

Presenter's name: Annamária Jánosi

Degree, affiliation: Clinical psychologist, Equine-assisted therapist

Curriculum vitae:

WORK EXPERIENCE

I started my professional career as a psychologist in 2015 and I have specialised in clinical psychology since the beginning. I worked for the first seven years in a Psychiatric Department and started to work in private practice, and completed the qualification of Equine Assisted Therapist. I currently work in private practice as an Equine Assisted Therapist. In my work, I often experience trauma related issues, clients come to me mainly with anxiety, relationship, and attachment problems, which in the first instance cause difficulty.

EDUCATION AND QUALIFICATIONS

2015 - University of Debrecen, Psychologist

2019 - University of Debrecen, Institute of Behavioral Sciences, Specialization in Adult Clinical PSYCHOLOGY

2019- Hungarian Riding for the Disabled Federation

2020- Association for Integrative Psychotherapy, Integrative Hypnotherapist

2023 - Hungarian EMDR Institute, supervision stage

2023- 2023 - PEATT, Psychodynamic Equine Assisted Trauma Therapy

Category: Oral presentation

Topic: Treatment methods of equine-assisted psychotherapy: Imagery techniques

Authors:

Annamária Jánosi

Title: BEHAVIOURAL AN PSYCHOPHYSIOLOGICAL INTERACTUION OF HORSES AND HUMANS IN MEDITATIVE STATES IN EQUINE THERAPIES

Keyword 1: synchronicity

Keyword 2: altered states of consciousness meditation

Keyword 3: interaction

ABSTRACT

Altered states of consciousness in equine therapy practice and their effects on horses during therapy is not a widely studied and researched area in the field of equine assisted therapies. Altered states of consciousness were previously considered a passive state of relaxation, but are now considered an active process. It is known that brain plasticity (based on observed EEG patterns) during altered states of consciousness is triggered by gamma oscillations, resulting in cognitive restructuring and learning. In parallel, studies of equine behaviour and EEG patterns have also linked increased gamma waves to increased attentional functions of the horse. The hypnosis-interaction approach, which also studies altered states of consciousness in humans, suggests that there is interactional synchronicity, a kind of psychophysiological attunement occurs in participants during this type of intervention in therapy. Physiological, behavioural, subjective experiential and relational interactions develop between therapist-patient participants. Its mechanisms require an understanding of the context, the mutual

interaction between the participants, the interaction in a modified state of consciousness. An alignment, a rhythmic organisation, is established between the behaviour of persons. They also lay the foundations for intersubjectivity and subsequent processes of self-regulation.

In equine therapy practice, the horse becomes a participant in this synchronicity and this interaction, and the interaction can affect the horse's behavioural reactions and the patient's intersubjective experiences. The following discussion will address whether synchronicity and emotional transfer in the horse-human relationship may be present during altered states of consciousness in equine therapy practice and whether it is possible that it may influence the horses' responsiveness, behavioural reactions or the impact of the therapy on human participants. Afterwards physiological, behavioural and relational interactions can occur in all participants in therapy (horse, therapist, patient). Hypotheses about possible variables in equine behaviour and their beneficial effects on therapy participants will be discussed in the following topic.