



# HETI 2021 Congress

## *Equine Facilitated Psychotherapy Roundtable*

Moderators: Marilyn Sokolof (USA) and Vera Horne (Brazil)

# Welcome

THANK YOU FOR COMING!

The purpose of this Roundtable is to provide an opportunity to discuss Equine Facilitated Mental Health issues with each other.

This meeting was arranged as a place for you to share your ideas, questions, concerns, and resources.

We also hope this meeting will provide the HETI Executive Committee with directives on how to assist our members.

# This EFP Roundtable is for:

- those engaged in providing Equine Facilitated Psychotherapy
- those interested in learning more about it
- anyone wanting to address mental health issues in an equine program

# The Outline for the meeting:

- --Introductions
- --2021 Survey Results
- --Current Program Issues Discussion
- --How can HETI help?

# Introductions

## Who we are?

- Marilyn Sokolof – USA; HETI Executive Committee Treasurer; retired psychologist, provided EFP 25years, currently teach workshops through Unbridled Therapy
- Vera Horne – Brazil; former HETI EC; psychologist providing EFP

## Who you are?

From the Survey-- Countries: Turkey    United Kingdom (5)    Sweden  
New Zealand    Brazil    Italy    Portugal

At this Meeting—[answer through “Chat”]—Name, Country, Program

# SURVEY RESULTS

2021

2018

Number responded

11

53

Currently providing  
service

11

yes=42

no =11

# Areas you work in:

	<u>2021</u>	<u>2018</u>
• Private Practice	2 (18.18%)	16(31.37%)
• With Group or Team	4(36.36%)	13(25.53%)
• Organization, Agency, Center	7(63.64%)	18(33.96%)
• Other – In Training	1(9.09%)	

# Are you:

	<u>2021</u>	<u>2018</u>
• Equine Specialist	2(18.18%)	15(30.61%)
• Mental Health Specialist	5(45.45%)	12(22.45%)
• Both	3(27.27%)	24(47.06%)
• Other	1(9.09%)	
[The Horse Course Facilitator]		



# Cohorts of Clients:

- Individuals = 10(90.91%)
- Couples = 2(18.18%)
- Groups = 7(63.64%)

# Psychotherapy Approach:

	<u>2021</u>	<u>2018</u>
• Psychodynamic	3(27.27%)	5
• Cognitive-Behavioral	6(54.55%)	10
• Neuropsychology	2(18.18%)	
• Humanistic	5(45.45%)	
• Trauma Informed	4(36.36%)	
• Other	3(27.27%)	[many others]
[Addiction, Systems, Resilience Skill-building]		

# Common Issues or Diagnoses:

- Stress disorders cerebral palsy, addiction
- Loss and grief, anxiety, low mood, low self-esteem, developmental trauma, suicidal ideation, sexual and other types of abuse
- Anxiety, emotional dysregulation, phobia, OCD, self-harm, suicidal thoughts & behaviour, sexual abuse
- Depression
- Relationship issues, low self-esteem
- Schizophrenia, depression, youth at risk
- Anxiety, depression, ADHD, ASD, behavioral issues, at risk youngsters Covid19 isolation
- Anxiety, depression, bipolar, schizophrenia, PD
- Emotional frailties, relational difficulties
- Depression, anxiety
- Autism PHDA, Schizophrenia, Depression

# Impact of Covid 19 Pandemic on Program:

- Stopped or closed 2
- Fewer clients 3
- Busy or busier 5

# Are you aware of the HETI EFP On-line Forum:

YES = 8

NO = 3

Have not participated because:

difficulties of last year

only for members

Facebook [actually is not through FB platform]

# Suggestions for HETI Psychotherapy Task Force:

- Legal Documents
- Support use of Assessment Tools
- Clarify roles of mental health professionals and equine professionals
- Expand survey to incorporate non-mental health professional issues
- Network! Network! Network!

# DISCUSSION

*Please share your:*

- *questions*
- *ideas*
- *suggestions*

THANK YOU FOR COMING!



SEE YOU IN 2024  
IN HUNGARY!