

Equine assisted therapy essay



**ASSIGN
BUSTER**

Thesis Statement: Equine Assisted Therapy can be beneficial to substance abuse clients with co-occurring disorders. Equine Assisted Therapy (EAT) is when horses is used as a tool for emotional growth and learning helping adults and children with mental health and behavioral problems, such as mood disorders, addictive behaviors and communication difficulties (Marshall-Lucette & Cantin, 2011). There is still limited information and literature not only in the United States but in the United Kingdom on this topic.

But what little information there is it seems that his type a therapy is still promising for those who have an addiction problem. The types of horses that are used in this type of therapy are horses that have been abuse and neglected. These horses usually come from the animal rescue organizations in hopes that they can also learn the basics such as learning to trust in man. Just like an addict they too must learn new ways in which to adapt to positive atmosphere. Addicts are people who are recovering from so type of illegal drug, alcohol or prescription drug.

A person who has lost everything due to their addiction. Equine Assisted Therapy will allow the Substance Abuse Counselor and EAT Trainer to work together and helping not only the recovering addict but the neglected horse work together as w one. By doing this it will enable them both to learn news ways that will enhance their lives that will have a positive influence on their future. Here on my ranch I take one recovering addict and one abuse horse and they work together for approximately 8 to 12 weeks. After which time client who was assigned to the horse will demonstrate in a show & tell”.

At this event that is held at the end of their 12 weeks the client with their horse will share with other clients as well as family and friends what they have accomplish together. They will talk about their hesitation as well as their fears. For a recovering addict is so important to be loved for whom they are and anyone knows that when you come to love and take care of an abuse animal they will love and protect you for life. They love you for who you are not for what you were prior to coming the program.

I have personal witness what equine therapy has done for the addicts I currently have in my program. I have seen what was once no hope in both client and animal flourish to dreams and hope for a better tomorrow. My hope is that there will be more funding available to support this type of therapy for addicts and abuse/neglected horses. Reference Marshall-Lucette, Sylvie, Cantin, Anna. 2011. Examining the Literature of the Efficacy of Equine Assisted Therapy for People with Mental Health and Behavioral Disorders. *Mental Health and Learning Disabilities research and Practice*, 2011, 51-61.