

Presenter's name: Luciana Mota da Silva

Degree, affiliation: Business

Curriculum vitae:

Graduated in "Fashion Business" and postgraduate in "Business Management".

Since 2008 in the fashion area, specialist in retail.

Volunteer at Instituto Passo a Passo

Category: short paper

Topic: Treatment methods of equine-assisted psychotherapy: Group training methods

Authors:

Claudia da Costa Mota, Master

Luciana Mota da Silva, Specialist

Title: LEADING MY HORSE THROUGH A NEW PATH GROUPS SESSIONS FOR CHEMICAL DEPENDENCY - PROPOSAL

Keyword 1: PAEDHA

Keyword 2: Equine-assisted Therapy

Keyword 3: chemical dependency

Abstract:

Equine-assisted therapy has become recommended for individuals facing challenges in their lives, such as mental health issues related to psychoactive substance use. Group sessions can provide new meaning to life. The objective of this study is to devise a service model tailored for individuals grappling with chemical dependency, with the overarching goal of facilitating the construction of a renewed sense of life purpose. The methodology used was from the Equine-Assisted Therapy Program in Skills Development, in the context of free-roaming horses, therapeutic guidance, and riding without autonomy. Thirteen adult males in the process of social reintegration participated. Eight meetings of three hours each were held. The activities took place in an equine-assisted services center in the countryside of São Paulo, Brazil. A comparative analysis between the experimental group and the control group regarding relapses, frequency, and maintenance of participants in the recovery process was conducted. The evaluation was constructed by the responsible staff and applied at the end of the group sessions, including verbal reports, recorded during the group dynamics. The findings reveal that within the experimental group, 46.15% managed to sustain their progress, while 53.84% experienced relapses. Conversely, in the control group, 38.46% maintained their progress, with 61.53% encountering relapses. Furthermore, during the evaluation phase, all participants expressed satisfaction with the meeting methodology, citing it as instrumental in their personal development and self-awareness. In the qualitative analysis, the reports were: "It fostered my desire to live. I have chosen to live and this meeting showed me the reason." "I'm taking an enriching experience, maintaining my pre-drug identity and valuing my existence." "I improved my personal control before mastering a horse." "I recognized my irrational side in me, learning to understand and deal with it." Each participant has found a new purpose. These results can be replicated in other centers, benefiting similar groups and supporting new research and interventions.