



Harnessing the Power of Equine Assisted Counseling: Adding Animal Assisted Therapy to Your Practice

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This book will help licensed professional counselors incorporate Equine Assisted Counseling (EAC) into their practices, even those who have little 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. Additionally, a chapter by the internationally renowned "horse whisperer" Pat Parelli offers a look at EAC from the horse's point of view and demonstrates developing a relationship with a therapy horse in a positive, safe, and respectful manner. 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.



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Harnessing the Power of Equine Assisted Counseling: Adding Animal Assisted Therapy to Your Practice From Routledge Bibliography

- Sales Rank: #4438392 in Books
- Published on: 2011-12-06
- Original language: English
- Number of items: 1
- Dimensions: 9.50" h x 6.50" w x .75" l, 1.20 pounds
- Binding: Hardcover
- 308 pages



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Editorial Review

Review

"Trotter has compiled a tremendous resource for mental health professionals interested in adding equine assisted counseling to their existing practice. I am excited and impressed by the wisdom of the many contributors she has included and I look forward to all that this field is becoming." - **Leif Hallberg, MA, LCPC, Private Practice, Bozeman, Montana**

"This book is a highly valuable resource for counselors who work with horses. It is well written and organized and provides useful, practical, and very interesting information." - **Cynthia Chandler, EdD, Professor of Counseling and Director, Center for Animal Assisted Therapy, University of North Texas**

"This book needs to be on the shelf of every EAT and AAT practitioner and in the hands of instructors and students as well. I personally loved the case studies which add an enjoyable narrative. Two thumbs up and five stars! I highly recommend it!" - **Linda Nebbe PhD, LMHC, Assistant Professor of Counseling, University of Northern Iowa, and AAT Practitioner**

About the Author

Kay Sudekam Trotter, PhD, is the Founder of Equine Partners in Counseling (EPIC), a structure to develop resources for counselors to utilize in incorporating equine assisted counseling into more traditional counseling modalities. She is also President of Counseling Services PLLC in Flower Mound, Texas.

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