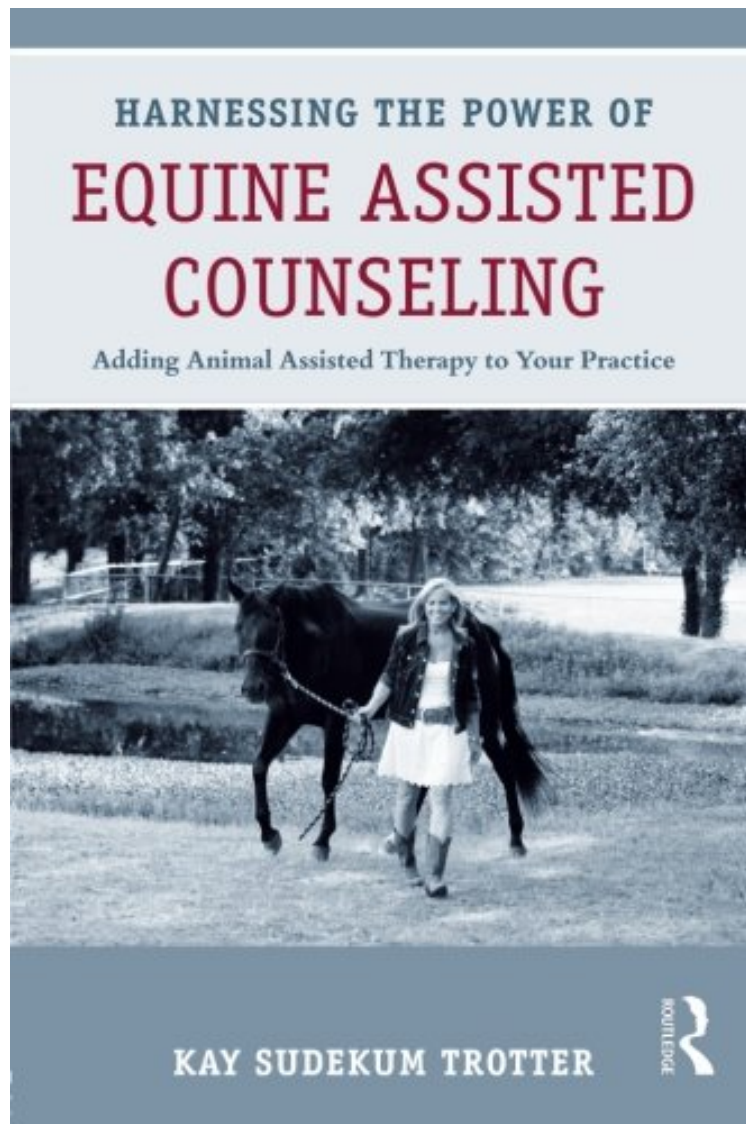


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Harnessing the Power of Equine Assisted Counseling: Adding Animal Assisted Therapy to Your Practice

From Trotter Kay Sudekum

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#781666 in Books Trotter Kay Sudekum 2011-12-14 2012-01-19Original language:EnglishPDF # 1 9.00 x .70 x 6.00l, 1.10 #File Name: 0415898420308 pagesHarnessing the Power of Equine Assisted Counseling | File size: 54.Mb

From Trotter Kay Sudekum : Harnessing the Power of Equine Assisted Counseling: Adding Animal Assisted Therapy to Your Practice before purchasing it in order to gage whether or not it would be worth my time, and all praised Harnessing the Power of Equine Assisted Counseling: Adding Animal Assisted Therapy to Your Practice:

7 of 7 people found the following review helpful. Harnessing the Power of Equine Assisted Counseling By SHERRY SINGLETON Great information. We have Barnabas Horse Foundation for Children and are using EAP to help children who have been traumatized. We were certified by Greg Kiersten of the O.K. Corral series in EAP. I constantly look for valid information to continue education and build our resources. This book is a great resource and tool. She effectively gives the reasoning behind the different exercises. It is written for clinical professionals, but as a layperson to psychology (I am the horse expert), I did not find her book hard to read and understand. 0 of 0 people found the following review helpful. There are still relatively few really solid resources on the ... By Families and Animals There are still relatively few really solid resources on the use of animal assisted therapy in counseling, and this is one of them! Dr. Trotter has compiled valuable interventions, with sufficient detail and information to guide properly trained therapists in their use. This is a very valuable resource for mental health therapists and educators involving equines in their work! 7 of 8 people found the following review helpful. Pretty good book, worth the price By Janet L. Cameron This book has many examples of games and exercises for EFT. The explanations of the games and exercises are well written and easily understood. The only drawback is that those games and exercises are really on a very basic level and rely almost exclusively on the benefits of the limbic connection between horses and humans. In short, the book doesn't have exercises that require more of the student and the horse than the good old touchy-feely benefits. Nonetheless, I would recommend this book as a starting point for anyone who wants to include EFT in their program.

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 horses 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.

"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.