**Lick and Chew – News You’ll Like**

**CONGRESS SUCCESS!!**

A first for EAP in Africa! EAPISA presented a symposium at the 19th Annual PsySSA Congress held at Emperor’s Palace on the 26th of September and it was a massive success! The symposium consisted of the following presentations:

1. Introduction to EAP – Kim Kidson
2. The Therapeutic Mechanisms of EAP – Jeanie Cavé
3. Horses as co-therapists in EAP – Rolynne Rensleigh
4. Client’s subjective experience of EAP – Chevonne Powell
5. EAP and the Substance Abuse System’s IP – Nikole Seele

EAP has never before been presented at a congress in Africa, so Kim and the team weren’t sure what to expect from the audience. But, much to their surprise and delight, their venue was absolutely packed, the audience was engaged and many heads nodded in understanding. The Q&A session highlighted just how taken the audience was with EAP, and they were hungry for case studies, stories, and examples of what happens in EAP. The organisers commended the team on the high standard of their presentations, and remarked that next year we will need a bigger room!

Well done to the team on a hugely successful congress! Biggest Lick and Chew moment of 2013!

Have something of your own to lick and chew about? Share your news with the herd by emailing j.cave@eapisa.co.za!
Cowboy Blessing

May your belly never grumble,
May your heart never ache,
May your horse never stumble,
May your cinch never break.

"Many people will walk in and out of your life, but only true friends will leave footprints in your heart."
— Eleanor Roosevelt

When you get a chance to hug a horse, do it. It changes your day.

Now this is my kind of Happy Hour!

A horse is therapeutic.

© Kentucky Performance Products, LLC, www.KPPusa.com
A Word on “Dropping”

That awkward moment when...... your therapy horse drops his penis in the session and it’s pretty hard to miss. What does this mean in the EAP context? This can be very valuable clinical information, so it must be handled effectively. It is best to address it matter of fact, without giggling, blushing or feeling uncomfortable. The fact is, the horse is displaying a behaviour, like any other, that has clinical significance in the session. Dropping can indicate 3 major themes: relaxation, feeling exposed, or “Man Up!” As with any other behaviour in the EAP session, it is important to remember parts of the whole, and whole of the part!

Quotable Quote
“I relate therefore I am. So, how I impact on you and how you impact on me, determines the quality and nature of our being” ~ Charl Vorster, 2011

Liked Online
Check out these awesome websites!


Hint: for all those completing bronze level assignment 3, these websites will help you immensely!

You know what I like about horse people?
Their Horses.
EAPISA Training - Case Study at Chartwell North Estates

Saturday 8 November 2013

Jeanie Cavé (Clinical Psychologist) and Sharon Van Rensburg (Equine Behaviour Specialist) presented a case study at their Chartwell North practice on Saturday 8th November. The topic of their case study was how to deal with the external Locus of Control in clients and facilitating a more mobilised, proactive client using the task of “emo bloxes” designed by Sharon (see “Activity of the Month”).

Some comments from participants:

"Very interesting! I learned a lot! I'm glad we got to work with the horses"

"I wish I could bring everyone interested with so that they can understand how amazing it is!"

"I have a better understanding of what EAP is after Jeanie's summary"

"To see and experience the amazing way horses interact - one can't explain it in words!"

"It was great to revise EAP, I also really enjoyed the practical"

"Inspiring"

A great example of mirroring from Jemba and Antoinette

Jemba and Engineer do what horses do best – connect!

The group sharpens their observational skills.

The herd refuses to be left out!
The Best Therapists Have Four Hooves! Introducing Sunny

Sunny (Sundune Pharoah) is a grey Welsh Mountain Pony cross who stands around 13hh and is around 10 years old. Sunny was originally bought by Sharon as a school pony and is still used a couple of times a week. Sunny is fabulous with beginners as long as Sharon is on the other end of the lead or lunge rein, or in the lunge ring with him. With the information given, it is assumed he wasn’t backed in the most beneficial way and when Sharon took him on he was ‘re-backed’ thus giving him more confidence than he had previously shown.

Looking at Sunny, one would not guess that under that ‘oh so cute’ and somewhat tubby exterior lies a little ‘hell on four hooves’ pony. Sunny is in the upper half in the herd hierarchy and protects his domain when new horses or ponies arrive, showing a really vicious and relentless streak. Due to this, Sharon has had to devise an ‘introduction strategy’ using Sassy (horse of the month a couple of months ago) as the newcomer’s protector against Sunny. Sunny is not intimidated by any of the others horses, and spends a lot of time playing with the big boys, especially Jack, Jemba and Engineer. By contrast, in the EAP arena, Sunny is extremely well suited to working with any member of the human race. He is very patient, loves being groomed and due to his size and appealing looks is often used with nervous clients with great results. Couples therapy often sees Sunny pairing up with Monty, the oldest mare in the herd. In the herd situation Sunny and Monty literally tolerate one another. Monty was Sunny’s first ‘victim’ when she arrived, but in the EAP sessions they work together incredibly well and Sunny is a valuable asset to the EAP team.

Happy Birthday!

September 9  Marlene du Plessis
September 27 Pauline Mawson
September 28 Ashton Robertson
October 9  Githa de la Porte
October 9  Illana Janse van Rensburg
November 5  Roly Rensleigh
November 11 Janine Keeler
November 21 Caro Smit
December 5  Jodi Kruger

Wishing you all the best for the year ahead!
GO WEST!
NEWS FROM THE WESTERN CAPE EAPISIANS!

Introducing Marike Kotzé! - Western Cape EAPISA representative

‘I took many detours to get into EAP. I have always, always loved horses. I was fortunate enough to have my very own horse at the tender age of ten and have never been without one since. After school I took a gap year which I spent working on a Dutch Warmblood stud in Scotland, riding youngsters and gaining valuable experience working with stallions, brood mares and foals.

I started my professional life as a molecular geneticist, but after completing my MSc Thesis, I realised that I much preferred writing to lab work. I spent the last few years working as a science writer for the Medical Research Council, but never lost my interest in the fantastic things that animals can do for people. I started out by volunteering for PAT (Pets as Therapy) with my two dogs, and also did some canine and equine ethology courses through the Ethology Academy, along with their course on Human-Animal Interaction.

Since having had my second baby I am a stay-at-home mommy, but this “life of leisure” will not continue to pay the bills and I have every intention of working as a horse specialist in the EAP arena as soon as I have completed my bronze level certification. In addition I intend on doing a PhD on the welfare of horses that are being used in EAP, drawing parallels from the measure of equine welfare in other equestrian pursuits and aligning them for use in EAP.

At the moment I am the Western Cape Regional Representative (Horse Specialist) for EAPISA and together with Kim Kidson, we are gathering candidates for a regional training group here in the Western Cape. Throughout 2013, we have also hosted a number of events including a book review, DVD and a case study presentation to all the like-minded individuals here in Cape Town.
Members’ Corner!

Thank you to Jodi Kruger and Marike Kotzé for their contribution this month!

The Eternal Present

By Jodi Kruger

It’s really my perception that deceives me
A strange outlook, on an otherwise simple thing
If I could just accept what is
Freedom could be
A part of me

I may be fooling myself
Though not my closest friend
For his perception
Is here, it’s now

He is here, he is now
Past times have passed
The future shall still be written

I am here, now
With my faithful friend
Nothing else matters
But the eternal present

The past has passed
The future shall still be written

What matters is here, it’s now
With my unconditional friend

Equus
J.M.K

From Marike:
Researchers Find Working With Horses Increases Emotional Intelligence in Humans

Source: University of Kentucky
http://rtfitchauser.com/2013/05/30/researchers-find-working-with-horses-increases-emotional-intelligence-in-humans/

“When nurses and doctors benefit from collaborating with horses then ultimately their patients also benefit.”

Researchers in the University of Kentucky College of Agriculture recently completed one of the first studies to explore how working with horses can develop emotional intelligence in humans. UK Center for Leadership Development researchers, Patricia Dyk and Lissa Pohl, collaborated with UK HealthCare nurse researchers, Carol Noriega, Janine Lindgreen and Robyn Cheung on the two-year study, titled “The Effectiveness of Equine Guided Leadership Education to Develop Emotional Intelligence in Expert Nurses.”

The project included a control group of 10 nurses from the Neuroscience Surgery Service Line and an intervention group consisting of 11 nurses from the Trauma and Acute Care Surgical Service Line at UK Chandler Hospital. At the start of the study and again six months later, both groups took the online assessment appraising emotional intelligence. Nurses in the intervention group participated in a one-day workshop that involved experiential learning with horses. “Each exercise in the workshop was designed to develop the four emotional intelligence competency areas of self-awareness, self-management, social awareness and relationship management,” said Lissa Pohl, research project manager and workshop facilitator. Nurses from the intervention group filled out qualitative surveys immediately after their experience with the horses and again three months after the workshop. The before and after survey results showed there was an increase in the scores of the intervention group in all four competency areas when compared to the control group. “We are thrilled to get this research completed, because it builds the credibility of all organizations offering this type of learning experience,”
Watch This Space!

We are proud of our therapists in training

Alexandra (Ally) Rose

Definition of Horse sense: n. Stable thinking

Since a very young age, I have loved horses. I have loved them because I was a rider and I have loved them because they were beautiful and I have loved them just because. To me, riding has been freedom and at times, it has been my therapy. Riding has boosted my confidence, provided me with an escape, filled my heart with love and taught me about myself. Even in my worst experiences with horses I have learnt important life lessons. Although I did not ride for a long time, I never stopped loving horses.

As an adult, when the hours of recordings of all horse related movies, sporting events and documentaries were not satisfying my craving; I realised I needed to get involved with horses again (for the sake of my sanity). Getting back in the saddle has been a long journey over the past 10 years and every minute has been worth it. I now ride once a week for my health, my happiness, and yes...my sanity. I began studying psychology eight years ago through UNISA. Once I completed my undergraduate degree, I decided to continue with an Honours degree. During my first year of Honours, I attended a Psychology Student Conference in Botswana and it was here that my future changed for the better. I attended a talk about Equine Assisted Psychotherapy and I was hooked (I was hooked when I read the title – horses AND psychology...Brilliant!). In 2011 I was accepted into the Clinical Psychology Masters Degree program at the University of Johannesburg. It was here that I met like-minded people and together we began the EAPISA training. I just recently received my results for the bronze level and I am happy to say that I received all my rosettes and passed with flying colours.

EAP has changed who I am, how I think, how I see others, how I understand horses and how I view psychology. I often feel that the hours in the arena may have taught me more about myself than all my university training combined. I am passionate about this field to say the least. During my internship this year I was lucky enough to be placed with a fellow EAP enthusiast, and very good friend, Ashton Robertson. Together we presented journals and lectures on EAP with the aim of expanding the intern psychologists’ exposure and encouraging others to fall in love with EAP. It paid off; after one workshop with Jeanie and Sharon, many members of our intern group were hooked. I am currently nearing the end of my internship year at Weskoppies Psychiatric hospital and I am eager to continue on my journey to becoming a Clinical Psychologist, to combine my work with my love of horses and to make my love of horses my work.

Upon reflection of my experiences whilst training with EAPISA and the people I have learnt and laughed with along the way, I am struck by how different yet how similar we all are. We may come from different fields and have different ideas, training and expectations, but we all love horses and we all want to use this love of horses to help others. It makes me think of a particular horsey quote: “Our hoof beats were many but our hearts beat as one”.

Equilibrium

Summer 2013

Volume 4, Issue 8
Historical Horses

Black Jack, the Caparisoned horse at JFK Kennedy's funeral

Some of you have seen a photo of JFK's funeral procession. In those photos, you always see that marvellous, riderless black horse who carried a saddle with boots turned backwards in the stirrups. This magnificent horse was Black Jack. The origins of Black Jack seem to be a bit muddled. They know when he was foaled, January 19th, 1947. But, they don't really know his breeding. Most agree he was probably a mix of Morgan and Quarterhorse. He was purchased by the US Army Quartermaster on November 22, 1953. Black Jack had the honor of being the last of the Quartermaster–issue horses branded with the Army's U.S. brand (on the left shoulder) and his Army serial number 2V56 (on the left side of his neck). The Caparisoned horse is the riderless horse who follows the caissons (6 horses pulling the cart which carries the casket of the fallen soldier). The Caparisoned horse represents the soldier who will no longer ride in the brigade.

Black Jack became the caparisoned horse because he refused to do anything else. He was not suitable for riding, he wouldn’t pull anything and he refused to parade. Exasperated, they sent him off to do a funeral procession as the caparisoned horse (riderless horse in the procession). The only thing Black Jack had going for him at this point was his beauty and the fact that he was black (which is the desired color of a caparisoned horse). In his first stint as a caparisoned horse, Black Jack failed again. He was awfully mannered and failed to behave. Black Jack absolutely refused to flat walk. He pranced and danced and threw his head. He was described as “uncontrollable”. The Army made a full apology to the family involved but the family responded that the fire in that horse equaled the fire in the loved one they were burying. To them, Black Jack was a symbol of the life that had been. So, his job was secured. From that day forward, Black Jack, with his famous white star, walked in over 1000 funeral processions and worked for 24 years.

As is standard in the military, officers change jobs every 18 months. So, Black Jack had a new handler every 18 months. This was somewhat of an issue because Black Jack was not an easy horse to care for, as you could imagine. Pete Duda was one of Black Jack’s favorites, and the pair walked together in more than 200 funerals. Duda was reluctant to ride Black Jack, but he was completely dedicated to the horse’s care. He wouldn’t let anyone else near him or his equipment.

Another bit of trivia… Black Jack was always a hot horse, and he didn’t mellow with age. He was fine when he was walking, though he often pranced beside his walker, but when the procession halted he kicked and circled, displaying his impatience. While he eventually got used to the typical noises of a funeral, he never was able to deal with the cannon salute. I don’t really blame him on the cannon salute part...

“The media coverage of Kennedy’s funeral brought hordes of school children to Fort Myer after their teachers realized that Black Jack was a national treasure. At first they came in small groups, but eventually hundreds of children visited the barns so they could see the horses and pet Black Jack. He seemed to love the children. Visitors often asked for one of Black Jack’s horseshoes as souvenirs.”
Who is Beyond Racing?

Beyond Racing is an initiative to publicise Thoroughbreds, highlight their successes as highly suitable sport and leisure horses and to promote their transition from racing, ensuring that they all go on from the race track to be well looked after, much loved and valued.

The Thoroughbred Race Horse has been refined over the last 300-odd years through selective breeding and careful pedigree selection to the ultimate athlete that it is today. Bred from three Arabian Stallions and an original handful of mare stock, the Thoroughbred is bred to run and born to race. Their younger retirement age and their inherent workmanlike nature and athleticism mean that they are highly suited to other forms of equestrian sport after their racing careers. From three-phase eventing to show-jumping, dressage, polo and polo-cross to wonderful hacks and companions, the thoroughbred is not “just a race horse”.

A Round of Applause for

Beyond Racing

LIKE Beyond Racing on Facebook!

www.facebook.com/BeyondRacingSA

Our very own Gentleman Jack was featured by Beyond Racing as an ex-racehorse enjoying a third career- as an Equine Assisting Psychotherapy! Here you can see Jack enjoying a cuddle from Stephanie van der Westhuizen, psychologist in training and research assistant to Jeanie Cavé.

Jack (African Summer), By Hallgate x Musikana by Divine King, is owned by Sharon van Rensburg. Jack is 19 and his pal Engineer (also an ex-racehorse working in EAP) is 22 and still going strong. Jack was featured in the February Equilibrium where we learned that he is a pro at tapping into emotion and often represents “trust” for many clients.

Sharon was asked to research a bit deeper into Jack’s racing history and was surprised to find that Jack was a real champ! He won his first race and placed in every race he ran since then.

“Jack” of many trades, master of all? We think so!
From the Horse's Mouth

Have your say in Equilibrium!

Anything you want to share, ask, point out or announce, your input is welcome and valued! Please email anything you feel would be a valuable contribution to our newsletter to j.cave@eapisa.co.za

We would love to hear your thoughts on the “What do you think about this” picture! Does the education system fairly acknowledge and allow all types of intelligence to develop? Or are certain skills and abilities favoured?

Email j.cave@eapisa.co.za with your opinions!

Quotable Quote

‖If all learning is zero through ten, then the most important part of learning is zero through one.‖

– Monty Roberts

Our Education System

“Everybody is a genius. But if you judge a fish by its ability to climb a tree, it will live its whole life believing that it is stupid.”

– Albert Einstein

Give a girl the right shoes and she can conquer the world.

– Marilyn Monroe
Upcoming Workshop!!!
Person-Centred Therapy in EAP

Friday 7 & Saturday 8 March 2014

The person-centred approach is the foundation of interactional therapy in general as well as EAP in particular. It is crucial to the practice of EAP to be skilled in person-centred techniques. Presented by Jeanie Cave’ at Autumn Leaves Farm, this workshop focuses on Person-Centred principles in the practice of EAP. Covered in the workshop are:

- The principles of the person-centred approach
- How to conduct a person-centred interview
- Person-centred therapeutic skills
- How to conduct a person-centred EAP session (therapeutic skills as well as activities)

The workshop will be experiential and comprise theory as well as practical activities with the horses and counts towards Bronze Level Certification.

Please email Shirley Osbourne on admin@eapisa.co.za for more info

SAFETY FIRST! Why ride with a helmet?

Erika Ru Volchik posted on Facebook 25 October 2013:

Yesterday in a freak accident, the horse I was riding stumbled and fell down, throwing me over her head, landing on me, then using my head as a stepping of point to stand back up. I’m 100% ok. My helmet is not. You can see the shoe print and even nail marks on my helmet. Today I am alive. Wear a helmet.

What are your thoughts? To hat or not to hat…….?
Activity of the Month
EMO BLOXES

Three cheers to Sharon Van Rensburg (Equine Behaviour Specialist) for adding this twist to emo boxes for a very rich task!

Here’s how it works: lay out four boxes comprising of four poles each in the arena. Using available equipment, ask the client to build a representation of a challenge or goal they are currently working towards/facing in their life currently. The client then gives you a tour of the boxes, naming each built object, which gives an opportunity for a lot of processing. You can then ask the client to get the horse into each box with any restrictions you would like to add (any way they wish/ no pushing or dragging/ no talking, touching, bribing etc.) You can decide how long the horse should stand in each box. Jeanie and Sharon usually specify a count of 5 seconds, but you can also get the client to walk around the box once the horse is in.

This task gives the client a unique opportunity to express how they see their goals and challenges in life and also how they frame goals and challenges, that is to say, is this really a challenge, or is this a goal in disguise? By building objects representing the challenges or goals, the client takes responsibility in the session for the aims and objectives of therapy, as well as the difficulties they face in life, since they have built the objects.

Note:
- What order the objects are built in and what order they’re explained
- Themes across boxes: commonalities, contrasts, balances
- The horse’s behaviour during building, touring, and getting into each box
- The order that the client tackles the boxes in during the last phase

Here are some examples of emo boxes built by a client at Jeanie and Sharon’s practice:

“Worthlessness”

“Depression”

“Positive”

“Trapped”
Stories from the Herd

Becoming Bella Jones

by Jeanie Cavé

Every month Equilibrium readers are regaled and delighted by Bella Jones’ Diary, the journal of our Fella Bella 10 year old mare who has found a new lease on life as an Equine Assisting Psychotherapy. But, I would like to share with our readers how Bella came to be an EAP horse and just how much EAP has changed Bella’s life.

Sharon and I started working together in 2011 and I was immediately taken with Bella, she is just too cute. But, much to my dismay, she would never let me catch her or stroke her or cuddle her and eventually I gave up and resigned myself to the fact that Bella is not a people person. Nor was she much of a horsey person; Bella was our little self-isolater, not having any friends in the herd and being consistently bullied by the bigger horses. It was only in a crisis that two of Sharon’s other mares would come to Bella’s aid. Other than that, she was a real loner.

In 2013, Bella, in a very uncharacteristically started showing an interest in a particular client’s session. It was a first, grooming session and Bella walked up to the arena’s edge where the grooming kit was sitting, and sniffed the grooming kit, licked and chewed, and hung around for the rest of the session. But, far from being charmed by Bella’s cute factor, the client expressed that she could barely stand to look at Bella, as Bella would never be able to self-actualise. I then realised that something was missing from Bella’s life – a purpose. So, Sharon and I had a mini halter made for her and set to work desensitising Bella to human contact in the hope of “employing” her as an EAP horse.

Since that moment, we have never looked back, and neither has Bella. Since becoming a fully-fledged EAP horse, Bella has worked with both male and female clients, between the ages of 8 and 58, for a wide range of presenting complaints. But, more than that, Bella’s herd relationships have also changed and grown. Bella is now always seen grazing with the herd, and even the highest ranking members allow her to munch grass from the same pile with them. Bella even has real friends now, and if often seen interacting with other members in a more meaningful way. She is easier to catch and absolutely loves being groomed and fussed over.

I wanted to share this story with you, as to me it has been beautiful and touching to see how every creature on earth has a drive towards self-actualisation, and the tangible difference it makes to multiple levels of your life when you are on your path towards self-actualisation versus when you are not. We all need a purpose, to feel like we are adding value, and to feel like we are involved in meaningful relationships. This is how we become our true selves, that we were always meant to be.

“I relate therefore I am, so how I impact on you and how you impact on me, determines the quality and nature of our being”

- Charl Vorster
My experience as…. an EAP research assistant

By Danielle Petite Claassen

In September 2013, I was offered the opportunity as temporary research assistant to Jeanie Cavé involving research of the therapeutic mechanisms of EAP for her doctorate. My position involved filming of the EAP sessions - to record all significant occurrences between clinician, horse specialist, client, and of course, the horses, and at the same time remain as inconspicuous as possible!

I therefore considered myself as an ‘outsider looking in’ and, in my opinion, this was a very valuable place to be. I concur because I had been given ‘permission’ to share in very personal and special experiences of strangers. As all of us EAP’ers know, this does not happen very often in a professional setting and I therefore consider this a special gift, to learn from and to treasure.

To observe the EAP processes unfold so naturally and genuinely had me, once again, in awe of the power of this therapeutic technique. I saw first-hand how the process effortlessly facilitates the clients a safe space within which to explore their feelings, their stuckness, their ‘darkest places’, and also their strengths and abilities.

The result of the interactions between the clients and horses had the greatest impact on me. By result, I mean actually bearing witness to the way clients reflected upon the equines’ behaviour in relation to their frame of reference. What a beautiful sight to behold how clients’ experiences gained relevance for them through the honesty of horses. I saw clients acknowledge the effects of their behaviour upon themselves and others and take ownership of it. Once-reluctant clients were responsible for taking significant steps in their journey of personal healing long before they were even aware of it – and all just because the horse/s ‘communicated it so!

I was also grateful to bear witness to one of the clients’ celebration of a significant achievement in her life and how EAP assisted her in reflecting upon her journey up to that point and what it meant for her in the future. At the end of the session, I even thought that I saw a twinkle in her eye that seemed to match that of the horse that participated in her session!☺

“A good trainer can hear a horse speak to him.
A great trainer can hear him whisper.”
- Monty Roberts
Bella Jones’s Diary

Hello, Hello !!! I think it’s been so long since we last chatted that I could have had a foal by now! I hope you’re all looking forward to a festive season – personally I looooove Christmas season, just like Sharon – she says it’s because everyone leaves Joburg but I just love the Highveld storms and best best best of all, green grass – this is where my size definitely counts, my teeth are small so I get much more of that yummy, tender baby grass in my mouth than the biggies do! Bella heaven.

My EAP days are much more frequent, I’ve had the opportunity of working with one specific client three times now and I’m thoroughly enjoying my interactions with her! What a lovely lady and what great sessions, hoping to continue working with adults – I do enjoy them so.

Until next time, lot of Licking, chewing, yawning and flehmening from the BELLE of the herd...

Ears Pricked!

Tips for the Horse Specialist

By Sharon van Rensburg

Let your creative side out!!! Improvisation and changing it up definitely brings about additional tasks, most especially for ‘long term clients’. The main criteria is the safety factor whether that be client or horse/s, so chat with your psychologist partner about anything that comes up that could be well utilised and together you can brainstorm some really interesting challenges and tasks.

Book of the Month

By Sharon Van Rensburg

It’s Not About the Horse - it’s about overcoming fear and self-doubt

Author : Wyatt Webb with Cindy Pearlman  (ISBN 1-4019-0128-X)

Wyatt Webb has become a well renowned figure in the world of Equine Assisted therapies and is the founder and leader of the Equine Experience based at a top resort in Arizona. This book is not a ‘learn how to’ book, it’s a more experientially based account as to how Wyatt arrived at where he is now and could also be considered slightly ‘self help’ by some. What he does highlight effectively is the horse/human interactional basis of anything Equine assisted. His book flows and is written in an easy style making it light reading. It’s light-hearted in some areas and profound in others. Due to the fact that EAP is experientially based, this is a good addition to your library whether you are a psychologist or horse specialist, practising or in training. You are not going to learn EAP through this, you will learn how horses and humans work together in a therapeutic context.