



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

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

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

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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