

01/12/2021

UPDATED READING LIST FOR ESMHL PARTICIPANTS

Resources from the perspective of the mental health practitioner

Brooks, Susan: Working with Animals in a Healing Context. In Kruger, KA & Derpell, JA (2010) Animal-Assisted Interventions in Mental Health: Definitions and Theoretical Foundations. Insan A. Fine (Ed). **Handbook on Animal-Assisted Therapy (Third edition)**

Brooks, Su. (2006). Animal Assisted Psychotherapy and Equine Facilitated Psychotherapy with Traumatized Children in the Child Welfare System. In: Helping Traumatized Youth in Child Welfare: Perspectives of Mental Health and Children's Services Practitioners, **Nancy Boyd Webb (Ed.)**

DePrekel, Molly & Neznik, Kay (ND). Animal Assisted Group Interventions for the Treatment of Trauma.

[Microsoft Word - Molly and Kay final from Kay T-2.doc \(cairnshealing.com\)](#)

De Viney, Elizabeth; Delbert, Jeffery; Lockwood, Randall (1983). The Care of Pets Within Child Abusing Families:

<https://www.wellbeingintlstudiesrepository.org/cgi/viewcontent.cgi?article=1014> **HYPERLINK**
["https://www.wellbeingintlstudiesrepository.org/cgi/viewcontent.cgi?article=1014&context=acwp_awap"](https://www.wellbeingintlstudiesrepository.org/cgi/viewcontent.cgi?article=1014&context=acwp_awap) **& HYPERLINK**
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This is a dated research paper but nonetheless, stands the test of time. Lockwood in particular, has lived and breathed this area of research for 40+ years. This article is well worth the read if you are a therapist or ES working with therapists who see at-risk youth, children in state custody or families having multiple issues.

Fine, Aubrey Ed./ 5th Edition Handbook on Animal-Assisted Therapy: Foundations and Guidelines for Animal-Assisted Interventions. Academic Press, 5th Edition (July 11, 2019)

This book will help therapists discover the benefits of incorporating animal assisted therapy into their practice, how to design and implement animal assisted interventions, and the efficacy of animal assisted therapy with different disorders and patient populations. Coverage includes the use of AAT with children, families and the elderly, in counseling and psychotherapy settings, and for treating a variety of specific disorders. (EFP articles). It also addresses ethics, best practices and so forth.

Fredrickson, Maureen. (2003). Partnership: Horse as Partner or Object? *Strides: The North American Riding for the Handicapped Association's Magazine*, 32-35.

Green Chimneys Children's Services Staff. (2003). Hand-out to teachers on Asperger's Syndrome.

Kinoshita, Miyako (2002), Equine Assisted Activities. Green Chimneys Children's Services, Brewster, NY. (Paper written for a Mercy College Animal Assisted Therapy Class.)

Maker, Azmaira H. (2019). Equine Assisted Therapy: A Unique and Effective Intervention, Psychology Today, Mar 23, 2019

McCullough, Leslie. Risley-Curtiss Christina. & Rorke, John. (2015). Equine Facilitated Psychotherapy: A Pilot Study of Effect on Posttraumatic Stress Symptoms in Maltreated Youth. Journal of Infant, Child, and Adolescent Psychotherapy. Volume 14, 2015 - Issue 2

Moreau, Leslie. (2001, Winter). Outlaw Riders. *Reaching Today's Youth*, 10-12.

Mueller, Megan K. & McCullough, Leslie. (2017). Effects of Equine-Facilitated Psychotherapy on Post-Traumatic Stress Symptoms in Youth. *J Child Fam Stud*. DOI 10.1007/s10826-016-0648-6

Shambo, L. The Listening Heart (Jan 31, 2013)

The Listening Heart is a guidebook explaining The HEAL Model for Equine Facilitated Psychotherapy and Learning. Inside find out: * The author addresses the role of the horse and the human-horse bond in contributing to therapy with individuals having serious mood, anxiety and trauma-related disorders. She addresses the increased effectiveness of partnering with equines in teaching our clients how to develop what she calls, a "listening heart".

*This focuses on a type of intervention that requires some serious study. (Available on line)

Staudt, Marlys & Cherry, Donna. (Spring 2017). Equine Facilitated Therapy and Trauma: Current Knowledge, Future Needs. *Advances in Social Work Vol. 18 No. 1 403-414*, DOI: 10.18060/21292 Copyright © 2017

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Sudekum Trotter, K. and Baggerly, J. N. - Equine-Assisted Mental Health Interventions | Sep 14, 2018 ISBN 10: Publisher: Routledge; ISBN 13: 978113803729 Published On: 2018-19

What makes this a stand-out is that there are chapters on most major diagnoses that we find in EFP. The chapters are written by equine psychotherapy practitioners who have long-standing experience with the population they discuss in their chapter. Chapters are from 5 to 15+ pages and cover a wide area. While it is directed at the MHP, ES's might benefit from the narratives in each chapter showing dialog b/w MHP and ES while working with a client.

Also by these authors: **Equine-Assisted Mental Health for Healing Trauma (2019)**

Much like the above with all chapters focusing on working with individuals experiencing trauma-related mental/emotional health issues with guidelines for working with this population alongside an equine partner. Written in similar format to the above.

Tedeschi, Phil. and Jenkins, Mary. Anne. (2019). Transforming Trauma: Resilience and Healing Through Our Connections with Animals

Often, the connections we share with non-human animals represent our safest and most reliable relationships, offering unique and profound opportunities for healing in periods of hardship. This book focuses on research developments, models, and practical applications of human-animal connection and animal-assisted intervention for diverse populations who have experienced trauma.

Available on-line:

Tedeschi, Phil. and Jenkins, Mary. Anne.: Transforming Trauma: Resilience and Healing Through Our Connections with Animals - Bing

Vidrine, Maureen. et al. (2002, September). Equine Facilitated Group Psychotherapy. Issues in Mental Health Nursing. Vol. 23 (6), 587-6

Resources from the perspective of the equine specialist

Ainslie, Tom (1980). Body Language of Horses: Horses communicate with remarkable accuracy in a language of posture, gesture and sound. They express their needs, wishes and emotions to each other and to the rare human being who understands them.

<https://www.amazon.com/Body-Language-Horses-Communicate-Handicappers/dp/0688036201>

Alden, Ann (2001). Care, Selection and Training of the Psychotherapy Horse (available through PATH)

Anderson, Debbie.; **Stone, J.;** **McKissock, Blair.** Treasures Horse Work at Strides to Success

<http://stridestosuccess.org/horsework-workshops/>

Avera, Cryshtal (2016). Measuring Stress in Therapy Horses: Research

<https://soulseekerjourney.com/2016/08/05/equine-therapy-horsecare-standard-research-project/>

Dawson, Jan (2003). Teaching Safe Horsemanship. Designed to help instructors create a safe and productive riding environment, this guide provides expert tips on constructing lesson plans, effectively communicating with students, and weeding out dangerous animals. Includes advice on how to minimize accidents and the best way to handle them when they do happen, suggestions on protective release forms and insurance considerations ([Teaching Safe Horsemanship: A Guide to English and Western Instruction by Jan Dawson, Paperback | Barnes](#)

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["https://www.barnesandnoble.com/w/teaching-safe-horsemanship-jan-dawson/1110763057"&](https://www.barnesandnoble.com/w/teaching-safe-horsemanship-jan-dawson/1110763057)

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["https://www.barnesandnoble.com/w/teaching-safe-horsemanship-jan-dawson/1110763057"](https://www.barnesandnoble.com/w/teaching-safe-horsemanship-jan-dawson/1110763057) Noble® (barnesandnoble.com)

Forsberg Meyer, Jennifer (2018). Learn Your Horse's 'Sign Language'. **Sep 18, 2018**<https://horseandrider.com/blog/learn-your-horses-sign-language>

Fredrickson, Maureen, (date?) Do No Harm; Fear and Horses (**PATH should have these????**).

Goodnight, Julie. Burn Out in Therapy Horses

https://signin.juliegoodnight.com/articles/free-articles/julies-blog/burn-out-in-therapy-horses/?doimg_wp_cron=1610400925.1416521072387695312500

Langley, Garda, (2000). Understanding Horses, Wilshire Book Co.

A nonfiction book all about how your horse works. Authors address issues including the effect of pain such as the long-standing effect of an injury.

Meyer, Jennifer Forsberg (updated: MAR 31, 2020; Original: JUL 3, 2019): The 14 *Essential* Safety Rules to Follow Around Horses

The 14 *Essential* Safety Rules to Follow Around Horses - [HYPERLINK](#)

["https://horseandrider.com/western-horse-life/essential-safety-rules-to-follow"](https://horseandrider.com/western-horse-life/essential-safety-rules-to-follow)Horse [HYPERLINK](#)

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["https://horseandrider.com/western-horse-life/essential-safety-rules-to-follow"](https://horseandrider.com/western-horse-life/essential-safety-rules-to-follow)Rider [HYPERLINK](#)

["https://horseandrider.com/western-horse-life/essential-safety-rules-to-follow"](https://horseandrider.com/western-horse-life/essential-safety-rules-to-follow) (horseandrider.com)

PATH INT'L Avoiding Burnout in Your Therapy Horse

[How to Prevent Lesson Horse Burn Out \(HYPERLINK](#)

["http://www.pathintl.org/images/pdf/conferences/national/2015-handouts/B3-How-To-Prevent-Lesson-Horse-Burn-Out-L-Alberts.pdf"](http://www.pathintl.org/images/pdf/conferences/national/2015-handouts/B3-How-To-Prevent-Lesson-Horse-Burn-Out-L-Alberts.pdf)pathintlorg [HYPERLINK](#)

["http://www.pathintl.org/images/pdf/conferences/national/2015-handouts/B3-How-To-Prevent-Lesson-Horse-Burn-Out-L-Alberts.pdf"](http://www.pathintl.org/images/pdf/conferences/national/2015-handouts/B3-How-To-Prevent-Lesson-Horse-Burn-Out-L-Alberts.pdf))

<https://www.bing.com/search?q=Avoiding%20Burnout%20in%20Your%20Therapy%20Horse>
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["https://www.bing.com/search?q=Avoiding%20Burnout%20in%20Your%20Therapy%20Horse&qs=n&form=OBRE&sp=-1&pq=avoiding%20burnout%20in%20your%20therapy%20horse&sc=2-38&sk=&cvid=62CFC34542B04BE0857FD3B9F24042EF"](https://www.bing.com/search?q=Avoiding%20Burnout%20in%20Your%20Therapy%20Horse&qs=n&form=OBRE&sp=-1&pq=avoiding%20burnout%20in%20your%20therapy%20horse&sc=2-38&sk=&cvid=62CFC34542B04BE0857FD3B9F24042EF)sp=-1 [HYPERLINK](#)

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Peters, Dr Stephen & Martin Black: Evidence Based Horsemanship, 2012 Horse behavior and the workings of the horse brain, explained. “The balance is brilliant: scientific facts and the empirical evidence to support those facts, assembled by two highly respected professionals in their respective disciplines.” – Randy Reiman

Rashid, Mark: Consider the Horse, A Good Horse is Never a Bad Color, Horses Never Lie, Johnson Books

“Mark Rashid can open the eyes of anyone who wants to find a better way to be with horses than one of force, dominance and ultimate lack of communication.” Learn Mark Rashid’s methods for training a “good” horse in this must-have book for compassionate horse trainers and owners. In “A Good Horse Is Never a Bad Color”, internationally renowned horseman Mark Rashid shares his methods for training horses through communication rather than force. Rashid relates his techniques of teaching these special animals by examining their view of the world.

Tellington - Jones, Linda: Getting in Touch, understand and influence your horse’s personality. Trafalgar Square Publishing, 1995 The internationally recognized equine expert and creator of the Tellington TTouch tells you how to analyze your horse’s physical traits in order to understand and influence his personality. Trafalgar Square Publishing, 1995. Also see:

<https://www.worldofbooks.com/en-us/books/linda-tellington-jones/getting-in-touch-with-horses/9781872119090?msclkid=dde3ecb0beb119094d38b3674f77347b> HYPERLINK

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<https://touch.com/Print/tie.htm> has a list of articles on working with animals working in AAT

Resources Of Interest For Both The Equine Specialist & Mental Health Professional

Broersma, Patricia (2010). Riding Into Your Mythic Life,: Transformational Adventures with the Horse. New World Library, CA 2009.

Horses, by their very nature, are mythic creatures — they represent in our collective imagination aspects of the human journey at its greatest. In Riding into Your Mythic Life, readers are invited

to join the author on an experiential journey of transformation with these powerful creatures, offering ways to explore life's events as part of one's own mythic journey.
Available on Amazon

Brooks, S. (2001, Winter). Working with Animals in a Healing Context. Reaching Today's Youth, 19-22.

Brooks, S. (2004). Careers-Animal Assisted Psychotherapy. In: M. Bekoff (Ed.) *Encyclopedia of Animal Behavior*. Portsmouth, NH: Greenwood Press.

Brooks, S. (2006). Animal Assisted Psychotherapy and Equine Facilitated Psychotherapy with Traumatized Children in the Child Welfare System. In: *Helping Traumatized Youth in Child Welfare: Perspectives of Mental Health and Children's Services Practitioners*, Nancy Boyd Webb (Ed.)

Brown, Brené: No horses but abundant horse sense. This author has taken our darkest secrets we hoped no one could see and not only busts that delusion, but offers us – therapist, ES, horse people and anyone with self-doubts (all of us), not only insight as to their existence, but practical changes that will make the barn a happier, more therapeutic environment. These books are friendly reads, fast paced and except for those “OMG, That’s ME!” moments, help us realize we are all on a similar journey. Here is the list:

- Gifts of Imperfection
- Daring Greatly
- I Thought it was Just Me (but it isn't): Making the Journey from “what will people think”? to “I am Enough”
- Rising Strong
- Dare to Lead

Get the above author and the following 2 authors on Amazon or bookstore. Also found in Spanish:

Fine, Aubrey Ed. (2018). Handbook on Animal-Assisted Therapy: Foundations and Guidelines for Animal-Assisted Interventions/ 5th Edition

This book will help therapists discover the benefits of incorporating animal assisted therapy into their practice, how to design and implement animal assisted interventions, and the efficacy of animal assisted therapy with different disorders and patient populations. Coverage includes the use of AAT with children, families and the elderly, in counseling and psychotherapy settings, and for treating a variety of specific disorders. (EFP articles). It also addresses ethics, best practices and so forth.

Grandin, Temple (2009): Animals Make Us Human, and Animals in Translation

In her groundbreaking and best-selling book *Animals in Translation*, Temple Grandin drew on her own experience with autism as well as her distinguished career as an animal scientist to deliver extraordinary insights into how animals think, act, and feel. Now she builds on those

insights to show us how to give our animals the best and happiest life—on their terms, not ours. It's usually easy to pinpoint the cause of physical pain in animals, but to know what is causing them emotional distress is much harder.

Available online:

<https://www.bing.com/search?q=Temple%20Grandin%3A%20Animals%20Make%20Us%20Human%2C%20and%20Animals%20in%20Translation> HYPERLINK

"<https://www.bing.com/search?q=Temple%20Grandin%3A%20Animals%20Make%20Us%20Human%2C%20and%20Animals%20in%20Translation&qs=n&form=QBRE&sp=-1&pq=&sc=9-0&sk=&cvid=677670D5F78E4FCF9044710B60C4D997>" & HYPERLINK

"<https://www.bing.com/search?q=Temple%20Grandin%3A%20Animals%20Make%20Us%20Human%2C%20and%20Animals%20in%20Translation&qs=n&form=QBRE&sp=-1&pq=&sc=9-0&sk=&cvid=677670D5F78E4FCF9044710B60C4D997>"qs=n HYPERLINK

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[C%20and%20Animals%20in%20Translation&qs=n&form=OBRE&sp=-1&pg=&sc=9-0&sk=&cvid=677670D5F78E4FCF9044710B60C4D997](https://www.amazon.com/and-Animals-in-Translation/s?ref=OBRE&sp=-1&pg=&sc=9-0&sk=&cvid=677670D5F78E4FCF9044710B60C4D997)

Also see the following Grandin books:

- The Autistic Brain
- Emergence
- Different, Not Less
- Improving Animal Welfare: A Different Approach, 2nd Ed.
- More!

Fredrickson, Maureen. (2003). Partnership: Horse as Partner or Object? Strides: The North American Riding for the Handicapped Association's Magazine, 32-35.

Halberg, Lief. (2008). Walking the Way of the Horse: While it has taken some time, mental health professionals and educators alike have begun to formally acknowledge the emotional, mental and physical benefits that humans can receive by spending time with horses. Become familiar with: Key definitions, Historical information about working with horses in therapeutic and educational settings, Ethical considerations, Practical applications. On Amazon.

Hamilton, Alan (2018). Zen Mind, Zen Horse: The Science and Spirituality of Working with Horses

Allan J. Hamilton, MD, is a Harvard-trained brain surgeon, a renowned horse trainer, a developer of equine-assisted learning programs, and the author of Lead with Your Heart and Zen Mind, Zen Horse. Eastern philosophy enters the stables in this unique guide to horsemanship where Hamilton describes how horses understand and respond to the flow of vital energy around, using this energy, called chi, to communicate with their herd, express dominance, and sense predators. Hamilton shares safe, simple techniques to make you more receptive to your animal's chi, so you can develop a calm and effective training style that will not only help your horse follow commands, but also strengthen the spiritual bond between horse and rider. On Amazon.

Kohanov, Linda (2001). The Tao of Equus; New World Library, CA, 2001

The Tao of Equus considers the mystical nature of horses and the magical connection between horses and humans. Equine therapist Linda Kohanov tells of an extraordinary spiritual awakening she experienced with her black mare, Rasa. This incident led her to investigate the apparent metaphysical as well as scientific aspects of the human-horse bond. Kohanov examines the profound communion that people, and women in particular, often experience with horses.

ALSO BY KOHANOV:

- Riding Between the Worlds: Expanding Our Potential Through the Way of the Horse
- The Power of the Herd: A Nonpredatory Approach to Social Intelligence, Leadership, and Innovation
- The Five Roles of a Master Herder: A Revolutionary Model for Socially Intelligent Leadership

- The Horse Leads the Way: Honoring the True Role of the Horse in Equine Facilitated Practice by **Angela Dunning and Linda Kohanov** | **Feb 1, 2017**

The Horse Leads the Way undertakes a timely review of the rapidly growing profession of Equine Facilitated Practice. Part handbook, part personal story, the author blends embodied, grounded techniques and compassionate insights to gently guide this method back to its greatest teachers: the horses themselves. On Amazon

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["https://www.psychologytoday.com/us/experts/azmaira-h-maker-phd"](https://www.psychologytoday.com/us/experts/azmaira-h-maker-phd) **Azmaira HYPERLINK**

["https://www.psychologytoday.com/us/experts/azmaira-h-maker-phd"](https://www.psychologytoday.com/us/experts/azmaira-h-maker-phd) **H. (2019)**. Equine Assisted Therapy: A Unique and Effective Intervention: Equine therapy alleviates multiple emotional and behavioral struggles.

Overview of why EFP/EAL are powerful interventions especially with children. It is a good read to offer clients and parents of younger clients. Find it on this link:

[Equine Assisted Therapy: A Unique and Effective Intervention | Psychology Today](#)

Mews, Anna Clemence & Dicker, Julie (2004). What Horses Say; How to Hear, Help and Heal Them

A beautifully written collection of true stories that have made up a part of Julie Dicker's career as an animal communicator and healer. Client interviews, case notes, and an interesting collection of survey questions and answers that were actually posed to a representative group of Dicker's equine clientele provide "anecdotal evidence" of horses' emotions and their ability to reason. Available at:

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[https://www.bing.com/search?q=Anna%20Clemence%20Mews%20%26%20Julie%20Dicker%20What%20Horse%20Say%3B%20How%20to%20Hear%2C%20Help%20and%20Heal%20Them%20&qs=n&form=OBRE&sp=-1&pq=&sc=9-0&sk=&cvid=C58BCC6C3AE14B3CB826420C24BFECBA"&](https://www.bing.com/search?q=Anna%20Clemence%20Mews%20%26%20Julie%20Dicker%20What%20Horse%20Say%3B%20How%20to%20Hear%2C%20Help%20and%20Heal%20Them%20&qs=n&form=OBRE&sp=-1&pq=&sc=9-0&sk=&cvid=C58BCC6C3AE14B3CB826420C24BFECBA)
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[https://www.bing.com/search?q=Anna%20Clemence%20Mews%20%26%20Julie%20Dicker%20What%20Horse%20Say%3B%20How%20to%20Hear%2C%20Help%20and%20Heal%20Them%20&qs=n&form=OBRE&sp=-1&pq=&sc=9-0&sk=&cvid=C58BCC6C3AE14B3CB826420C24BFECBA"cid=C58BCC6C3AE14B3CB826420C24BFECBA](https://www.bing.com/search?q=Anna%20Clemence%20Mews%20%26%20Julie%20Dicker%20What%20Horse%20Say%3B%20How%20to%20Hear%2C%20Help%20and%20Heal%20Them%20&qs=n&form=OBRE&sp=-1&pq=&sc=9-0&sk=&cvid=C58BCC6C3AE14B3CB826420C24BFECBA)

Rector, Barbara. (2005). Handbook of Adventures In Awareness.

The Handbook of Equine Facilitated Experiential Learning through the lens of Adventures In Awareness offers the theory, principles and practice of equine inner-active exercises for wellness work with horses. AIA promotes working with horses as a reflective and reflection experience, mirroring personal and interpersonal relationships. Included are interactive and inner-active exercises designed to develop communication (including interspecies) skills, promote team building, promote self developed insights and contribute to the ability to be responsible for self.

<https://www.bing.com/search?q=Handbook%20of%20Adventures%20In%20Awareness%2C%20Barbara%20Rector> HYPERLINK

<https://www.bing.com/search?q=Handbook%20of%20Adventures%20In%20Awareness%2C%20Barbara%20Rector&qs=n&form=OBRE&sp=-1&pq=handbook%20of%20adventures%20in%20>

[Barbara%20Reactor&qs=n&form=QBRE&sp=-1&pg=handbook%20of%20adventures%20in%20awareness%2C%20barbara%20reactor&sc=0-51&sk=&cvid=6F0CEF40985C4B29A2ED8FC27071C661"& HYPERLINK](https://www.bing.com/search?q=Handbook%20of%20Adventures%20In%20Awareness%2C%20Barbara%20Reactor&qs=n&form=QBRE&sp=-1&pg=handbook%20of%20adventures%20in%20awareness%2C%20barbara%20reactor&sc=0-51&sk=&cvid=6F0CEF40985C4B29A2ED8FC27071C661)

["https://www.bing.com/search?q=Handbook%20of%20Adventures%20In%20Awareness%2C%20Barbara%20Reactor&qs=n&form=QBRE&sp=-1&pg=handbook%20of%20adventures%20in%20awareness%2C%20barbara%20reactor&sc=0-51&sk=&cvid=6F0CEF40985C4B29A2ED8FC27071C661"&cvid=6F0CEF40985C4B29A2ED8FC27071C661](https://www.bing.com/search?q=Handbook%20of%20Adventures%20In%20Awareness%2C%20Barbara%20Reactor&qs=n&form=QBRE&sp=-1&pg=handbook%20of%20adventures%20in%20awareness%2C%20barbara%20reactor&sc=0-51&sk=&cvid=6F0CEF40985C4B29A2ED8FC27071C661)

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We all have an "emotional coat". Sometimes it is zipped up tight, holding our emotions close so as not to get hurt. At other times we can unzip our coat and let the sunshine in and positive feelings, expressed. Easy but powerful read for both EFP and EAL sessions and written by a long-time Equine Specialist and instructor. Available on Amazon.

[Samuelson, Dawn, ESMHL. \(2020\). Stewart's Emotional Coat. - Bing](#)

Skipper, Lesley; Allen, J. A. (London, 2001). Inside Your Horse's Mind, a study of equine intelligence and human prejudice. Assumptions and theories about equine behavior are examined. Topics covered include equine intelligence, emotions, social organization, communication.

Sokolof, Marilyn & Stuart, Memree. Tug of War: Mental Health Professional vs Horse Professional. Strides-PATH Int'l

Sokolof, Marilyn and Stuart, Memree: Mental Health Professional + Horse Professional= Value Greater Than the Sum of Its Parts. Strides-PATH Int'l

Williams, Marta DVM. (2010). Learning Their Language: Intuitive Communication with Animals and Nature

As both animal communicator and scientist the author offers her logical step-by-step approach to learning the "language" of animals — a process combining mental imagery, visualization, deep listening, and tuning in to one's intuition.

Available online: https://www.amazon.com/dp/B001H0PDL8/ref=dp-kindle-redirect?_encoding=UTF8
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["https://www.amazon.com/dp/B001H0PDL8/ref=dp-kindle-redirect?_encoding=UTF8&btkr=1"& HYPERLINK](https://www.amazon.com/dp/B001H0PDL8/ref=dp-kindle-redirect?_encoding=UTF8&btkr=1)

["https://www.amazon.com/dp/B001H0PDL8/ref=dp-kindle-redirect?_encoding=UTF8&btkr=1"](https://www.amazon.com/dp/B001H0PDL8/ref=dp-kindle-redirect?_encoding=UTF8&btkr=1)
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Wilsie, Sharon. (2016). Horse Speak. (Trafalgar Square): This book is not a training method or technique--it is a practical system for "listening" and "talking" to horses in their language, instead of expecting them to comprehend ours. It promises improved understanding of what a horse is telling you and provides simple replies you can use to tell him that you "hear" him, you "get it," and you have ideas you want to share with him, too. (Available online)

[Wilsie HYPERLINK](#)

["https://www.bing.com/search?q=Wilsie%2C%20Sharon.%20\(2016\).%20Horse%20Speak.&qs=n&form=QBRE&sp=-1&pg=wilsie%2C%20sharon.%20\(2016\).%20horse%20speak.&sc=0-36&sk=&cvid=BCB24B0E8E47417CBAE23C98253B169F", Sharon. \(2016\). Horse Speak. - Bing](https://www.bing.com/search?q=Wilsie%2C%20Sharon.%20(2016).%20Horse%20Speak.&qs=n&form=QBRE&sp=-1&pg=wilsie%2C%20sharon.%20(2016).%20horse%20speak.&sc=0-36&sk=&cvid=BCB24B0E8E47417CBAE23C98253B169F)

Also See:

- Horses in Translation (2018, Trafalgar Square)

Zilboorg, Kat (June 2001). Psychotherapeutic Implications of Equine Senses, Behavior and Grooming. EFMHA NEWS, Vol. 5. Issue 2, (through PATH) or NARHA-EFMHA-News-Summer-01.pdf (pathintl.org)

Mental Health: Trauma

Bessel van der Kolk: The Body Keeps the Score (trauma described in detail incl body-focused treatment)

Trauma is a fact of life. Veterans and their families deal with the painful aftermath of combat; one in five Americans has been molested; one in four grew up with alcoholics; one in three couples have engaged in physical violence. Such experiences inevitably leave traces on minds, emotions, and even on biology. Sadly, trauma sufferers frequently pass on their stress to their partners and children. REVIEW: “In this inspirational work which seamlessly weaves keen clinical observation, neuroscience, historical analysis, the arts, and personal narrative, Dr. van der Kolk has created an authoritative guide to the effects of trauma, and pathways to recovery. The book is full of wisdom, humanity, compassion and scientific insight, gleaned from a lifetime of clinical service, research and scholarship in the field of traumatic stress. A must read for mental health and other health care professionals, trauma survivors, their loved ones, and those who seek clinical, social, or political solutions to the cycle of trauma and violence in our society.”

<https://www.bing.com/search?q=Bessel%20van%20der%20Kolk%3A%20The%20Body%20Keeps%20the%20Score%20&q&qs=n&form=QBRE&sp=-1&pq=bessel%20van%20der%20kolk%3A%20the%20body%20keeps%20the%20score%20&sc=1-46&sk=&cvid=826307FB29F94BEAA98F4AE5E5F71CD6>

Peter Levine: Waking the Tiger (body-focused trauma treatment)

Waking the Tiger offers a new and hopeful vision of trauma. It views the human animal as a unique being, endowed with an instinctual capacity. It asks and answers an intriguing question: why are animals in the wild, though threatened routinely, rarely traumatized? By understanding the dynamics that make wild animals virtually immune to traumatic symptoms, the mystery of human trauma is revealed.

Waking the Tiger normalizes the symptoms of trauma and the steps needed to heal them. People are often traumatized by seemingly ordinary experiences. The reader is taken on a guided tour of the subtle, yet powerful impulses that govern our responses to overwhelming life events. To do this, it employs a series of exercises that help us focus on bodily sensations. Through heightened awareness of these sensations trauma can be healed.

[Peter Levine: Waking the Tiger \(body-focused trauma treatment\) - Bing](#)

Phil Tedeschi and Molly Anne Jenkins: Transforming Trauma: Resilience and Healing Through Our Connections with Animals

Often, the connections we share with non-human animals represent our safest and most reliable relationships, offering unique and profound opportunities for healing in periods of hardship. This book focuses on research developments, models, and practical applications of human-animal connection and animal-assisted intervention for diverse populations who have experienced trauma.

<https://www.barnesandnoble.com/w/transforming-trauma-philip-teseschi/1129153811>

<https://www.amazon.com/Transforming-Trauma-Resilience-Connections-Human-Animal/dp/155753795X>

Skipper, Lesley; Allen, J. A. (2001). London. Inside Your Horse's Mind, a study of equine intelligence and human prejudice. Addresses how horses are treated, trained, their emotional intelligence and the high degree of learning and sensitivity they bring to our work with them (book available on line).

[https://www.bing.com/search?q=Skipper%2C%20Lesley%3B%20Allen%2C%20J.%20A.%20\(2001\).%20London.%20Inside%20Your%20Horse%E2%80%99s%20Mind](https://www.bing.com/search?q=Skipper%2C%20Lesley%3B%20Allen%2C%20J.%20A.%20(2001).%20London.%20Inside%20Your%20Horse%E2%80%99s%20Mind) HYPERLINK

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Horses in Education & Therapy International (HETI). 2015. 194 pages of Abstracts and lectures on mental health, learning and physical conditions in which horses are partnered for therapeutic interventions. Excellent research from an international conference that includes contributions from PATH-Int'l members.

<http://www.frdi.net/pdfs/events/CongressReports/2015%20Taiwan%20HETI%20Congress%20Abstracts.pdf>