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Equitherapy (SHP)

Improvement, Remediation, Counselling
and Psychotherapy with the aid of the horse



Available in German, English and Dutch

By Dr. Ulrike Thiel

With contributions by B. Klüwer, S. Hanneder, R. Seibler, G. Dreisbach, P. Strausfeld and H. Struck

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RICHLY ILLUSTRATED

A WEALTH OF INFORMATION

CONTRIBUTIONS OF RENOWNED EXPERTS



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For horse-lovers, therapists, clients, organizations and enthusiasts

A book about Equitherapy (SHP)

- Why does the horse fascinate people so much?
- Why do many people want to be close to horse, when they hope to get help with their problems?
- Does the horse possess supernatural skills, that can make it man's helper?
- When can the horse become a co-therapist?

The horse can evoke diverse feelings and reactions in us. When a person gets involved with the horse, all senses are touched in their interaction. Moving together can make us enter a dialogue, where body, mind and souls are equally involved. In doing so, psychomotor skills are intensively addressed. Because of the diverse impulses that are processed in the nervous system, many new structures and connections come into being, that can also have an effect on other physical and mental correlates. The horse exerts an enormous attraction on many people, that highly motivates them to get involved in the therapeutic or pedagogic process. The wish to be close to the horse, to move together, to touch it and to engage in a relation with it, can facilitate experiences that otherwise would be much more difficult, or even impossible to achieve.

Viewed in this light, the horse can facilitate and promote therapeutic and pedagogic processes. But beware: the horse in itself is no therapist. The horse can only unfold his natural qualities in a therapeutic relationship in the proper context and with a profes-

sional therapist. This requires a specialist, who systematically develops, improves, supports and/or heals his clients with the horse's help. This book gives an overview of the responsible and systematic use of the horse in the context of psychotherapeutic, pedagogic and psychosocial measures of improvement. Equitherapy (SHP) is based on more than 40 years of tradition in scientifically oriented therapeutic riding in German speaking Europe. In The Netherlands, the originally Austrian clinical psychologist, riding therapist and equestrian expert Dr. Ulrike Thiel has examined and further developed the well-known models with the cooperation of renowned colleagues and she has integrated them in the education curriculum for mental health specialists. In the organization "Nederlandse Stichting - Helpen met Paarden - Equithérapie (SHP-E(NL)), therapists have been trained and certified according to this model for over 10 years. This book illustrates, how Equitherapists (SHP) work in a responsible way with the horse as co-therapist

More information on Equitherapy (SHP) is available on www.equitherapie.org

More information on the author is available on www.hippocampus-nl.com

Introduction offer: € 49,50*

* This attractive introduction price of € 49,50 is valid up to January 30, 2010!

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