

Presenter's name: Laurence Ikan

Degree, affiliation: EAA/T Practitioner

Curriculum vitae:

Laurence Ikan is the co-founder and General Manager of IMH NGO for the promotion of equine assisted programs in Israel. She is also the founder and manager of the Wizo Nir Haemek Therapeutic Riding and Horseback Riding Instructor Courses, Founder, and former Chairman of the Therapeutic Riding National Committee at the Israel Equestrian Federation (2008-2018), New Member of the Executive Board Committee at HETI (starting from June 2024).

Category: Oral presentation

Topic: Disabilities & Symptoms: Anxiety Disorders

Authors:

Laurence Ikan

Title: THE BENEFITS OF EQUINE-ASSISTED ACTIVITIES (EAA) FOR CHILDREN SUFFERING FROM ACUTE STRESS SYNDROME (ASS) IN TIME OF WAR

Keyword 1: Anxiety

Keyword 2: Stress

Keyword 3: Horse

Abstract:

This lecture explores the therapeutic benefits of Equine-Assisted Activities and Therapies (EAA/T) as a complementary intervention for children suffering from Acute Stress Syndrome (ASS) due to wartime experiences. Incorporating case studies and empirical evidence, the lecture aims to illuminate the potential of EAAT for enhancing the mental health and recovery process of children with ASS. Special attention will be paid to the role of horses in this process, as they are highly sensitive to stress. In conclusion, the lecture will highlight the transformative power of the human-horse bond in restoring stress management, emotional regulation, and proactive behaviour in children experiencing ASS.