

Empirical Published Studies

EAGALA Model specific

Kemp, K., Signal, T., Botros, H., Taylor, N., Prentice, K. (2013). Equine Facilitated Therapy with children and adolescents who have been sexually abused: A program evaluation study. *Journal of Child and Family Studies* DOI 10.1007/s10826-013-9718-1

Nurenberg, J.R. et al (2014). Animal-Assisted Therapy with Chronic Psychiatric Inpatients: Equine-Assisted Psychotherapy and Aggressive Behavior. *Psychiatric Services in Advance*, Oct. 1, 2014.

Schultz, P., Remick-Barlow, G., & Robbins, L. (2007). Equine-assisted psychotherapy: A mental health promotion/intervention modality for children who have experienced intra-family violence. *Health & Social Care in the Community* 15(3), 265-271.

Trotter, K., Chandler, C., Goodwin-Bond, D., & Casey, J. (2008). A comparative study of the efficacy of group equine assisted counseling with at-risk children and adolescents. *Journal of Creativity in Mental Health*, Vol. 3(3), 254-284.

Whittlesey-Jerome, W.K. (2014). Adding Equine-Assisted Psychotherapy to Conventional Treatments: A Pilot Study Exploring Ways to Increase Adult Self-Efficacy among Victims of Interpersonal Violence. *The Practitioner Scholar: Journal of Counseling and Professional Psychology*, Vol. 3, 82-101.

General Equine Assisted Psychotherapy services (other models utilized or not model specific)

Bachi, K, Terkel, J., & Teichman, M. (2012). Equine-facilitated psychotherapy for at risk adolescents: The influence on self-image, self-control and trust. *Clinical Child Psychology and Psychiatry*, 17(2), 298-312.

Bass, M.M., Duchowny, C.A., & Llabre, M., (2009). The effect of therapeutic horseback riding on social functioning in children with autism. *Journal of Autism and Developmental Disorders*, 39(9), 1261-1267.

Bizub, A.L., Joy, A., & Davidson, L. (2003). "It's like being in another world": Demonstrating the benefits of therapeutic horseback riding for individuals with psychiatric disability. *Psychiatric Rehabilitation Journal*, 26(4), 377-384.

Bowers, M.J., & MacDonald, P.M. (2001). The effectiveness of equine-facilitated psychotherapy with at-risk adolescents. *Journal of Psychology and Behavioral Sciences*, 15, 62-76.

Cawley, R., Cawley, D., & Retter, K. (1994). Therapeutic horseback riding and self-concept in adolescents with special educational needs. *Anthrozoös*, 7(2), 129 – 134.

Davis, E., Davies, B., Wolfe, R., Raadsvald, R., Heine, B, Thomason, P., Dobson, F., & Graham, H.K., (2009). A randomized controlled trial of the impact of therapeutic horse riding on the quality of life,

health and function of children with cerebral palsy, *Developmental Medicine and Child Neurology*, 51, 111-119.

Ewing, C.A., MacDonald, P.J., Taylor, M., & Bowers, M.J. (2007). Equine-facilitated learning for youths with severe emotional disorders: A quantitative and qualitative study. *Child Youth Care Forum*, 36, 59-72.

Frewin, K. & Gardiner, B. (2005). New age or old sage? A review of equine assisted psychotherapy. *The Australian Journal of Counselling Psychology*, 6, pp13-17.

Hauge, H., Kvaalem, I.L., Berget, B., Enders-Slegers, M. & Braastad, B. (2013). Equine-assisted activities and the impact on perceived social support, self-esteem and self-efficacy among adolescents – an intervention study. <http://dx.doi.org/10.1080/02673843.2013.779587> *International Journal of Adolescence and Youth*

Holmes, C.M.P., Goodwin, D., Redhead, E.S., Goymour, K.L. (2012). The benefits of equine-assisted activities: An exploratory study. *Child & Adolescent Social Work Journal*, 29(2), 111-122.

Kaiser, L., Spence, L. J., Lavergne, A. G., & Vanden Bosch, K. L., (2006). Can a week of therapeutic riding make a difference? – A pilot study. *Anthrozoös*, 17(1), 62-72.

Kern, J.K., Fletcher, C.L., Garver, C.R., Mehta, J.A., Grannemann, B.D., Knox, K.R, Richardson, T.A., Trivedi, M.H. (2011). Prospective trial of equine-assisted activities in autism spectrum disorder. *Alternative Therapies*, 17(3), 14-20.

Klontz, B.T., Bivens, A., Leinart, D., & Klontz, T. (2007). The effectiveness of equine-assisted experiential therapy: Results of an open clinical trial. *Society and Animals*, 15, 257-267.

Maujean, A., Kendall, E., Roquet, L, Sharp, T, & Pringle, G. (2013). Connecting for health: Playing with horses as a therapeutic tool. *Journal of Community Psychology*, 41(4), 515-522.

Pendry, P., Smith, A. N., & Roester, S. M. (2014). Randomized trial examines effects of equine facilitated learning on adolescents' basal cortisol levels. *Human-Animal Interaction Bulletin*, 2 (1), 80-95.

Rothe, E.Q., Vega, J., Torres, R.M., Soler, S.M.C. & Pazos, R.M.M. (2005). From kids and horses: Equine facilitated psychotherapy for children. *International Journal of Clinical and Health Psychology*, 5(2), 373-383.

Scheidhacker, M., Friedrich, D., & Bender, W. (2002). About the treatment of anxiety disorders by psychotherapeutic riding: Long term observations and results of an experimental clinical study. *Krankenhauspsychiatrie*, 13, 145-152.

Yorke, J., Nugent, W., Strand, E., Bolen, R., New, J., & Davis, C. (2013). Equine-assisted therapy and its impact on cortisol levels of children and horses: A pilot study and meta-analysis. *Early Child Development and Care*, 183(7), 874-894.

Zugich, M., Klontz, T., & Leinart, D. (2002). The miracle of equine therapy. *Counselor Magazine*, 3(6), 22-27.

Review articles

Cantin, A., & Marshall-Lucette, S. (2011). Examining the literature on the efficacy of Equine Assisted Therapy for people with mental health and behavioural disorders. *Mental Health and Learning Disabilities Research and Practice*, 51- 61

Lentini, J.A. & Knox, M. (2009). A Qualitative and Quantitative Review of Equine Facilitated Psychotherapy (EFP) with Children and Adolescents. *The Open Complementary Medicine Journal*, 2009, 1, 51-57.

Selby, A., Smith-Osborne, A. (August, 2012). A systematic review of effectiveness of complementary and adjunct therapies and interventions involving equines. *Health Psychology*. ISSN: 1930-7810 (Electronic), 0278-6133 (Print).

Smith-Osborne, A. & Selby, A. (2010). Implications of the literature on equine-assisted activities for use as a complementary intervention in social work practice with children and adolescents. *Child and Adolescent Social Work Journal*. 27, 291-307.

[Therapy dogs and horses: A review of their mental health effectiveness. \(2012\)](#)

Selected works using qualitative methodology

Burgon, H.L. (2011). 'Queen of the world': Experiences of 'at-risk' young people participating in equine-assisted learning/therapy. *Journal of Social Work Practice*, 25(2), 165-183.

Chardonens, E. (2009). The use of animals as co-therapists on a farm: The child-horse bond in Person-Centered Equine-Assisted Psychotherapy. *Person-Centered and Experiential Psychotherapies*, 8(4), 319-332.

Dell, C.A., Chalmers, D., Bresette, N., Swain, S., Rankin, D., Hopkins, C. (2011). A healing space: The experiences of first nations and Inuit youth with equine-assisted learning (EAL). *Child & Youth Care Forum*, 40(4), 319-336.

Yorke, J., Adams, C., & Coady, N. (2008). Therapeutic value of equine-human bonding in recovery from trauma. *Anthrozoos*, 21(1), 17-30.

Theoretical work

Equine-facilitated Psychotherapy

Bachi, K. (2013) Equine-facilitated prison-based programs within the context of prison-based animal programs: State of the science review. *Journal of Offender Rehabilitation*, (1), 46-74, DOI: [10.1080/10509674.2012.734371](https://doi.org/10.1080/10509674.2012.734371)

Bachi, K. (2013). Application of attachment theory to equine-facilitated psychotherapy. *Journal of Contemporary Psychotherapy*, 43, 187-196.

Brandt, C. (2013). Equine-facilitated psychotherapy as a complementary treatment intervention. *The Practitioner Scholar: Journal of Counseling and Professional Psychology*, 2, 23 – 42.

Karol, J. (2007). Applying a traditional individual psychotherapy model to equine-facilitated psychotherapy: Theory and method. *Clinical Child Psychology and Psychiatry*, 12(1), 77 – 90.

Matthews, William J. (1999). Brief Therapy: A problem solving model of change. *The Counselor*, July/Aug 99, pp29-32

Experiential Adventure Therapy

Bandoroff, S & Newes, S. (Eds.) (2004). *Coming of age: The evolving field of adventure therapy*. Boulder, CO: Association for Experiential Education.

Freeman, P.A., Nelson, D. C., & Taniguchi, S.T. (2003). Philosophy and practice of wilderness-based experiential learning. *The Journal of Physical Education, Recreation, & Dance*, 74 (8) 25-.

Gass, M. A. (1993). *Adventure therapy: therapeutic applications of adventure programming*, Dubuque, 10: Kendall/Hunt.

Gavetti, G. & Levinthal, D. (2000). Looking forward and looking backward: Cognitive and experiential search. *Admin Sci. Quarterly*, 45 (1), 113-137.

Hattie, J., Marsh, H., Neill, J. & Richards, R. (1997). Adventure education and outward bound: Out-of-class experiences that make a lasting difference. *Review of Educational Research*, 67, 43-87.

Luckner, J.L. & Nadler, R.S. (1997). *Processing the experience: Strategies to enhance and generalize Learning*. Dubuque, 10: Kendall/Hunt.

Animal-Assisted Therapy

Chandler, C.K., Portrie-Bethke, Barrio Minton, C.A., Fernando, D.M., & O'Callghan, D.M. (2010). Matching animal-assisted therapy techniques and intentions with counseling guiding theories. *Journal of Mental Health Counseling*, 32(40), 354-374.

Mason, M. S., & Hagan, C. B. (1999). Pet-assisted psychotherapy. *Psychological Reports*, 84, 1235-1245.

Nimer, J., & Lundahl, B. (2007). Animal-assisted therapy: A meta-analysis. *Anthrozoos*, 20(3) 225-238.

Academic Papers/Selected unpublished work

Aduddell, M.M. (2003). Effects of equine assisted psychotherapy on adolescent attitudes and behaviors. Unpublished manuscript. Colorado Christian University.

Bray, B. (2002). Treating adolescents using equine assisted psychotherapy: Effects on self-concept, anxiety, and depression. Unpublished Master's Thesis, Whitman College.

Emory, D.K. (1992). Effects of therapeutic horsemanship on the self-concept and behavior of asocial adolescents. Unpublished dissertation, University of Maine.

Greenwald, A.J. (2001). The effect of a therapeutic horsemanship program on emotionally disturbed boys. *Dissertation Abstracts International*, 62.

Hutchinson, J. (2009). Equine Assisted Psychotherapy: Horses are still helping us today. Unpublished manuscript. Pioneer Pacific College.

Nurenberg, J.R., Schleifer, S., Madara, B., Yellin, M., Desai, P., Shaffer, T., & Allen, A. (2011). Equine assisted psychotherapy for patients with severe chronic psychiatric disorders. Presentation at the annual meeting of the American Psychiatric Association, Honolulu, Hawaii.

Russell-Martin, L.A. (2006). Equine facilitated couples therapy and Solution Focused couples therapy: A comparative study. Doctorate of Philosophy, Northcentral University.

Shultz, B. (2005). The effects of Equine-Assisted Psychotherapy on the psychosocial functioning of at-risk adolescents ages 12-18. Unpublished Master's Thesis. Denver Seminary. Denver, CO.

Tetreault, A. (2006). Horses that heal: The effectiveness of Equine Assisted Growth and Learning on the behavior of students diagnosed with Emotional Disorder. Unpublished Master's Thesis. Governors State University, University Park, IL.

EAGALA 2015 Conference Poster Presentations

Bahr, T., Arndt, G., & Benkard, J. (2015, March). DBT and EAGALA: *Wise mind meets the herd.* Poster session presented at the Equine Assisted Growth and Learning Conference, Layton, UT.

Bell, C., Ferguson, L., Smith, L., Christiansen, R., & Whittlesey-Jerome, W. (2015, March). *A case study of adopted adolescent females with Reactive Attachment Disorder: The impact of Equine-Assisted Psychotherapy and positive peer culture on resilience and behavior change in the therapeutic milieu.* Poster session presented at the Equine Assisted Growth and Learning Conference, Layton, UT.

Boyce, S., & Illing-Pike, J. (2015, March). *The potential of Logotherapy-infused EAGALA model Equine Assisted Learning encounters to awaken youth-at-risk to the realization that there is hope for a life filled with meaning aligned to purpose*. Poster session presented at the Equine Assisted Growth and Learning Association Conference, Layton, UT.

Covello, C. (2015, March). *Hoof Beats of Hope: A group therapy study of youth in residential treatment*. Poster session presented at the Equine Assisted Growth and Learning Association Conference, Layton, UT.

Grier, E., Harrison, S., Sideman, L., & Underwood, L. (2015, March). *The effects of Equine Assisted Psychotherapy with adults in intensive treatment*. Poster session presented at the Equine Assisted Growth and Learning Association Conference, Layton, UT.

Harrison, S. W., Roden, S., & Baca, L. (2015). *The effectiveness of Equine-Assisted Psychotherapy among adults with psychological distress: A mixed methods experimental approach*. Poster session presented at the Equine Assisted Growth and Learning Association Conference, Layton, UT.

Lee, P., & Dakin, E. (2015, March). *From traditional to Equine-Assisted Psychotherapy: Exploring mental health practitioners' experiences from biophilia hypothesis*. Poster session presented at the Equine Assisted Growth and Learning Conference, Layton, UT.

Madara, B., Nurenberg, J. R., & Schleifer, S. J. (2015, March). *Equine-assisted therapy for patients with severe chronic psychiatric disorders*. Poster session presented at the Equine Assisted Growth and Learning Association Conference, Layton, UT.

Retrieved from Pickel, M. (2015, March). *Horse powered reading: Using EAL to support struggling readers*. Poster session presented at the Equine Assisted Growth and Learning Association Conference, Layton, UT.

Whittlesey-Jerome, W. (2015, March). *Equine-Assisted Psychotherapy's impact on resilience of at-risk youth and self-efficacy of adult female survivors of interpersonal violence*. Poster session presented at the Equine Assisted Growth and Learning Association Conference, Layton, UT.

Research in the Media

Media coverage of research correlating horses to mental health and personal development benefits.

Alzheimer's Dementia

5 May 2014: *The Ohio State University News Room* "Caring for Horses Eases Symptoms of Dementia" by Pam Frost Gorder

Anger and Violence

15 July 2011: *Psychiatric News* "Horses Join Therapy Sessions with Violence-Prone Patients" by Leslie Sinclair

Emotional Intelligence

26 June 2013: *The Horse* "Horses Teaching Humans about Leadership" by University of Kentucky College of Agriculture, Food, and Environment

Stress

25 April 2014: *Mail Online* "Why horsing around is good for you: Spending time around stables proven to reduce stress" by Emma Innes

Program Evaluations

2014: Signpost HALTER program evaluation - Program for youth addressing self-esteem, depression, anger, anxiety, and disruptive behaviors: HALTER, Leeds, UK

2013: PTSD with Veterans: EAGALA Model and Veterans Admin Michigan: EAGALA Military Services program: PEACE Ranch, MI

2011: Violence: 2011 Psychiatric News

2006: Recidivism juvenile court substance abuse program: Program Eval statistics recidivism, Stone Fox Farm, OH