



EEFTN – European Equine Facilitated therapy network

Equine Assisted **PSYCHOTHERAPY**

08 february 2022

EEFTN GROUP

- 3 members

- Online meeting 01  **WhatsApp**

Mental Health

EQUINE ASSISTED MENTAL HEALTH

Education

Equine-Assisted Learning
in personal development

Equine-Assisted Learning
in education

Equine-Assisted Learning
in organizations

Therapy

Equine Assisted
Psychotherapy

Mental Health

Mental health

According to the World Health Organization (WHO), mental health is “a state of well-being in which the individual realizes his or her own abilities, can cope with the normal stresses of life, can work productively and fruitfully, and is able to make a contribution to his or her community.”

Extremely wide area/subject so...

EMOTIONAL HEALTH

Education

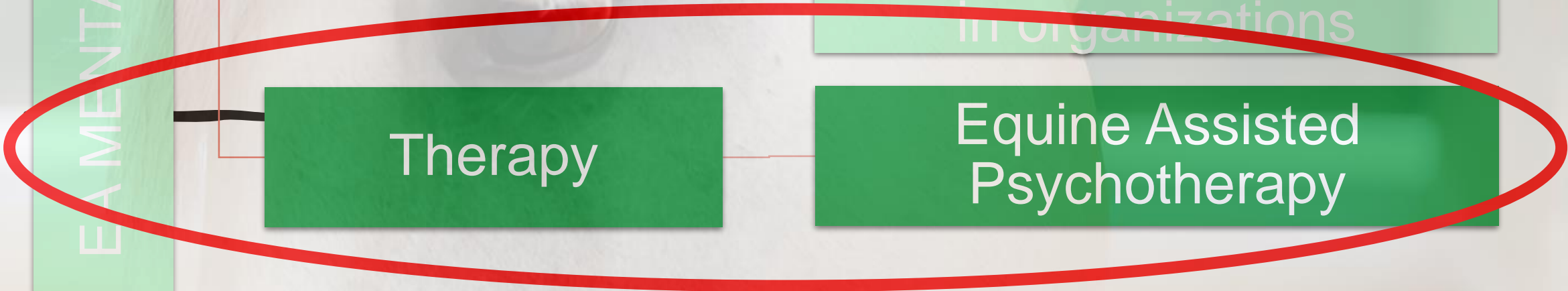
Equine-Assisted Learning
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Therapy

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Psychotherapy



PSYCHOTHERAPY (APA – American Psychological Association)

Any psychological service provided by a **trained professional** that primarily uses forms of communication and interaction **to assess, diagnose, and treat** dysfunctional emotional reactions, ways of thinking, and behavior patterns. Psychotherapy may be provided to individuals, couples, families, or members of a group.

The **psychotherapist** is an individual who has been professionally trained and licensed to treat mental, emotional, and behavioral disorders by psychological means. Must be a clinical psychologist, psychiatrist, counselor or social worker (countries law's).

Equine assisted PSYCHOtherapy

(Wendy Wood, PhD & others in the Journal of alternative and complementary medicine)

Related to the broad area of therapy, **licensed therapy professionals** may incorporate horses in distinct therapies: counseling, occupational therapy, physical therapy, psychotherapy, and speech-language pathology. These licensed therapy professionals work within the scope of practice of their particular discipline. Best practice also dictates that these professionals obtain **specialized training** focused on incorporating interactions with horses, equine movement, or the equine environment into the **individualized plans of care** of those receiving therapy.

These professionals incorporate horses within treatments or interventions to help address individualized goals, and improve overall function, health, and wellness.

Equine assisted PSYCHOtherapy

(Wendy Wood, PhD & others in the Journal of alternative and complementary medicine)

Such terminology always precisely identifies the exact therapy (e.g., physical therapy, psychotherapy). Equine-related descriptors that more precisely describe the therapy can then be added as appropriate in various contexts (e.g., physical therapy using equine movement, **psychotherapy incorporating horses**, occupational therapy in an equine environment). Therapy-first language is recommended for several reasons. This language foregrounds the licensed therapy professionals who determine how best to implement particular therapies, while also acknowledging the potential of the horse to enhance therapeutic outcomes. After completing discipline-specific evaluations of patients or clients, **these professionals develop optimal treatment plans for achieving established goals, and specify tools, strategies, or interventions that will be of greatest benefit, including how best to incorporate the horse.** Therapy-first language accurately reflects that licensed therapy professionals have many different treatment options available to them given their respective disciplines, the incorporation of horses being just one.

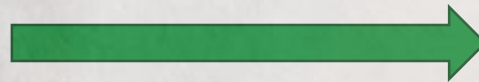
Equine assisted therapy

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- Systematic Literature Review
- Protocol's development for different ways of intervention in equine assisted psychotherapy

- Certification request



SOCIETY OF
CLINICAL PSYCHOLOGY



DIVISION 12
American Psychological Association