



Guidelines for Writing a Case Study in Equine Assisted Therapy

Each student will submit two separate case studies, each featuring clients of different ages and diagnoses. For each case, the student should work with a different equine, using distinct approaches, including varied positions, aids, and techniques. These structured guidelines are designed to support you in completing your project. The document must address all points from A to M. Students are expected to approach the case studies from the perspective of their profession, applying their clinical expertise and knowledge specific to their field.

After submitting the case studies, two individual 30-minute live sessions (one-on-one) will be scheduled. During these sessions, the videos will be reviewed, and the case studies will be discussed with the lecturer.

Course Context: This guide is tailored for students in the Equine Assisted Therapy Application Course, focusing on integrating EAT into PT, OT, Psychomotricity and SLP practices.

1. Purpose and Scope

- **Objective:** To explore the therapeutic benefits of Equine-Assisted Therapy (EAT) by applying tailored professional knowledge and approaches.
- **Scope:** Focus on a specific client, showcasing highly professional and knowledgeable approaches aimed at promoting the client's independence, overall health, satisfaction in their daily life, and socialisation. Additionally, consider addressing emotional well-being, functional abilities, and quality of life.

2. Ethical and Cultural Considerations

- **Confidentiality:** Use pseudonyms and anonymise any identifying information.
- **Informed Consent:** Secure written consent from clients or guardians for using their information.
- **Cultural Sensitivity:** Be mindful of cultural differences and their impact on therapy.

3. Structure of the Case Study

A. Title Page

- Title of the case study
- Your name and professional designation
- Course title and date

B. Abstract

- A concise summary (150-250 words) of the case study, including the client's background, interventions, outcomes, and implications.
- Name 3 keywords

C. Introduction

- **Background:** Introduce EAT and its relevance to PT, OT, Psychomotricity and SLP.
- **Literature Review:** Briefly review relevant research and theories.
- **Purpose:** State the objectives of your case study.

D. Client Profile



- **Demographics:** Age, gender, and relevant background.
- **Medical and Therapy History:** Overview of diagnoses and previous interventions.
- **Aetiology of Diagnosis:** Provide a brief explanation of the client's condition.
- **Cultural Context:** Consider cultural influences on therapy.
- **Client Selection:** Explain why this client was chosen for the case study, considering factors such as therapeutic potential, specific needs, and suitability for EAT.

E. Client Assessment

- **Initial Evaluation:** Conduct a standard evaluation, appropriate to your profession (PT, OT, Psychomotricity or SLP).
- **Findings:** Present the client's strengths, challenges, and areas of need.
- **Goals:** Write 3-5 short-term and 2 long-term therapy goals.

F. Equine Profile

- **Demographics:** Age, gender, breed, and relevant background.
- **Photographic Documentation:** Include a photo of the horse in a standing position from the side, showing body conformation with only a halter or bridle.
- **Conformation Description:** Describe the horse's physical attributes, including size, build, and any notable features that make it suitable for EAT.
- **Walking equine description:**
 - Planes of Movement
 - Rhythm and Symmetry
 - Stride Length
 - Cadency
- **Training and Preparation:** Detail the horse's training background, including any specific preparation for EAT work.
- **Way of leading the equine during the session**
- **Management:** Discuss the daily care and management practices that ensure the horse's well-being and readiness for therapy sessions.
- **Selection Rationale:** Explain why this particular horse was chosen for the client, considering its movement, character, and suitability for the client's needs.

G. Intervention Plan

- **Therapeutic Approach:** Detail the Equine-Assisted Therapy (EAT) methods used, including specific techniques, positions, and tools applied during sessions.
- **Rationale:** Explain why these methods and approaches were chosen, considering the client's individual needs, diagnosis, and therapeutic goals. Highlight the evidence-based reasoning behind the selected interventions.
- **Session Structure:** Describe the frequency of sessions, the planned progression, and the specific activities involved.
- **Safety:** Outline the measures taken to ensure client safety throughout the sessions. Describe any emergency protocols in place and strategies to minimise risks.
- **Efficiency:** Highlight how the intervention plan ensures optimal use of time and resources to achieve therapeutic goals.

H. Implementation

- **Session Documentation:** Submit a complete, unedited video of an Equine-Assisted Therapy (EAT) session, capturing the entire process from the client's arrival to their departure. The video should clearly demonstrate your role as the primary therapist working directly with the client.
- **SOAP Notes:** Include three complete SOAP (Subjective, Objective, Assessment, Plan) notes documenting 3 sessions with the client.



I. Outcomes and Evaluation

- **Progress Monitoring:** Describe how outcomes were measured using appropriate tools and methods.
- **Outcome Measures:** Use standardised tools to evaluate results if possible.
- **Client Feedback:** Include the client's perspective.

J. Discussion

- **Analysis:** Specify the number of sessions conducted during your intervention. Discuss any challenges encountered and insights gained and evaluate the outcomes. Reflect on whether the treatment goals were achieved, providing reasons for the success or any barriers that impacted the results.
- **Professional Reflection:** Reflect on the intervention's effectiveness.
- **Cultural Considerations:** Discuss cultural impacts on the case.
- **Interdisciplinary Insights:** Emphasise collaboration across Physical Therapy (PT), Occupational Therapy (OT), Psychomotricity, and Speech-Language Pathology (SLP). Include whether the client could benefit from involvement with other disciplines.
- **Literature Reference:** Reference relevant studies and literature related to the case.

K. Conclusion

- **Summary:** Recap key findings and their implications.
- **Recommendations:** Suggest future interventions or research directions.

L. References

- Use a consistent citation style
- Include recent and relevant sources.

M. Appendices

- **EAT Tools and Equipment:** Include photos and descriptions of the tools and equipment used during the sessions. Explain why each was chosen, how it worked for the client, and any challenges encountered.
- **Supplementary Materials:** Additional assessment tools or session plans.

4. Writing and Formatting Tips

- **Clarity and Precision:** Use clear, professional language.
- **Objective Tone:** Maintain an impartial and evidence-based perspective.
- **Organisation:** Use headings and subheadings for clarity.
- **Proofreading:** Check for grammatical accuracy and coherence.

5. Submission Guidelines

- **Formatting:** not specified
- **Length:** not limited
- **Deadline:** Submit by the specified date.

6. Additional Resources

- **Professional Journals:** Explore journals related to EAT, PT, OT, Psychomotricity and SLP.
- **EAS Organisations:** Refer to resources, for instance, from HETI, AHA, PATH Intl, etc.
- **Ethical Guidelines:** Review codes of ethics from your professional bodies.