



Dolphin Assisted Therapy

ADVANCED TRAINING COURSE

This therapeutic and psychological-scientific advanced training course offers professionals the qualification of the „Animal-Assisted-Therapist“ with the focus on the Dolphin-Assisted-Therapy with the concept of Alpha-Therapy

Dolphin Assisted Therapy (DAT) is a therapeutic discipline of Animal Assisted Therapy that uses dolphins in a therapeutic treatment process. Encounters with dolphins are reported since ancient times, however dolphins have become a subject to science not before John Lilly started his studies on dolphin anatomy and human/dolphin interaction in the 1960s (Lilly, 1967, 1978). Horace Dobbs (Dobbs, 1977) and Dave Nathanson (Nathanson, 1989) founded then DAT. Until today a whole variety of DAT-centers have come to existence around the world and provide treatments for a wide spectrum of disabilities and psychological disorders. But also programs for individuals who are seeking personal growth and inspiration in life based on dolphin interaction have become increasingly popular.

The DAT- Advanced training course is a time effective one-semester education that provides with basic Animal Assisted Therapy and advanced DAT qualifications and enables the participation at the DOLPHINSWIM Franchise program. It contains theoretical and supervised practical units. The theoretical module can be attended via distant learning from anywhere with an internet access. It covers the history and theoretic principals of Animal Assisted Therapy and DAT, zoological knowledge about dolphins, marine mammal conservation and ethics of the employment of marine mammals, contributions from research of dolphins in the wild and under human care, the main DAT-therapy concepts and centers, DAT in comparison to other animal assisted therapies, basics of interdisciplinary teamwork and therapist-parental communication. The 4-week practical course takes place at the DAT-therapy center in Antalya, Turkey and offers practical training and supervision at the ongoing therapies.

Objective:

Qualification of the Certified Dolphin Assisted Therapist

Education Staff:

Mag. Norbert Trompisch, Therapists and Trainers of the Alpha-Therapy DAT Team.

Norbert Trompisch works since 1997 with dolphins and is the founder of one of the first European Dolphin Therapy Centers. He developed with “Alpha-Therapy” an independent approach to DAT, which he has been offering in various locations since the year 2000. With the academic background of a Psychologist he has been continuously engaged as a researcher and lecturer throughout the years, like for example at the masters program for animal assisted therapy at the University of Barcelona, Spain. Currently he was consultant at the dolphin interaction research program at the dolphinarium Constanta, Romania.



Requirements for participation

This program is open to participants coming from one of these professional backgrounds either already graduated or in progressed education:

- Psychotherapists, Occupational Therapists, Physiotherapists, Speechtherapists, Kindergarden Teachers, Nurses, Shiatsu- and Craniosacrotherapists
- Psychologists, Pedagogues, Special Education Teachers, Medical Doctors, Professionals in Social Counseling, etc.
- Applicants with longterm practical experience with one or more targetgroups of DAT, for example as care-takers of people with special needs
- Dolphintrainers

The course language is English.

For admission to the DAT-training course applicants must send in their application documents containing a cover letter and curriculum vitae with actual photo.

Requirements for successful Graduation

- Successful participation of both training modules.
- Composition of a 8-page thesis which includes theoretics and a report on the therapy experiences with clients during the practical module.

Dolphinswim Franchise program

Participants who have met all these requirements during the education receive a diploma as a certified Dolphin Therapist according to the concept of Alpha-Therapy and thereby entry to the DOLPHINSWIM Franchise program. This program supports its members at the acquisition of their own clients and provides with the opportunity to carry out therapies of its own at the Dolphinswim DAT-Center in Antalya. Members of this program are allowed to represent the brand “Alpha-Therapy” and to use the Dolphinswim marketing tools, such as brochures, website, presentation video, etc. and a shared internal knowledge base. It also opens the opportunity to become an independent sales representative for DOLPHINSWIM programs and services.



Curriculum DAT training course

Theory module

The theory module is conducted as a distant learning webinar including online video presentations and self-study of the seminar reader. Throughout the seminar 4 personal consultations/reflections/discussions with Norbert Trompisch take place on zoom/whatsapp/skype or telephone where students are offered to address questions, deepen their understanding for the lessons and reflect the contents. The videos are provided with a personal link, which can be viewed on any device which playbacks youtube. They are originally spoken in English, furthermore there are automatically generated subtitles in several languages which can be enabled.

The seminar program:

- **Chapter 1:** Introduction and history of DAT and Alpha-Therapy. Information on Dolphinswim Institute.
 - Dolphins: Zoological fundamentals, social behavior, communication, intelligence and personality of dolphins
 - Conservation issues

This chapter includes reading the pages 1-19 and watching the videos Introduction into DAT 1-4 (4 hours), Dolphin Anatomy 1-8 (7 hours) and Conservation (1:30 hour). Total viewing time 12:30 hours. This chapter will be concluded with a live discussion of duration of 1-2 hours.

- **Chapter 2:** History and introduction to the main DAT-concepts
 - Brief historical introduction, dolphins in ancient written records and literature, history of animal-human interaction and the relationship to tradition and culture. The beginnings of animal assisted therapy and dolphintherapy.
 - Dr. Horace Dobbs, a pioneer in the early stages research on the therapeutic implementations of wild dolphin encounters
 - Dr. Dave Nathanson, the founder of the first DAT facility. His therapy model, research and achievements at the foundation of DHT, a behavioristic dolphin therapy concept.
 - The Curacao dolphin therapy center. A worldwide leading DAT center, using a modern interpretation of Dave Nathansons therapy concept. Including practical information.
 - Dr. Ludmilla Lukina. A pioneer of DAT and the founder of an interaction based DAT approach including the effect of ultrasound.
 - AAS Discann dolphintherapy Cancun
 - Waterplanet Florida (wild dolphins) and Onmega therapy Marmaris, Turkey

Videos „Conception of DAT“ part 1-6. Total 6 hours. Reading pages of the seminar reader 20-96. This chapter will be concluded with a live discussion of duration of 1-2 hours.

- **Chapter 3:** Therapeutic foundations and principals of DAT and „Alpha-Therapy“
 - Definition of DAT and Alpha-Therapy

- o The concept of Alpha-Therapy
- o Target groups of DAT
- o The four dimensions of DAT
- o Mechanisms of behavioral modification at DAT
- o Factors of social learning at DAT, principles of the cultural historical school of social learning and the model of proximal development
- o The psychoemotional effects of DAT, the flow and alpha-state, peak experiences triggered by dolphins (DeMares).
- o The role of Ultrasound at DAT
- o DAT as a family oriented intervention. Traumaprocessing model, sibling issues and parental communication.
- o Conclusions



Videos „Principals of DAT“ part 1-4. Total viewing time 7 hours. Reading pages of the seminar reader 20-96. This chapter will be concluded with a live discussion of duration of 1-2 hours.

- **Chapter 4:** Details on the practical training from a therapists point of view. Information on the Dolphinswim Institute Franchise program.

Video: „Dolphintherapy in Antalya, practical information“ by Lara Trompisch. Viewing time: 1:16 hour. This chapter will be concluded with a live discussion of duration of 30min. - 1 hour.

Practical Module

The practical module can be attended as a 4-week block or in 2 separate 2-week sequences. During the practical module the participants take daily notes, which will be the basis to their final report (theses). In the first two weeks the practical module offers the initial experience of DAT in practice. The participants are incorporated into real therapy processes in different ways by observation and assistance of the Dolphin Therapists in charge. All activities are reflected in supervision sessions within the team.

Week 1+2: Exercises of students include:

- Observation of DAT from the platform
- Getting to know the preparation routine for and after the DAT-session (getting changed, showering etc.)
- Assistance of the DAT-Therapist during the DAT session: Handing swimming aids, handling of the client inside and outside the pool
- Dolphin handling experience by accompanying siblings and parents of our clients in the pool.



Therapy observations at the supporting therapy sessions in the room:

After the DAT-Session clients receive a therapy session in the therapy room. These 30 min. sessions aim to reflect and utilize the experiences at the DAT session on the present day and take place in a one on one setting. Students can attend these sessions as observers after having obtained permission by the therapist.

Practical module week 3 + 4

Training inside the pool with dolphins and clients. Objective of the second part of practical module is to gain confidence at the therapeutic interactions with the dolphins and the clients together. Step by step and under supervision the students learn to handle clients during DAT sessions. At conclusion of the practical training students perform a DAT-session on their own.

Schedule and costs

- **Theory module:** Can be scheduled anytime throughout the year. The module can be accomplished ideally during 1 month, which means that the reflective sessions take place once a week. We try to form study groups and schedule the beginning of the course and the appointments for the reflective sessions in correspondence with the students who study together throughout the course. Students can exchange themselves throughout the course by meeting each other on zoom as they wish.
- **Practical modules:** Can be attended anytime following the theory module and according to availability. Student accommodation is included.
- **Admission:** Theory webinar: EUR 840,-, practical training EUR 1660.-. Payments have to be completed before each module.

Registration process

If you meet the training requirements you send a short cover letter and CV to office@dolphinswim.net and sign up for the course on our website www.dolphinswim.net. You will receive a confirmation and invoice.

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