

# Get Free The Fundamentals Of Equine Assisted Trauma Therapy With Practical Examples From Working With Members Of The Armed Pdf File Free

**Harnessing the Power of Equine Assisted Counseling** *The Clinical Practice of Equine-Assisted Therapy* **Equine-Assisted Counseling and Psychotherapy** **Equine-Assisted Mental Health for Healing Trauma** Equine-Assisted Psychotherapy and Coaching **The Equine-Assisted Therapy Workbook** **Introduction to Equine-Assisted Psychotherapy** **Riding Home** Equine-Assisted Mental Health Interventions An Introduction to Equine Assisted Psychotherapy Equine Therapy Exposed Equine-Assisted Therapy and Learning with At-Risk Young People *The Comprehensive Guide to Equine-Assisted Activities and Therapies* Handbook on Animal-Assisted Therapy **Transforming Therapy Through Horses** **The Art of Facilitation, with 28 Equine Assisted Activities** **George the Therapy Horse** **The Efficacy of Equine Assisted Therapy in the Treatment of Autism Spectrum Disorders** *Animal Assisted Therapy in Counseling* **Equine-Facilitated Psychotherapy and Learning** **Walking the Way of the Horse** **Beyond Words: the Healing Power of Horses** **Hoofprints** More Than a Mirror **HORSE LEADS THE WAY. Happy the Very Sad Pony** **Special Needs, Special Horses** **Mini Horse, Mighty Hope** **A Powerful Approach Or the Power of Horses** *Biotherapy - History, Principles and Practice* *Trigger the Anxious Horse* **Animal Assisted Play Therapy** *Crossing the Line* **Equitation Science** **Equine-imity Program** **Favorites** The Benefits of Equine-use in Equine-assisted Activities, Equine-facilitated Psychotherapy and Equine-facilitated Activities for Individuals with Emotional Stressors **Animal-Assisted Brief Therapy** **The Illustrated Guide to Holistic Care for Horses** *The Compassionate Equestrian*

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This book provides an overview of Animal-Assisted Activities (AAA) and Animal-Assisted Therapy (AAT) and demonstrates how they can be incorporated into solution-focused treatment programs. Pichot, focusing on the use of therapy dogs, starts with a discussion of the basics of AAA/T and solution-focused therapy, as well as

what every practitioner should know about dogs before partnering with them. Successfully combining all of this into an effective treatment program is considered next. Pichot draws upon her own experience developing an AAA/T program in the substance abuse counseling program at a county public health agency to illustrate the effective implementation of such a program and the struggles and lessons learned in doing so. Using AAA/T with special populations, cultural considerations, and the impact a therapy dog can have on the handler. New in this edition are client scenarios that demonstrate the therapist's thought process when making clinical decisions about when and how to use a therapy dog. Sample forms and treatment plans are also provided that professionals can use to modify or structure in their work with clients. The concepts and information provided in this valuable guide will be helpful for any therapist regardless of whether he or she is in private practice or working in an agency setting. **Riding Home: The Power of Horses to Heal**, Horse Nation's must read book of 2016, is the first and only book to scientifically and experientially explain why horses have the extraordinary ability to emotionally transform the lives of thousands of men, women and children, whether they are horse lovers, or suffering from deep psychological wounds. It is a book for anyone who wants to experience the joy, wonder, self-awareness and peace of mind that comes from creating a horse/human relationship, and it puts forth and clarifies the principles of today's Natural Horsemanship (or what was once referred to as "Horse Whispering") Everyone knows someone who needs help: a husband, a wife, a partner, a child, a friend, a troubled teenager, a war veteran with PTSD, someone with autism, an addiction, anyone in emotional pain or who has lost their way. **Riding Home** provides riveting examples of how Equine Therapy has become one of today's most effective cutting-edge methods of healing. Horses help us discover hidden parts of ourselves, whether we're seven or seventy. They model relationships that demonstrate acceptance, kindness, honesty, tolerance, patience, justice, compassion, and forgiveness. Horses cause all of us to become better people,

better parents, better partners, and better friends. A horse can be our greatest teacher, for horses have no egos, they never lie, they're never wrong and they manifest unparalleled compassion. It is this amazing power of horses to heal and teach us about ourselves that is accessible to anyone and found in the pages of Tim Hayes's *Riding Home*. The information and lists of therapeutic and non-therapeutic equine programs, which are contained in the book, are also available at the book's website. Trigger is a big, strong horse that worries a lot. He worries about tigers eating him and the wind in the trees. Luckily, Trigger has Happy to talk to. Trigger learns that it's normal to feel like he does and that there are ways to help himself feel better. The original edition was the first book to provide a comprehensive overview of the ways in which animals can assist therapists with treatment of specific populations, and/or in specific settings. The second edition continues in this vein, with 7 new chapters plus substantial revisions of continuing chapters as the research in this field has grown. New coverage includes: Animals as social supports, Use of AAT with Special Needs students, the role of animals in the family- insights for clinicians, and measuring the animal-person bond. \*Contributions from veterinarians, animal trainers, psychologists, and social workers \*Includes guidelines and best practices for using animals as therapeutic companions \*Addresses specific types of patients and environmental situations

*A New Resource for the EAAT Industry* The Comprehensive Guide to Equine-Assisted Activities and Therapies is a peer-reviewed must-have reference for educators, students, administrators, and professionals involved in the EAAT field. For the educator, the text offers an outline for curriculum; for the undergraduate, it provides complete, easy-to-follow information; for the administrator, it offers an understanding of the breadth and depth of the EAAT industry; and for the EAAT professional, it is simply an essential resource. This comprehensive, relevant, and timely text addresses the profession of equine-assisted activities and therapies in an educational and enjoyable fashion. Illness and trauma touch us all. Into the uncertainty and pain trots a herd of tiny horses, bringing a smile, a laugh, a chance to heal. Mini Horse, Mighty

Hope introduces you to Gentle Carousel Miniature Therapy Horses, one of the largest equine therapy programs in the world. You'll experience moments of comfort, hope, healing, and even miracles as you follow these spirited mini horses on visits to children's and veterans' hospitals, victims of natural disasters, survivors of and first responders to mass shootings, and more. Along the way, you'll also get to know the founder of Gentle Carousel as she shares how the love of these marvelous little creatures has helped her navigate her own struggles and challenges. Perfect for animal lovers, people who enjoy true stories of healing, and anyone who has undergone trials and longs for hope. Equine-Assisted Counseling and Psychotherapy offers a comprehensive guide to the practice of working with equines in a psychotherapeutic setting. Chapters provide a research-informed approach to integrating the contributions of horses and other equines into mental health services. With a focus on equine welfare, the book uses a relational approach to explore a broad range of topics, including documentation and treatment planning, work with clients across the lifespan and with diverse needs, complexities related to horses in the therapeutic relationship, as well as ethical, legal, and best-practice considerations. Mental health and equine professionals will come away from the book with a strong understanding of both the theoretical and practical aspects of equine-assisted counseling. Based on over a decade of sustained longitudinal research with a broad range of different user groups, *Equine-Assisted Psychotherapy and Coaching: An Evidence-Based Framework* is an essential guide which offers both theoretical foundations and practical models for working with horses in psychotherapy and coaching. While not a panacea for distress and difficulties, the connections that humans find with horses can become a catalyst for deeper self-knowledge. By de-centring the human subject and placing the horse in the middle of the investigation, the ways in which humans make sense of themselves can be explored and more easily understood. Drawing on this wide spectrum of different client groups, the book features intervention studies with expelled teenagers, adults in addiction recovery programmes, children diagnosed on the autistic

spectrum, people suffering from trauma and mental health problems, prisoners and even multi-national corporations wanting culture change. The practice of using horses in a psychological intervention is thoroughly scrutinised throughout, with ways of establishing successful change documented and assessed. Liefoghe's analysis of these studies builds up to provide a comprehensive, evidence-based framework for equine-assisted psychotherapy and coaching. This essential book offers psychotherapists, coaches and all those who work in a helping capacity a clear insight into what horses can and cannot do in a therapeutic role. Equine Therapy Exposed Real life case studies of equine assisted psychotherapy and equine assisted learning with everyday people and horses In this book you will get a sneak peek and deep dive into the emerging professional practice of equine assisted therapy. This unique, beautifully presented and engaging book provides real life case studies with diverse clients, and delivers insight from one of Australia's leading education experts in Equine Assisted Psychotherapy and Animal Assisted Psychotherapy. Meg Kirby (BA, MASW, DIP. GESTALT THERAPY) is a Mental Health Social Worker of 25 years, and international education expert in equine assisted psychotherapy, author, founder, senior trainer, and supervisor at The Equine Psychotherapy Institute. When Meg is not training students from all across the globe in equine, animal, and nature assisted psychotherapy, she spends her time caring for 12 family herd members, three cats, dog "Bear," and rabbit, Darcy... not forgetting her loving husband and two beautiful daughters, Rose and Jasmine. Meg lives and breathes the wisdom of animals and nature.

**PRAISE FOR EQUINE THERAPY EXPOSED**

"Meg Kirby's Equine Therapy Exposed is an outstanding book...the case studies are rich and varied...this text is (also) a fantastic resource for integrating psychotherapy with a range of somatic and nature-based therapies, not just equine therapy." Melissa O'Shea, PhD, Clinical Psychologist, Academic and Yoga Teacher, Master of Clinical Leadership (MCL), Deakin University "A dynamic and valuable book...filled with tremendous insights and practical suggestions...immensely helpful to professionals

attempting to work alongside horses to support their clients' wellbeing." Aubrey H. Fine, Ed.D. Professor Emeritus, CA Poly State University, Licensed Psychologist, Editor of The Handbook on Animal Assisted Therapy "Meg Kirby takes a significant and meaningful step in the advancement of the professionalization of the fields of Equine-Assisted Psychotherapy and Equine-Assisted Learning...the case studies splendidly help the reader understand both the depth and the processes that can be achieved in psychotherapy and in learning, with the help of the integration of equines." Nancy Parish-Plass, MA Social Work and Certified in Advanced Psychotherapy Studies, Founding and Current Chairperson of IAAAP Israeli Association of Animal-Assisted Psychotherapy "This book beautifully illustrates the power and effectiveness of the EAP/EAL process." Joan Rieger, MA, LPC Director of the Gestalt Institute of the Rockies & Gestalt Equine Psychotherapist "Thorough elucidation of therapeutic processes when animals are involved remains relatively uncommon in the literature. Brava to Meg Kirby and contributors for creating this most helpful exploration of just that!" Risë VanFleet, PhD, RPT\_S, CDBC, CAEBC/I Coauthor with Tracie Faa-Thompson of the award-winning Animal Assisted Play Therapy Principal, International Institute for Animal Assisted Play Therapy "If you are interested in how to work relationally with horses in a psychotherapy and learning context...the AWARE Therapy(TM) model provides a clear framework for practitioners...(and) showcases the adaptability of the approach to a wide range of client populations." Veronica Lac, Ph D Executive Director The HERD Institute(R), USA Animal Assisted Therapy in Counseling is the most comprehensive book available dedicated to training mental health practitioners in Animal Assisted Therapy (AAT). It explains the history and practice of AAT in counseling, discusses the latest empirical research, and provides an in-depth explanation of the psychodynamics of AAT within various theoretical frameworks. Readers will learn the proper way to select, train, and evaluate an animal for therapy. The use of a number of different therapy animals is considered, including dogs, cats, horses, birds, farm animals, rabbits and other small animals,

and dolphins. Guidelines for implementing AAT in settings such as private practices, community agencies, schools, hospices, and prisons are covered, as well as ethical and legal considerations, risk management, diversity issues, and crisis and disaster response applications. Numerous case examples illustrate the use of AAT principles with clients, and forms, client handouts, and other resources provide valuable tools. This unique resource is an indispensable guide for any counselor looking to develop and implement AAT techniques in his or her practice. A growing number of individuals with special needs are discovering the benefits of therapies and activities involving horse riding. Naomi Scott, offers information about the amazing results possible with therapeutic riding, or hippotherapy. Written by internationally renowned equine-assisted mental health professionals, this edited collection teaches counselors how to design and implement equine-assisted mental health interventions for different populations and various challenges. Supported by ethical considerations and theoretical frameworks, chapters cover common issues including depression, anxiety, grief, ADHD, autism, eating disorders, substance abuse, self-esteem, social skills and communication, couples and family work, and professional development. Each chapter provides practical tips for implementing treatment strategies, case studies with transcript analyses, and sample session notes. This book will appeal to both the expert equine-assisted mental health counselor and the seasoned counselor who is open to partnering with an equine practitioner to help their clients in new and innovative ways. You've been through the training, you're certified to provide equine-assisted services, you have the necessary team assembled but NOW WHAT? Program Favorites provides you with a series of new, innovative exercises that include facilitator notes, client instructions, processing points and a section based on experience where you learn from someone who has experience with the exercises. The book offers you a six week group curriculum as a bonus feature that incorporates the exercises detailed in the book along with other features such as group structure, group rules, objectives and goals . . . all the things you will need to market your group to your referral

sources. This book is an absolute must for your business. So what are you waiting for? Linda Myers is a licensed counselor in the State of Ohio and one of the first fifteen trained by a yet-to-be formed EAGALA. Recognizing the benefits of incorporating her horses in her work with teens, she quickly gained recognition based on the positive results and low recidivism rates obtained. Working primarily with adjudicated youth, teams and leadership organizations she integrated her horses into her business in 1998. Her work is mentioned in magazine and newspaper articles. Spotlighted in *Horses Don't Lie* (1998) by Chris Irwin and *Careers With Horses* (2004) by Vickie Hogue Davis. Her notable programs earned her the 2005 John Murray Commitment to Families and Children Award in Geauga County along with her place in her High School Hall of Fame. A new edition of a highly respected textbook and reference in the rapidly emerging field of equitation science. *Equitation Science, 2nd Edition* incorporates learning theory into ethical equine training frameworks suitable for riders of any level and for all types of equestrian activity. Written by international experts at the forefront of the development of the field, the welfare of the horse and rider safety are primary considerations throughout. This edition features a new chapter on research methods, and a companion website provides the images from the book in PowerPoint. The *Equine-Assisted Therapy Workbook* gives readers the tools they need to increase professional competency and personalize the practical applications of equine-assisted therapy. Each chapter includes thought-provoking ethical questions, hands-on learning activities, self-assessments, practical scenarios, and journal assignments applicable to a diverse group of healthcare professionals. The perfect companion to *The Clinical Practice of Equine-Assisted Therapy*, this workbook is appropriate for both students and professionals. Since time eternal horses have walked beside us, helping to shape our destinies, taking us on journeys of the soul, and offering as a gift their power, mystique, and beauty. While it has taken some time, mental health professionals and educators alike have begun to formally acknowledge the emotional, mental and physical benefits that humans can receive by spending time with

horses. In the U.S. alone, there are already more than 900 programs that offer therapeutic or educational programming provided in partnership with horses. Leif Hallberg has extensively researched the field of Equine Facilitated Mental Health and Educational Services, and this book reveals the many ways horses can help humans. Become familiar with:

- Key definitions
- Historical information about working with horses in therapeutic and educational settings
- Ethical considerations
- Practical applications

Learn more about the healing power of horses and their rich history of working together with humans in *Walking the Way of the Horse*. For additional information about this book, and Leif Hallberg visit [www.walkingthewayofthehorse.com](http://www.walkingthewayofthehorse.com)

This manual focuses on Equine Assisted Learning (EAL) which is used for non-therapeutic populations for learning, teaching, and goal setting. EAL can be used in a variety of ways for individuals and groups or teams. Biotherapy is defined as the use of living organisms in the treatment and diagnosis of human and animal diseases. This volume is an evocative exploration of the history, scientific basis and practical use of the major biotherapy modalities. The authors provide researchers and practitioners interested in this field, with cutting-edge material on the latest key advances in the following fields of biotherapy: Maggot Therapy, Hirudotherapy, Bee Venom Therapy, Apitherapy, Ichthyotherapy, Helminth Therapy, Phage Therapy, Animal Assisted Therapy, Canine Olfactory Detection. In addition, the authors provide with their chapters an extensive bibliography that represents a state-of-the-art survey of the literature. Comprehensive and current, this fresh volume of reviews is an essential resource for professionals who need to stay ahead of the game in the exciting field of biotherapy. This marvelous book, borne of a unique collaboration between Dr. Allen Schoen—a world-renowned veterinarian and author—and trainer and competitor of many years Susan Gordon, introduces the 25 Principles of Compassionate Equitation. These Principles, conceived by Dr. Schoen and Gordon, are a set of developmental guidelines, encouraging a level of personal awareness that may be enacted not only through the reader's

engagement with horses, but can be extended to all humans and sentient beings he or she encounters. The 25 Principles share stories and outline current, peer-reviewed studies that identify and support methods of training, handling, and caring for horses that constitute a safe, healthy, non-stressful, and pain-free environment. Through their Compassionate Equestrian program, the authors encourage all involved in the horse industry to approach training and handling with compassion and a willingness to alleviate suffering. By developing deeper compassion for their own horses, and subsequently, all equines, equestrians transcend their differences in breed preferences, riding disciplines, and training methodologies. This leads to the ability to empathize and connect more closely with the “global collective” of horses and horse people. In doing so, a worldwide community of compassionate equine practitioners and horse owners will emerge, which will not only benefit the horses: People involved with horses are found in many influential segments of society and have the potential to affect wide circles of friends, acquaintances, and co-workers from every walk of life. These are simple changes any horse person can make that can have a vast impact on the horse industry and society as a whole. Equine assisted psychotherapy is a professional, innovative, and experiential approach to counseling, psychotherapy, and mental health that supports clients of all ages with horses as assistants and co-facilitators in the process. Meg Kirby's book has made a significant contribution to the field of Equine Assisted Psychotherapy (EAP), in articulating a Model of EAP that has foundation in psychological theory, therapeutic technique, accountable professional integrity, and utmost respect for our animal counterparts. A much needed contribution for the field, globally. Melissa Johnstone, Psychologist Meg Kirby's insight and ability to integrate psychotherapy theory and practice closes 'the gap' (the fields' current deficit or 'gap' in rigorous theoretical underpinnings), and provides a comprehensive relational psychotherapy model for working with horses to support clients. In line with best practice therapy, this book offers an introduction to an ethical equine assisted psychotherapy model,

and is an 'appetiser' for curious mental health practitioners, students and the global community interested in professional animal assisted practice. Naomi Rossthorn, Counsellor and Researcher The Equine Assisted Therapy movement we're all so passionate about will benefit from Meg Kirby's strong theoretical approach that is firmly grounded in psychotherapy practice, and has a uniquely Australian modelling and voice. Dr Anna Cohen, Clinical Psychologist and Author First Published in 2012. Routledge is an imprint of Taylor & Francis, an informa company. Clinicians have long recognized that trauma therapy provides a pathway to recovery, and Equine-Assisted Mental Health for Healing Trauma provides that pathway for those who work with horses and clients together. This book demonstrates a range of equine-assisted mental health approaches and step-by-step strategies for facilitating recovery from trauma for children, adults, and families. Chapters address topics such as chronic childhood trauma, accident-related trauma, complex trauma and dissociation, posttraumatic growth in combat veterans, somatic experiencing and attachment, eye movement desensitization and reprocessing (EMDR), reactive attachment disorder (RAD), relational trauma, and sexual trauma. Experts also provide case studies accompanied by transcript analyses to demonstrate the process of trauma healing. Clinicians will come away from the book with a wealth of theoretical and practical skills and an in-depth, trauma-informed understanding that they can use directly in their work with clients. Make your dreams come true by becoming a successful Equine Assisted Coach. Gain a strong philosophy, knowledge, and understanding in processing any experiential program. Have over 28 Equine Assisted Activities at your finger tips. Find your niche, create a joint venture, offer a retreat, get extra coaching and find out all you need to know in, "The Art of Facilitation, with 28 Equine Assisted Activities." Happy is feeling sad. He's so sad that he wonders if he will ever feel good again but his friends know how to help him. This book provides an overview of the field of Equine-Assisted Therapy and Learning and gives a powerful account of a research study charting the experiences of seven 'at-risk' young people attending a pioneering Therapeutic

Horsemanship centre in the UK. The book includes a foreword from Leif Hallberg, author of Walking the Way of the Horse . Practice and theory for incorporating horses into your psychology or therapy practice and partnering with therapy horses for human wellness. The EAGALA model is the global standard in equine-assisted psychotherapy. Stories from founder Lynn Thomas and trainer Mark Lytle bring the model's principles to life. Equine-Facilitated Psychotherapy and Learning: The Human-Equine Relational Development (HERD) Approach offers a hands-on approach to integrating equine-assisted therapy and learning into mental health treatment. Based on the HERD Institute model, the book showcases a series of case studies that cover working with patients with trauma, attachment disorders and depression. Additional case studies show varied approaches to working with families, couples and culturally-diverse populations. Ethical and safety considerations are covered, emphasizing the importance of both human and equine welfare in the equine-facilitated psychotherapy and learning model. George is moving to the Circle KT Therapy Horse Ranch to become a therapy horse. We follow George on the drive to the ranch and then share with him as he experiences learning all about being a therapy horse and how he will be helping people of all ages. The Clinical Practice of Equine-Assisted Therapy bridges theory, research, and practical methods to fill a rapidly developing gap for physical, occupational, speech, and mental health professionals interested in incorporating horses in therapy. Extensively researched and citing over 300 peer-reviewed journal articles, it examines core issues such as terminology, scope of practice, competency recommendations, horse care ethics, and clinical practice considerations. This book is an essential resource for professionals who wish to use a best-practices approach to equine-assisted therapy. Excerpts from Beyond Words: The Healing Power of Horses The space between words is where we live with horses. In the silence we are truly heard. \*\*\*\*\* So much of our sadness, our discontent, our addictions and compulsions are driven by the emptiness we experience when, without being aware of it, we detach from our emotional selves. We often mistake this emptiness as boredom, anxiety,

hunger, and/or loneliness. Horses, in their honesty and compassion, help us to reconnect to ourselves, to our humanness. \*\*\*\*\* What I have come to believe is that no matter what orientation you bring to psychotherapy, or what equine certification you achieve, the one variable that has been shown to be critically important is the trusting, respectful, and compassionate relationship that develops between therapist and client; whether the therapist has two or four legs is irrelevant! \*\*\*\*\* The goal of Beyond Words: The Healing Power of Horses is to connect the advances made in the treatment and understanding of mental health issues with the knowledge we have accrued through the years about the nature of horses. The key is to integrate the two professional worlds of equine specialists and psychotherapists, so that each can appreciate, communicate, and work together to further enhance the practice of Equine Experiential Psychotherapy. The 50 cards in the Horse Sense Skill Cards set are designed to assist in the process of learning and development that occurs through equine-assisted psychotherapy and learning sessions. Originally designed for working with at-risk and adjudicated youth, the scope has been expanded and the cards are now suitable for a variety of populations including couples, families, groups, and more! Ever wonder what it means to be "as healthy as a horse"? Equine-imity teaches you how to achieve optimal mind-body health with qigong, a tai chi-like moving meditation, in the presence of gentle, sensitive horses. Written especially for non-equestrians and non-meditators. Seven easy-to-learn exercises. International resources for how to find a horse near you. Based on our course of the same name at Stanford, Equine-imity draws on principles and techniques from yoga, tai ji, mindfulness meditation, and Reiki lovingly laid on a foundation of Daoist philosophy and Jungian psychology. From an East-meets-Western medical perspective, Equine-imity includes state-of-the-art information on stress physiology, sports medicine, mirror neurons, and the physics and metaphysics of energy measurement.

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