、レクリエーションの一環として行われる



【Slide 6】

## 公益社団法人日本動物病院福祉協会 (JAHA)とは

- 1978年 動物病院を充実し、動物病院を通じて社会に貢献することを目的として「日本動物病院協会」を設立
- 1986年 **人と動物のふれあい活動(CAPP)開始**
- 1987年 CAPP活動が社会福祉活動として認められ、厚生省(現厚生労働省)認可の社団法人に改組
- 1999年 CAPP認定パートナーズ試験を開始
- 2009年 事業内容から内閣府に公益性を認められ、公益社団法人に移行

【Slide 3】

## AAT(Animal Assisted Therapy)

- 動物介在療法
  - 医療従事者が主導でおこなう補完・代替医療のひとつ
  - それぞれの患者にあわせたプログラムの作成、治療目標の設定を行い、その効果を評価する



【Slide 7】

## JAHAの公益目的事業

1. 動物病院および動物医療の充実のための継続教育事業
2. 動物病院および動物医療に関わる専門職等の資格付与事業
3. 動物病院による地域社会への貢献を推進する事業
4. **アニマルセラピー(人と動物のふれあい活動(CAPP))推進のための事業**
5. アニマルセラピーに関する調査研究事業

【Slide 4】

## AAE(Animal Assisted Education)

- 動物介在教育
  - 小学校、幼稚園、保育園などを訪問
  - ふれあいや動物に関する学習を通して、命の大切さや正しいふれあい方を学ぶことを目的とする



【Slide 8】

## 人と動物のふれあい活動(CAPP)

Companion Animal Partnership Program

- 家庭で家族として幸せに暮らしている動物たちが飼い主と共に参加している
- 健康面、衛生面、安全面をクリアし、性格的な適正を持った動物が参加



【Slide 9】

## CAPP認定パートナーズ試験

- 筆記試験
  - CAPPボランティアとして必要な知識、さらには、ボランティアチームを率いる立場となるための知識や意識をもっているかのチェック



実技試験・筆記試験の両方を合格すると…  
『CAPP認定パートナーズ』となる

【Slide 13】

## CAPP活動の実績

- 1986ー2011年12月まで(延べ回数)
  - 活動回数 13,187回
  - 医療施設 2,492回
  - 高齢者施設 8,090回
  - 児童関係施設(学校含む) 293回
  - 心身障害者(児)施設 2,224回
  - 催しての活動 88回

【Slide 10】

## CAPP認定パートナーズ

- 1999年の認定開始から2011年現在まで
- 認定犬 98頭
- 認定猫 20頭
- 認定うさぎ 1頭 を認定



- チームリーダー資格取得やペア単独での活動が可能となる

合格しました♪

【Slide 14】

## CAPP活動の状況

- 1986ー2011年12月まで(延べ)
  - 参加ボランティア 105,490人
  - 参加獣医師 21,518人
  - 参加動物
    - 犬 77,609頭
    - 猫 18,271頭
    - その他(ウサギ、モルモット等) 6,334頭

【Slide 11】

## CAPP活動ボランティアチーム

- ボランティアチームのレベルアップ、モチベーション維持を目的としたおもな活動
  - マニュアルDVDの作成・配布  
⇒全国共通の活動を行えるように
  - WJVF大会や年次大会での活動発表・報告  
⇒情報収集・情報交換の場
  - ボランティア継続教育セミナー(年1回以上)
  - 個々のチーム強化のための研修会開催

【Slide 15】

## CAPP認定パートナーズ試験

- CAPP活動に参加しているボランティアと動物のペアが、さらなるレベルアップを目指す試験
- 実技試験
  - ペアを組む動物のハンドラーとして適切な対応ができるかのチェック



実技試験に合格すると…

【Slide 12】



## CAPP活動を通しての社会参加

- 地域の動物愛護フェスティバルへの参加
- 全国健康福祉祭「ねんりんピック」への参加



【Slide 16】

## おわりに

- 人と動物の絆を大切にするCAPP活動では、参加する動物たちの健康や福祉に配慮して、苦痛や負担を与えることなく楽しく活動している。
- 動物とその飼主の信頼関係をさらに強固にし、大切な絆をより良いものとすることができる。
- 皆さん人と動物のふれあい活動(CAPP)に参加してください。

【Slide 17】

