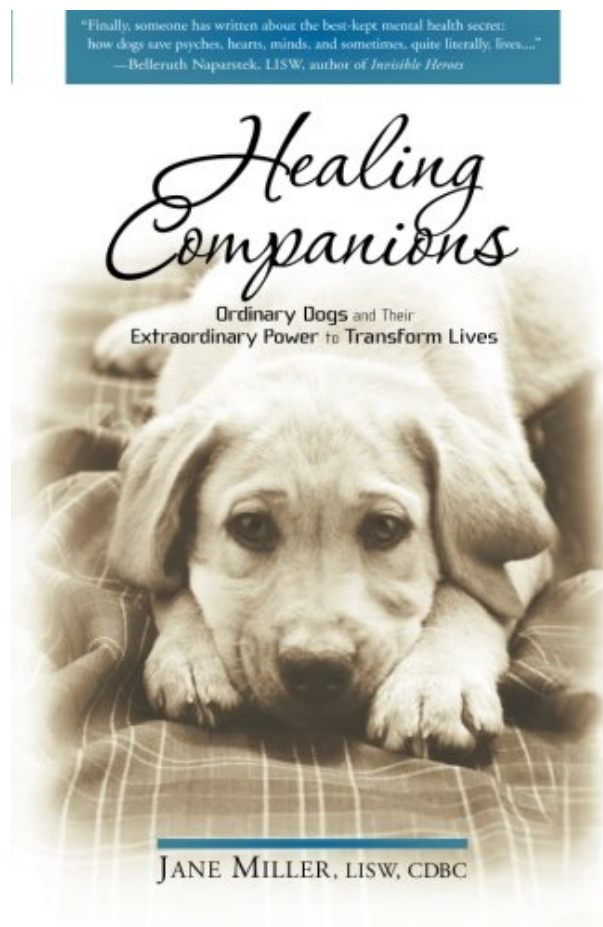


# HEALING COMPANIONS: ORDINARY DOGS AND THEIR EXTRAORDINARY POWER TO TRANSFORM LIVES BY JANE MILLER



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"Finally, someone has written about the best-kept mental health secret:  
how dogs save psyches, hearts, minds, and sometimes, quite literally, lives..."  
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# Healing Companions

Ordinary Dogs and Their  
Extraordinary Power to Transform Lives

JANE MILLER, LISW, CDBC

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## About the Author

Jane Miller, LISW, CDBC, works in private practice as a clinical psychotherapist and licensed independent social worker, with a particular interest in holistic healing. She has lectured in a wide variety of settings, including many national and local organizations, schools, and dog-training facilities. More recently, Miller has consulted with NEADS (National Education for Assistance Dog Services), the Canines for Combat Veterans program for soldiers returning from combat in Iraq with post-traumatic stress, as well as other veterans organizations. She has appeared in the PBS program "Health Visions: Animals As Healers" and other local and national media. Miller lives in Oberlin, Ohio, with her two Golden Retrievers.

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"Animals are more complete than people. They are wonderful teachers, therapists and role models for us all. Read Healing Companions and learn about their ability to guide and heal us all."--Bernie Siegel, MD, author of Smudge Bunny As the more than 65 million dog owners in America will attest, there's something about the presence of a dog that inspires confidence, nurtures emotional well-being, and brings out the best in ourselves. But for some people, the presence of a dog can do even more. Written by the leading expert in an emerging new field of therapy, Healing Companions is the first book to detail how dogs are increasingly benefiting those who suffer from a range of emotional ills, from eating disorders and anxiety to agoraphobia, depression, and post-traumatic stress. Healing Companions will teach you: \* What criteria to consider when choosing the right dog for you. \* What kind of training service dogs require. \* What to expect and how to respond when you take a service dog out in public. \* How a dog can compliment other forms of therapy. \* How to navigate the procedural regulations that apply to a service dog. \* How to recognize the dog's needs and provide it with proper care. \* And much more.

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36 of 36 people found the following review helpful.

Amazing Resource for Dog Owners & Canine Professionals Alike

By Arnicadia

The kindness and depth of knowledge Jane Miller shares in her book "Healing Companions" is not to be missed. If you work with people who are suffering from physical or psychiatric disability and could benefit from having a service/support dog, this is where you want to start. The great thing about this book is it is for the lay person wanting to train their own dog to help them in their daily lives, or for the professional wanting

more information to share with their clients. It is very readable, and the amount of information in the resources pages is amazing.

As a Certified Professional Dog Trainer, I was often being contacted about how to train a service dog. I started sifting through the online search engines trying to amass information that I could easily pass along to people inquiring about training a service dog, and I was not happy with the results. Then I heard about Jane Miller and her book on a dog training and behavior list. In this one book, I found everything I'd been trying to find and more. She's already vetted and investigated all the resources she provides. It is worth its weight in gold.

Start with this book, and you won't need to look any further.

Erica Curtis, CPDT  
Arnicadia Farms Dog Training  
North Coast of Oregon & SW Washington

45 of 48 people found the following review helpful.

Wonderful Book

By Kathy Donaldson

I recently teamed up with my service dog Rocky. Rocky is a Shih Tzu and he has been trained to support my Post Traumatic Stress Disorder and Depression. Rocky is very young and is still a work in progress so while he develops and learns more skills I am also developing and learning skills.

I was not prepared for this process and I had so much to learn once I decided to have my dog trained to be my service dog. I ran into new lessons daily and I wanted to write a book about my experience to help others with the process. I was thrilled to read this book and to see the book I thought I needed to write was already written with much more experience, skill and knowledge than I could have ever provided.

I am very grateful to have found this book and am recommending it to all of the people who stop and ask me about my service dog.

34 of 37 people found the following review helpful.

Canine and Human Lives Intertwined in a Special Book

By Diana Burgwyn

Most of us have encountered service dogs for the blind and even for hearing-disabled people, but I, for one, had no idea that there was such a thing as psychiatric service dogs until I read Jane Miller's deeply touching and highly informative book *Healing Companions*. Miller is in a unique position to write on this subject, being a clinical psychotherapist and social worker as well as a leading authority on this emerging new field. What makes her book so special is that she combines her own personal story (especially the beautiful relationship she developed with her dog Umayya over many years) with insightful vignettes of her clients, plus important information that anyone considering such a dog will want to know.

Dogs often have an almost mystical sense of what we humans feel, think, and need, and I cannot imagine any more fulfilling relationship than that between a dog and a person whose emotional problems had previously left him or her feeling alone, unwanted and hopeless.

Thanks to Jane Miller for opening our eyes to this special bond.

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