

Mandala World



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Equine Assisted Therapy

MANDALA WORLD ACADEMY

- Mandala World Academy's mission is to provide the world with a new advanced education system as an important paradigm shift in the way children learn.
- Our goal is to reach and teach each student with the most advanced curriculums through neuroscience.

EQUINE ASSISTED THERAPY



WHAT IS EQUINE ASSISTED THERAPY?

- Equine Assisted Therapy (EAT) is a physical, occupational, and speech-language therapy treatment strategy utilizing dynamic movement of the equine (horse) to achieve therapy goals.
- This type of treatment is effective because the gentle, rhythmic movement of the horse simulates human walking.
- Equine Assisted Therapy promotes physical, occupational, and emotional growth in persons suffering from mental health issues (ADD, Anxiety, Cerebral Palsy, Dementia, Depression, Development Delay and Genetics), as well as other debilitating ailments.



Equine Assisted Therapy is an umbrella term encompassing several therapeutic activities involving horses. Hippotherapy, for example, utilizes the movement of horses for physical, occupational, or speech therapy, and has been used to treat motor and sensory issues associated with cerebral palsy, multiple sclerosis, and stroke, among other things



WHAT HAPPENS DURING EQUINE ASSISTED THERAPY?

The horses take on the role of a large biofeedback machine and provides clients and therapists important insights for achieving goals in working towards self-improvement.

Horses and humans share similar pelvic movement patterns at the walk, so a person riding a horse receives a simulated walking experience with the horse's movement.

Often the rider can receive up to 160 bilateral, symmetrical and rhythmical impacts in just one minute providing a biofeedback opportunity for the neuromuscular system (brain, nerves, and muscles).

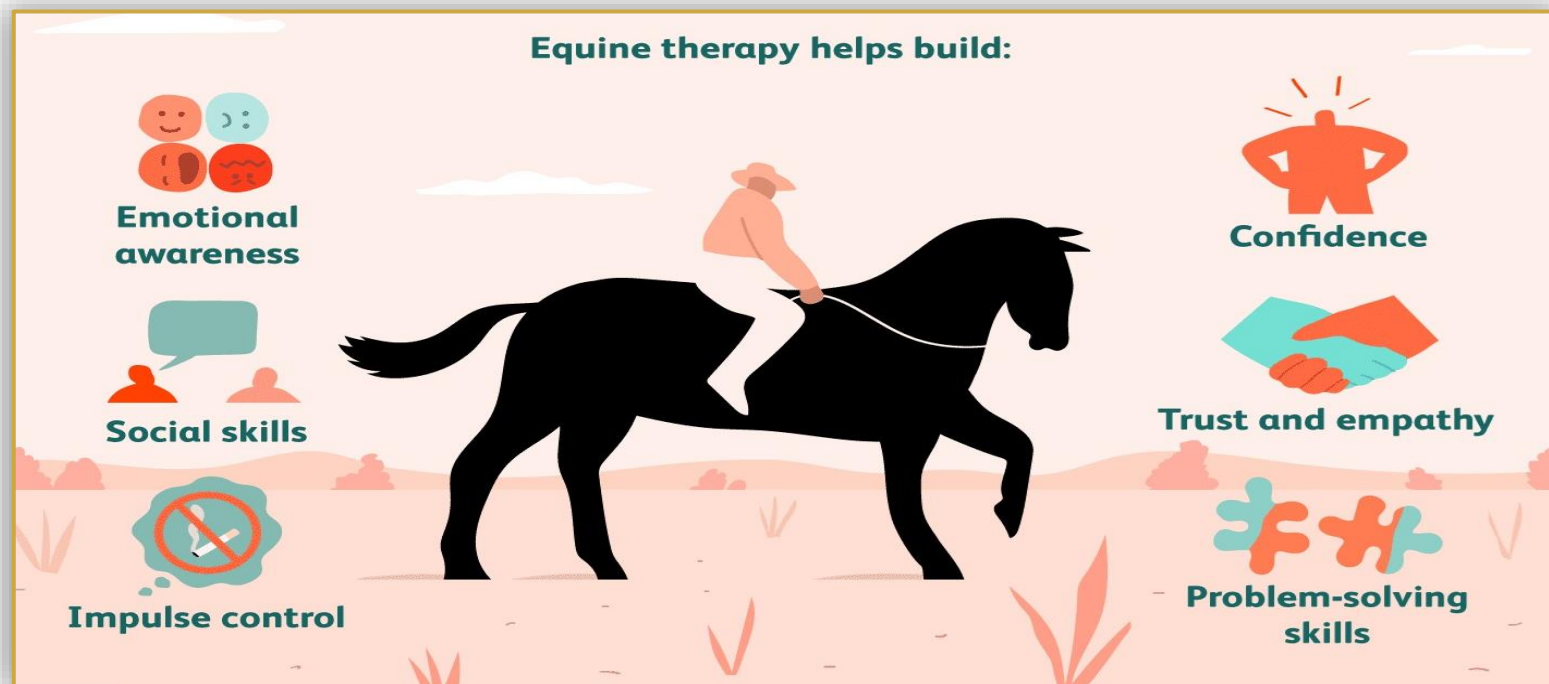
For example, during speech therapy, the body systems that support speech and language skills help improve posture, motor skills and attention to task, while offering a positive impact on the vestibular and respiratory systems.

The horses nature and the barn setting offer a natural environment for learning language and communication.

BENEFITS OF EQUINE ASSISTED THERAPY

- Helps adaptability
- Assists with distress tolerance
- Provides emotional awareness
- Promotes independence
- Aides with impulse control
- Boosts confidence and Self esteem
- Improves social awareness
- Visual impairment
- Stroke
- Enhances focusing abilities
- Effectively able to communicate better
- Aids with aggression issues
- Amputation
- Brain injury
- Cerebral Palsy
- Muscular weakness
- Speech / language impairment
- Spinal cord injury / impairment

BENEFITS OF EQUINE THERAPY



BENEFITS

Although a variety of animals can be used in the psychotherapeutic process, horses offer unique traits that have made them a top choice for animal-assisted therapies.

Horses also require work

- They must be fed, watered, exercised and groomed.
- Providing this type of care can often be therapeutic.
- These activities assist in establishing routines and structure.
 - The act of caring and nurturing something else can assist in building empathy, accountability and responsibility.

EQUINE ASSISTED THERAPY

- Improvement in cognitive skill
- Improvement in social skills
- Improvement in behavioral skills
- Increased emotional well-being
- Increased self-esteem
- Increased balance, motor control and coordination
- Improved muscle strength
- Increased flexibility
- Increased fine motor skills
- Improved communication
- Awareness of one's body in space (proprioception)
- Improved range of motion

EQUINE ASSISTED THERAPY TARGETS

- Identifying and Coping with Feelings
- Communication and Interpersonal Skills
- Setting Boundaries
- Overcoming Fears
- Building Trust

Children with sensory issues, such as those with Autism or children who have body awareness issues, not knowing where their body is in space, the horse's movement provides deep pressure with each step. This input helps train neural pathways and processing and provides a calming effect on the nervous system that helps the rider respond to the world in a more proactive way. For our adults rehabilitating from stroke or head injury, the resounding movement of the horse provides incredible feedback for relearning functional life skills and achieving independence.

MANAGING VULNERABILITY

- As clients might find themselves vulnerable when trying to open up about emotional challenges, past experiences, or life transitions, the horse can offer a neutral point of comfort.
- If something feels too painful to speak of, it can feel a bit easier for clients to process using the horse as a vessel of strength and comfort, or to align their experience with the horse's experiences in the moment. Externalizing the content in this way can make things easier to approach and process through.

IMPORTANT FACTORS

- Children who suffer in assertiveness, anxiety, confidence, developing relationships, empathy, social skills, improving focus, reducing aggression, and trusting others can all benefit from equine assisted therapy.
- It may be easier for a child to feel more comfortable engaging with the horse rather than speaking directly about their issues.
- Children suffering from mental health issues can utilize equine assisted therapy to reduce stress and clear their minds. Working with the horses can assist children suffering from low self-esteem and help give them confidence they need.
- They engage in grooming, feeding, and leading the horse while being supervised by a trained individual.
- Research shows that Equine Assisted Therapy is effective for treating children experiencing depression, anxiety, and any trauma related symptoms, as well as ADHD, autism, dissociative disorders, and other mental health diagnoses.

FEEDBACK AND MIRRORING

- Horses are keen observers and are vigilant and sensitive to movement and emotion. They often mirror a client's behavior or emotions, conveying understanding and connection that allows the client to feel safe.
- This also allows for clients to maintain a sense of self-awareness, using the horse's behavior and interactions for feedback and opportunities to check in and process what is happening in the moment.

OVERALL

- Equine programs have been known to help children with mental health issues and functional ailments.
- Horses help build emotional bonds and attachments.
- They teach children to trust and respect, to be responsible and accountable.
- Horses mirror emotions in which trained therapists can come up with strategic plans to help each individual child

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