

Equine Therapy Glossary of Terms



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Equine Assisted Psychotherapy (EAP): Addresses the client or group's treatment goals, focuses on setting up ground activities involving the horses which will require the client or group to apply certain skills, as defined by their treatment plan or goals. Examples of skills applied in an EAP session: Improved behaviors and social skills, depression and anxiety reduction, relationship development. EAP sessions are often facilitated jointly by a trained therapist and an equine specialist

Equine Assisted Learning (EAL): Addresses the individual or group's learning or educational goals, focuses on setting up ground activities involving horses to help learn specific skills or achieve educational goals, as defined by that individual or group. Examples of skills applied in an EAL session: Improved product sales for a company, leadership skills for a school group, resiliency training for the military.

Equine-Facilitated Learning (EFL): EFL covers a wide array of social and emotional learning activities organized around horse experiences. EFL facilitators may be experienced educators, business consultants, and personal coaches or certified in alternative health fields. EFL may contribute to positive outcomes for a client although the activity itself is not therapy.

Equine-Facilitated Psychotherapy (EFP): EFP is a type of experiential psychotherapy built around interactions with horses. Therapy must be applied by a provider who is trained and licensed (by their state) to practice psychotherapy or counseling. The therapist should have additional training and experience in facilitating EFP; often sessions are facilitated jointly by a trained therapist and an equine specialist especially when working with more than one client at a time. Also known as Equine Assisted Psychotherapy, Equine-Facilitated Mental Health, and Equine Assisted Counseling.

Equus Coaching™/ Equine Assisted/Life or Leadership Coaching: Experiential coaching blending life and leadership coaching with interactions with horses. Equus Coaching is typically provided by a professional who has completed a recognized and/or accredited Life, Leadership, or Executive Coaching certification program plus additional training in basic equine husbandry and safe handling, equine psychology, and experience in setting up a partnership with an equine facility. Activities are conducted on the ground (no riding) and addresses the individual or team communication and goals.

Gestalt Equine Therapy: This is a relatively newer model of equine therapy. Practitioners of these models have been trained in the essentials of Gestalt therapy and the essentials of equine assisted psychotherapy. There are several certification programs, each with different acronyms such as Equine Gestalt Coaching Method® (EGCMethod), Gestalt Equine Psychotherapy (GEP), and

Hippotherapy: Physical, occupational and speech therapy treatment strategy that utilizes movement of the horse for the benefit of the patient. Hippotherapy must be prescribed and provided by a trained and licensed physical, occupational or speech and language therapist. The foundation of sensorimotor integration established in hippotherapy can improve neurological function and sensory processing, which can be generalized to a wide range of daily activities.

Therapeutic Horsemanship: A program where students learn horsemanship skills, such as riding or caring for horses. Horsemanship skills are the primary objective, however life lessons and other therapeutic benefits may be gained through learning the skills of being with horses.

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Therapeutic Riding (TR): Therapeutic riding involves teaching individuals with cognitive, emotional, or physical disabilities the skills of horseback riding and is regulated in the United States through the Professional Association of Therapeutic Horsemanship International (see below). Long recognized as a therapy of tremendous benefit to children with disabilities such as cerebral palsy or Downs's syndrome, TR has now broadened and shows promise in treatment of autism, sensory integration disorders, language development and trauma recovery in children.

Equine Therapy for Veterans: Many of the above mentioned modalities are being accessed by veterans for help and healing. These program for veterans offer a wide variety of different approaches. A list of programs and what they offer can be found at Operation We Are Where We Are at <http://www.operationwearehere.com/EquineTherapy.html>

Professional Organizations and Training:

Professional Association of Therapeutic Horsemanship International (PATH): The organization formerly known as NARHA officially became the Professional Association of Therapeutic Horsemanship International (PATH Intl.) in 2011. PATH offers three levels of certification for therapeutic riding instructors: Registered, Advanced and Master. PATH's Standards for Certification and Accreditation manual details voluntary standards for the equine-assisted activities and therapies (EAAT) industry, precautions and contraindications to therapeutic riding, a glossary of industry terms and sample forms. www.PathIntl.org

Equine Assisted Growth and Learning Association (EAGALA): EAGALA teaches Equine Assisted Psychotherapy (EAP) and Equine Assisted Learning (EAL) focusing on experiential, ground-based activities. The EAGALA treatment team (a Mental Health Professional and Equine Specialist) works with the client in creative horse-centered activities designed to address specific treatment goals. www.eagala.org

Equine Guided Educational Association (EGEA): Provides educational programs and training in Equine Guided Education (EGE) and Equine Facilitated Learning (EFL) for professionals entering the field and resources for the public. www.equineguidededucation.org Training and EGE can be obtained from www.skyhorse.com (approved by International Coach Federation).

Equine Experiential Education Association (E3A): An international professional membership organization offering training, certification, business development and resources for the implementation of Equine Assisted Learning (EAL) programs by educators, coaches, professional development trainers and other facilitators. www.e3assoc.org

Koelle Simpson Institue (Equus Coaching™ Certification): Provides a full year of training and apprenticeships for certified coaches who wish to gain skills as an Equus Coach™. Training includes basic equine husbandry and safe handling, equine psychology, coaching alongside an equine partner, and experience in setting up a partnership with an equine facility. Coaches who complete a year-long course are skilled at providing 1:1 equine assisted coaching. Coaches who complete a second year apprenticeship course are skilled at providing Equus Workshops. www.KoelleInstitute.com