

EQUINE-ASSISTED SERVICES DEFINITIONS GUIDE FOR SERVICE PROVIDERS

This document provided for PATH Intl. Credentialed Professionals and other equine-assisted services providers is designed to educate providers about optimal terms adopted by PATH Intl. in 2020, terms not to use and how to correctly communicate with others about the variety of equine-assisted services. Being accurate and concise will help:

- Discuss services with a potential participant to appropriately and comprehensively meet their needs.
- Promote an accurate representation of what service(s) you provide in written materials, websites and posts on social media.
- Properly identify services that may be funded by donors and third-party payers.
- Equip researchers with accurate terminology that assists them in scientifically advancing distinct services and allows consumers of the research to locate and evaluate relevant evidence.
- Share accurate terms with media to ensure specificity and usefulness in what they convey to the public.

ADAPTIVE OR THERAPEUTIC HORSEMANSHIP

An area of non-therapy services focused on various riding disciplines, carriage driving and interactive vaulting for individuals or groups with diverse needs. Qualified equine professionals with specialty training or certification develop lesson plans that may include mounted and unmounted activities and fun, creative games to develop horsemanship skills and provide the healthful benefits of interacting with horses.

TERMS: Adaptive/Therapeutic Riding, Interactive Vaulting, Driving, Groundwork

Adaptive or Therapeutic Horsemanship sessions are conducted by a team that includes a certified instructor and the number of center volunteers deemed necessary by the instructor for the activities in the lesson plan.



THERAPY

Therapy is provided by licensed/certified medical or behavioral health professionals working within their scope of practice in counseling, occupational therapy, physical therapy, psychotherapy, recreational therapy and speech-language pathology. The therapist determines how equine interactions, equine movement or aspects of the equine environment may enhance the client's individualized treatment plan with the goals of improving the client's sensorimotor, cognitive, behavioral, emotional or psychological function for improved health and wellness. Best practice dictates that therapy professionals obtain specialized training focused on the safe inclusion of horses in treatment.

When discussing therapy, indicate the therapy/therapist first followed by how the horse is included. This is considered 'therapy first' language. Examples of this are:

- Physical therapy including hippotherapy/equine movement
- Occupational therapy in the equine environment
- Counseling or psychotherapy with equine interactions
- Speech-language pathologist who incorporates horses in treatment
- Recreational therapy incorporating equines

Therapy professionals may work with a treatment team, including PATH Intl. Certified Equine Specialists in Mental Health and Learning and trained staff/volunteers, to support session safety and care for the horses.



EQUINE-ASSISTED LEARNING

This area is a non-therapy service comprised of equine-assisted learning (EAL) in education, in organizations and in personal development. Specially trained or certified professionals leverage experiential learning activities involving interactive mounted and/or unmounted activities with horses and the equine environment to benefit participants.

- **Equine-assisted Learning in Education:** Professionals with a knowledge of learning theory and teaching methodology focus on life skills, including leadership, character-building and academic skills. They may develop contracts with schools and integrate specific educational strategies, academic standards and character education within their curricula and provision of services.
- **Equine-assisted Learning in Organizations:** Professionals assist members of corporations, organizations and other work groups in building effective teams and leaders that enhance work dynamics and performance. They must have knowledge of organizational theory, team building, strategic planning or leadership development and may integrate a variety of strategies.
- **Equine-assisted Learning in Personal Development:** Professionals assist individuals and groups in handling life challenges and opportunities by developing skills in effective problem-solving, decision-making and communication. Service providers must have extensive training or certifications in facilitation, coaching or teaching, and knowledge of the distinct differences between personal development and psychotherapy.

Equine-assisted learning sessions are provided by individuals such as teachers, organizational strategists and life coaches with the inclusion of a certified equine specialist to support session safety and care for the horses.

PARTICIPANT-CENTERED SCREENING

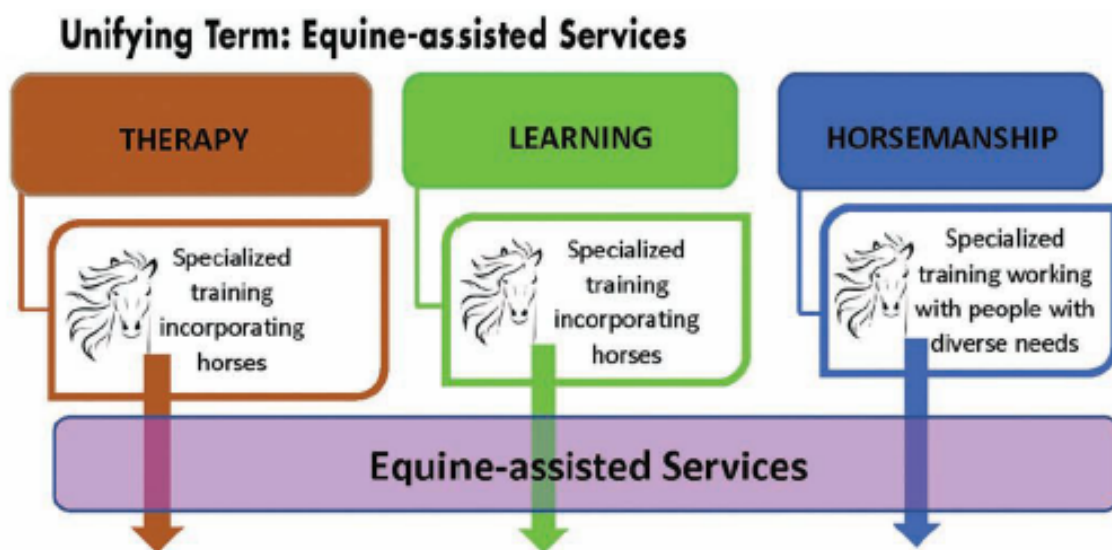
When a potential participant (or their caregiver) inquires about equine-assisted services, they may or may not be aware of your area of expertise or what options there are to address their goals. Suggested here are questions to help determine what service the participant wants and from which they might most benefit.

1. **Who is this service for?** The story unfolds with this question. Listen for key indications that would help to differentiate between therapy services, or horsemanship. Challenges may be related to trauma, behavior, physical function, learning disorders, social interactions, amongst others..
2. **Were you referred and by whom?** The referral source to identify the goals and priorities. For example, if a school counselor suggests services, it may indicate challenges are interfering with the educational process and EAL services should be considered. If a mental health professional refers, mental health services incorporating horses is likely appropriate. If the referral comes from a PT, consider therapy services that may include horses.
3. **What are the expectations or desired outcomes?** Listen for therapy outcomes, educational, leadership or personal growth outcomes, or horsemanship outcomes.



EQUINE-ASSISTED SERVICES

Equine-assisted services (EAS) refers to multiple services in which professionals incorporate horses and other equines to benefit people and is consistent with terminology used to describe animal-assisted services or interventions. EAS should be used as a unifying term but never as an over-arching term to imply all three areas of services are subsumed under one industry or line of work. The horse remains a common thread that unites the three distinct areas of service falling under EAS. All recommendations for terms for these areas of service below reflect the outcomes of the terminology consensus summit group, and it is expected that as services offered within the EAS field expand and diversity, new challenges related to terminology will need to be addressed.



To ensure specificity and accuracy, the following outdated and/or incorrect terms should be avoided:

Avoid	Substitute	Rationale	Example
Equine Therapy	None	Non-specific; not a therapy in human services	None
Equine-assisted Therapy, Equi-therapy	None	None of these terms are clear about the type of service being offered. If therapy is being offered, it should be therapy first language and specify the type of therapy.	Counseling specializing in horse interactions OT (PT or SLP) using equine movement
Horseback Riding Therapy			
Equestrian Therapy			
Horse Therapy			
EquiTherapy			
Hippotherapist	None		PT, OT, or SLP who incorporates equine movement in treatment
Hippotherapy Clinic/ Program	None		PT (OT, RT or SLP) clinic, practice or program
Equine Assisted Activities and Therapies	Equine-assisted Services	Used in the plural to identify multiple services	Many equine-assisted services rely on donations to fund programming.
Equine-assisted activities	Horsemanship		Adapted horsemanship provides natural health benefits to children and adults with disabilities.