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Titolo	Harnessing the power of equine assisted counseling : adding animal assisted therapy to your practice // Kay Sudekum Trotter
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Nota di contenuto	Cover; HARNESSING THE POWER OF EQUINE ASSISTED COUNSELING: Adding Animal Assisted Therapy to Your Practice; Copyright; CONTENTS; INTRODUCTION; ABOUT THE EDITOR; ABOUT THE CONTRIBUTORS; CHAPTER 1 Equine Assisted Interventions in Mental Health; Defining Equine Assisted Interventions; Certification Board for Equine Interaction Professionals; PATH International; Equine Assisted Growth and Learning Association; Equine Assisted Interventions in Mental Health Theoretical Foundations; Animal-Human Bond; Development and the Animal-Human Bond; Animal Assisted Therapy; The Delta Society Equine Assisted CounselingTheoretical Foundations of Equine Assisted Counseling; Brief Therapy; Gestalt Therapy; Reality Therapy; Adlerian Therapy; The Nature Connection; Implications for Conducting Counseling Outdoors; References; CHAPTER 2 Looking at Equine

Assisted Counseling From the Horse's Perspective; How to Assure the Safety and Comfort of the Horse in a Counseling Session; How to Select Horses Appropriate for Equine Assisted Counseling; Potential Risks and Stresses to the Horses Used in Counseling
The Best Way for a Counselor Inexperienced With Horses to First Approach and Connect With the Horse
Parelli Natural Horsemanship
Four Key Points: Relationship, Understanding, Communication, and Trust; Relationship; Understanding; Communication; Trust; How to Read a Horse's Emotional State; Core Ethical Guidelines in Working With Horses; How Do Horses Process Information?; What Should Counselors Know About Natural Horsemanship?; How Can Understanding Horseness Help Facilitate Positive Sessions?; Other Tidbits of Information and Advice; CHAPTER 3 Techniques That Address Trauma
Reclaiming Boundaries Through Equine Assisted Counseling
Introduction; Rationale; Description; Overview; Boundaries and Communication; My Space-Individual Version (Within the Group); My Space-Group Version; Case Example; Summary; Appendix A. Communication Styles Handout; Appendix B. Depiction of Three Basic Styles; References; Animal Assisted Group Interventions for the Treatment of Trauma; Introduction; Rationale; Description; Training and Preparation; Group Rules; Body Awareness Techniques; Expressive Art Techniques; Working in the Moment; Closure; Application; References; The Magic Room
Introduction
Rationale; Description; Meaningful Questions to Ask; Application; References; Safe Touch Using Horses to Teach Sexually Abused Clients to Value Their Bodies and Themselves; Introduction; Rationale; Description; Materials; Treatment Goals; Case Study; Application; References; Equine Facilitated Psychotherapy for the Treatment of Trauma; Introduction; Rationale; Description; Case Examples; Application; Summary; Resources; References; CHAPTER 4 Techniques That Explore Anxiety and Depression; Healing Through Horses: Equine Assisted Counseling-No Place to Hide; Introduction; Rationale
Description

Sommario/riassunto

"This book will help licensed professional counselors incorporate Equine Assisted Counseling (EAC) into their practices, even those who have no prior experience working with horses. It provides a strong research foundation for understanding the efficacy of equine assisted interventions and the potentially powerful impact that a horse can have in creating a new counseling dynamic. Chapters address using horses to help clients dealing with various traumas and abuse, anxiety, depression, atypical behaviors, and social skills and communication issues. One chapter is written by the internationally renowned "horse whisperer" Pat Parilli and offers a look at EAC from the horse's point of view and describes the process of developing a relationship with the horse in a positive, safe, and respectful manner, an important topic to ensure the well-being of the horse throughout a session. Counselors will find this a valuable resource for understanding and utilizing EAC as a new resource in their own practices, as will students seeking to learn about this innovative approach"--Provided by publisher.
