

**Presenter's name:** Eszter Kövesi

**Degree, affiliation:** psychologist

**Curriculum vitae:**

I started my psychological studies at the University of Debrecen, then due to a scholarship, I earned my BSc degree at Roehampton University in the United Kingdom, then finished my Master's degree back in Hungary. Later, I completed equine assisted therapy, couple and family therapy and relaxation therapy (Autogenic Training) courses, soon becoming a schema therapy consultant. In my therapeutical practice, to grant a broad and holistic support, I combine my different fields of expertise, with the focus depending on the actual problem that the client brings into the therapy. With my work, I aim to support the stabilization of the physical and mental immune system, the formation of healthy self-knowledge and self-esteem as well as the restoration of constructive human relationships.

**Category:** Oral presentation

**Topic:** Treatment methods of equine-assisted psychotherapy: Symbolical presence of the horse

**Authors:**

Eszter Kövesi

**Title:** THE HEALING POWER OF SYMBOL OF THE HORSE

**Keyword 1:** symbol

**Keyword 2:** healing power

**Keyword 3:** abstraction

**Abstract:**

The horse is one of the most ancient and deeply layered symbols. In history, arts, legends, fairy tales or even religions, the mysterious figure of the horse appears everywhere. Sometimes as a positive, sometimes as a dark hero, but he is mostly surrounded by respect and admiration. The symbol of the horse is holistic, representing the extreme poles of certain phenomena, thus forming a round whole. This is the point where the symbolic figure of the horse can be transformed into a therapeutic medium. The horse enters the therapy as a complex symbol. Many patients do not have much personal experience with horses, sometimes even they fear of them, yet, something attracts them to want to heal and change with the help of them. Why? Because we are attracted to them, very deeply, with an elemental force. In the forthcoming discussion, I aim to present the symbolical figure of the horse from a historical and cultural perspective, then we will connect it with the healing power of the animal, having a closer look how its holistic presence can indirectly affect the psychological equine therapy and how therapists can harness the direct symbolism of the horse within therapeutic sessions for maximum impact.