



Improving Awareness at PAHS of Equine-Assisted Psychotherapy



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RESEARCH METHODOLOGIES



DATA

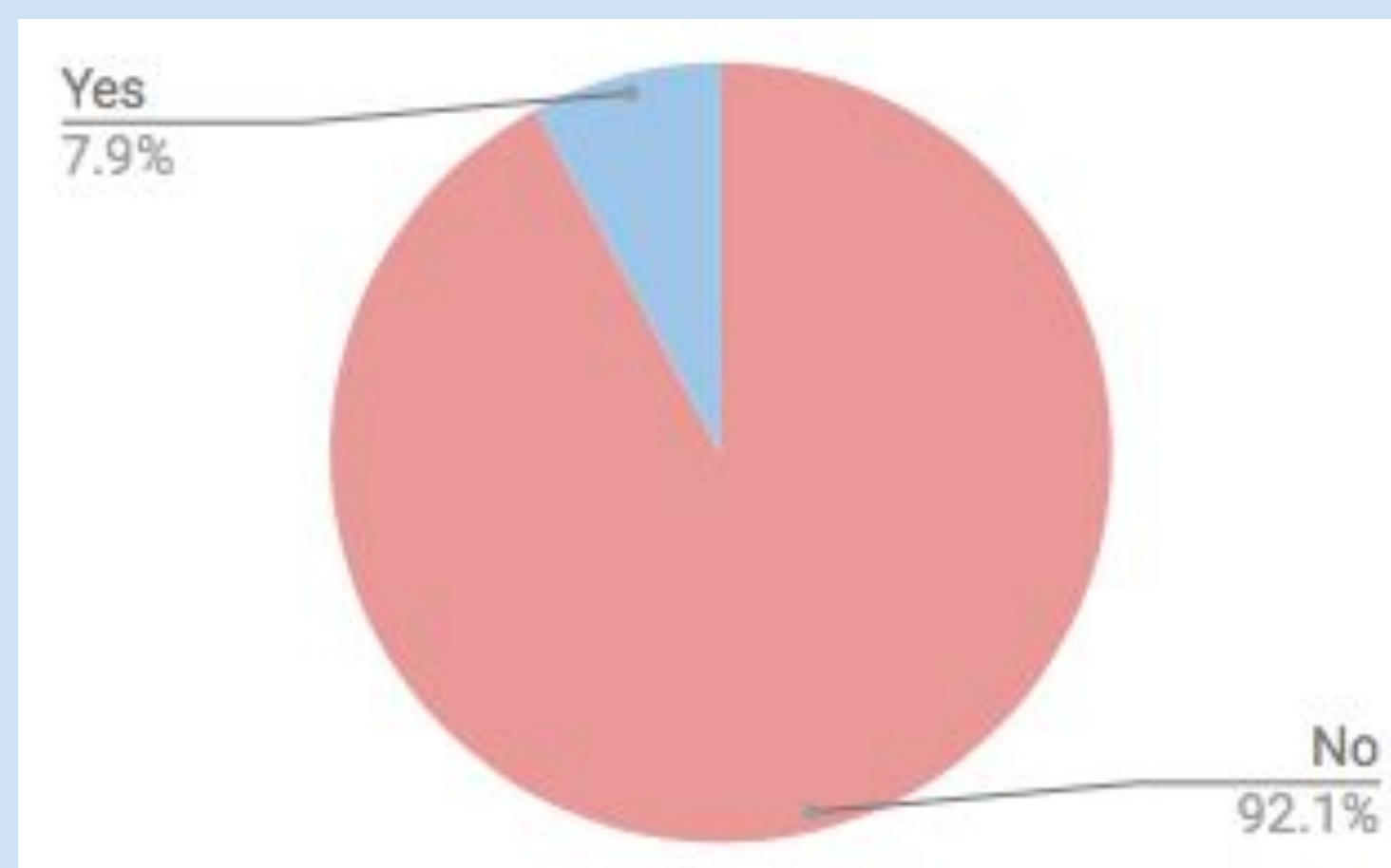


Figure 2: Data received from surveying Palo Alto High School students. The question asked was, "Do you know what equine-assisted therapy is?"

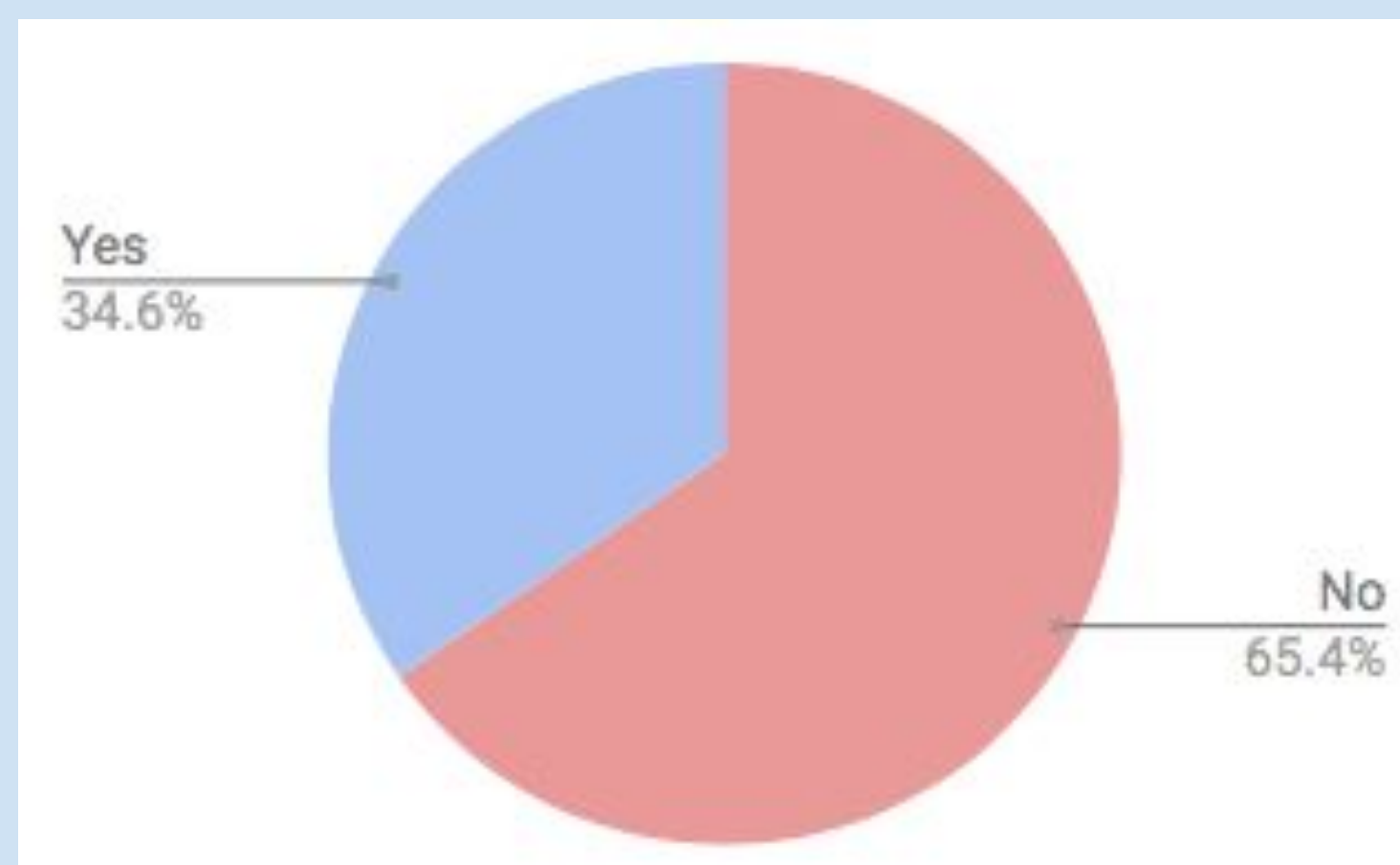


Figure 3: Data received from surveying Palo Alto High School students. The question asked was, "Have you received any type of therapy in the past?"

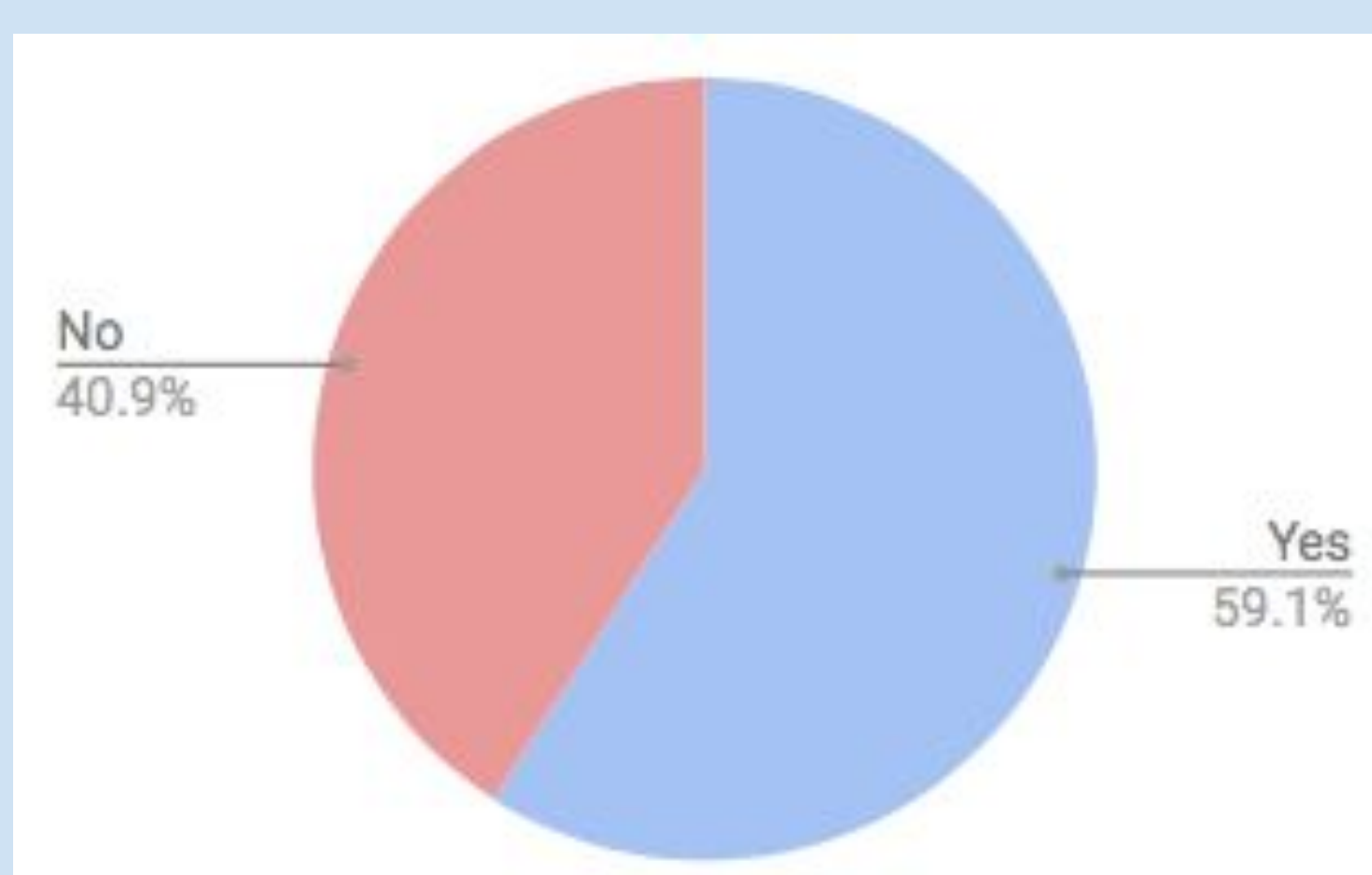


Figure 4: Data received from surveying Palo Alto High School students. The question asked was, "Would you like to know more about equine-assisted therapy?"

INTRODUCTION

Based on my work with horses and interaction with equine assisted psychotherapy (EAP), I was interested in how many people was aware of this type of therapy.

Thus for my literary review, I found multiple research papers describing why EAP is effective. The research found that working with live animals (e.g., horses) provides lifetime responses through body language (Griest, 2014). Further, the patients build relationships with the horses by participating in activities set by the therapist and horse handler (Klontz, Bivens, Leinart & Klontz, 2009). By creating these relationships, the therapist is able to tell the patient what the problem may be based on the horse's behavior.

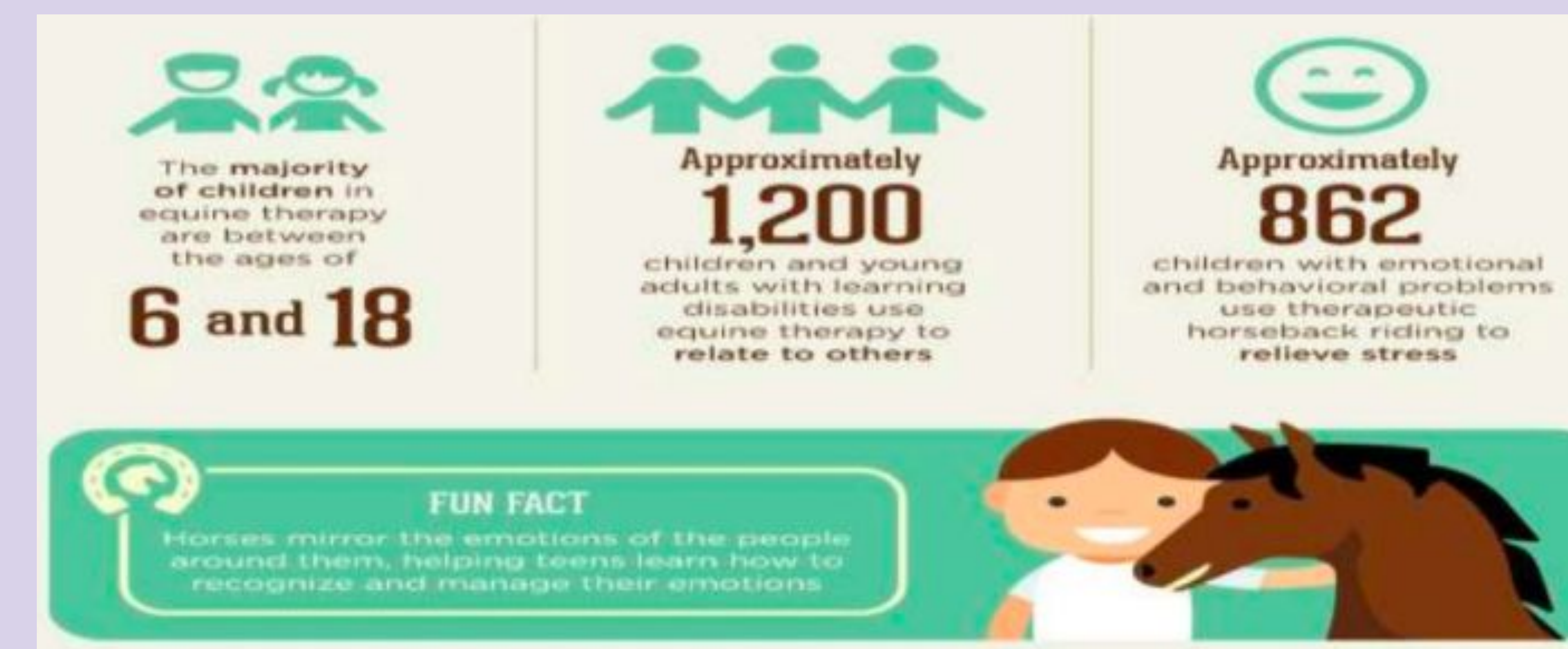


Figure 1: Jason Turner, 2015

DISCUSSION OF DATA

Figure 2

- Data for asking if the population knew about EAP
- Data largely as expected but surprising that **7.9%** knew about EAP
- Data demonstrates that there is room for building awareness

Figure 3

- Data for asking if the population has participated in/had therapy
- Data provides baseline that the population has experience in therapy
- Data demonstrates that since the population has already had therapy, they are potentially looking for a new type of therapy

Figure 4

- Data for asking if the population wants to know more about EAP
- **59.1%** want to learn more about the therapy and its effectiveness
- Data demonstrates that there is a population expressing interest in the therapy, thus showing a need for EAP awareness

NEXT STEPS



ACKNOWLEDGEMENTS / REFERENCES

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McKenzie, S. (2012, November 30). Roll over Freud: rise of animal therapy. Retrieved from CNN website: <http://www.cnn.com/2012/11/30/sport/equine-horse-therapy-mental-health/index.html>

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