



The Revolutionary Role of Equine Therapy: Horses as Partners in Healing

Presented by Two Step Revolution

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Who are we?



two *Step*
revolution

History of Equine Therapy

- Ancient Greek

- Greek physician Hippocrates wrote about therapeutic riding as early as 400 BC, and as a result, one branch of equine therapy, Hippotherapy, is named for him.

- Modern Times

- Equine therapy began to gain popularity worldwide in the 1950s, when Liz Hartel, who was paralyzed due to polio, won the silver medal in dressage in the 1952 Olympic Games.
 - 1960 -The Community Association of Riding of the Disabled (CARD)

Why Horses?

- Herd-oriented (relationships) and have distinct roles within that herd.
- Prey animals
 - Horses have an exceptional ability to read non-verbal communication
- Horses live in a behavior-based society.
 - Client will need to change their thoughts and behaviors to see results

“In changing and adapting, I can change and improve my environment.”



Benefits of Equine Therapy



- Building relationship skills.
- Emotional awareness
- Confidence and assertiveness
- Self-esteem and self-respect
- Impulse control and stress tolerance
- Trust and acceptance
- Non-verbal communication

Therapeutic Team

- **The Equine Specialist (ES).**

- Chooses the horses to be used in sessions,
- Works with MH to develop activities, keeps an equine log to document horse behaviors in sessions, stays aware of safety and welfare of clients, horses, and team, and makes observations of horse SPUD's.

- **The Mental Health Professional (MH).**

- Treatment planning, documentation of clients, and ensuring ethical practice. The MH builds on the ES's horse observations, bringing in the metaphoric and therapeutic/learning relevance of the session.

Types of Equine Therapy

- **Therapeutic Horseback Riding**
 - Relax, develop muscle tone, coordination, confidence, and overall well-being.
- **Hippotherapy**
 - Used by a physical therapist, occupational therapist, recreational therapist, or speech and language pathologist and is also focused on people with physical disabilities
- **Equine Assisted Learning (EAL) ***
 - Experiential learning approach to help promote the development of life skills.
- **Equine Assisted Psychotherapy (EAP) ***
 - Includes a therapy component so that the individual may reflect upon and further process his or her experiences with the horse



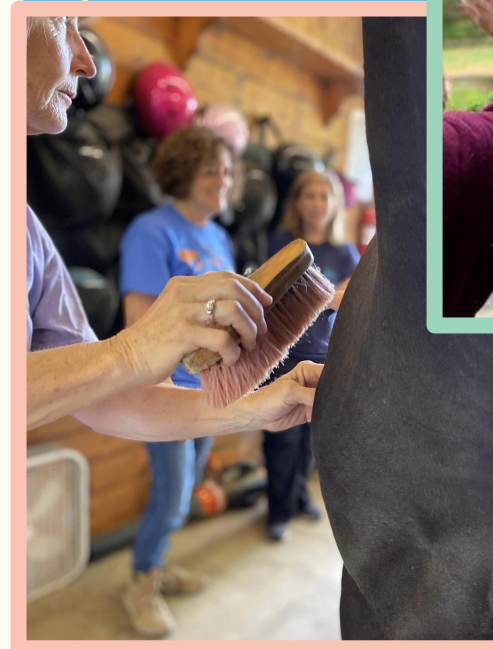
Dynamics and Techniques



- Facilitating with Non-Interpretive Language (“Clean”)
- Metaphor is a foundation
 - Clients share from their life symbolically through the horses
- Watch for non-verbal language between client and horse
- SPUDS
 - Used to help focus observations and potential metaphors

SPUDS

- **S – Shifts**
 - Any change that occurs in the horses behavior
- **P – Patterns**
 - A specific behavior that is observed three or more times
- **U – Unique Event**
 - Any event of behavior that is unexpected
- **D – Discrepancies** (non-verbal vs verbal)
 - When the communication of the human does not match
- **‘S – Self-Awareness**
 - The “stuff” of the therapeutic team; countertransference



How can you become involved?



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