



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

By Kay Sudekum Trotter

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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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- Sales Rank: #841152 in eBooks
- Published on: 2012-04-27
- Released on: 2012-04-27
- Format: Kindle eBook



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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 Sudekum 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.

Users Review

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Rayford Alexander:

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