

Northland Therapeutic Riding Center

Improving quality of life for persons with special needs through equine assisted activities and therapies

Premier Accredited Center

Equine-Assisted Mental Health & Learning

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Goal:

Participants; *those interested in learning more about Equine-Assisted Mental Health opportunities*, will understand the benefits of Equine-Assisted interventions for individuals experiencing acute or chronic mental health issues.

Objectives:

1. Participants will be able to define Equine Assisted Therapy, and specifically, Equine-Assisted Mental Health and Learning and process for becoming certified.
2. Participants will be able to list at least three physiological changes that take place in people when in the presence of a horse.
3. Participants will be able to define (what we will be calling) “Bio-Scan”.
4. Participants will be able to verbalize an understanding of equine prey-predator relationships and how this translates into practical interventions.
5. Describe 3 ways that horses communicate. How is this important?
6. Name 3 signs of a calm horse. How is this important?
7. Brief discussion; how learning to communicate with a horse or a herd can benefit someone with social anxiety. (as well as safety issues and self-care)
8. Name one of the four cranial nerves that stimulate the Parasympathetic Nervous System (PSNS), and exercises/skills that can be incorporated into daily life to prevent ‘shut down’, ‘melt down’, or ‘break down’, as well as promote ‘break-through’.
9. Participants will work together in the Equine-Assisted Activity, *Overcoming Obstacles*. Explain 3 ways that this activity can promote positive change in outlook and/or behavior.
10. Name one lesson you can take from today’s experience and use in a personal way.

“There is something about the outside of a horse that is good for the inside of a man”

Winston Churchill

