

Presenter's name: Norunn Kogstad

Degree, affiliation: MD, PhD- student, Norwegian University of Science and Technology

Curriculum vitae:

#### EDUCATION

1999-2000: 1-year Dog Trainer Education at Hagan Dog School

Sept. 2000-April 2002: Equine Physiotherapy and Naturopathy Education in Gothenburg

Sept 2002-2008: Medical Studies in Pécs, Hungary

Spring 2013: Centered Riding Instructor Level 1

2013: HEAL - Human-Equine Alliance for Learning and Psychotherapy, Certified Instructor

Nov 2014: Cognitive Therapy Course

Autumn 2015: Psychodynamic Psychotherapy Course

Spring 2016: Group Therapy Course

May 2016: Completed Basic Course I-II-III Psychiatry

Autumn 2021: Completed all compulsory courses in Psychiatry specialization

2018-2022: Completed 4 years at the Institute for Psychotherapy, Psychodynamic Psychotherapist

January 2023: Approved Specialist in Psychiatry

01.08.22- : PhD Position

Category: Poster

Topic: Treatment methods of equine-assisted psychotherapy: Individual therapies, family- and couple therapy

Authors:

Norunn Kogstad MD, PhD- student Norwegian University of Science and Technology

Sveinung Skårseth MD Retired

Title: HORSES IN PSYCHOTHERAPEUTIC WORK WITH CHILDREN AND YOUNG PEOPLE

Keyword 1: Psychotherapy

Keyword 2: child and adolescent - psychiatry

Keyword 3: Manualization

Abstract:

**Objective:** Systematization of experiences with the use of horses in psychotherapeutic work done at the unit for mental health care for children and adolescents (PHBU) at Nordland Hospital Lofoten

**Design:** Nordland Hospital Lofoten District Psychiatric Center, in cooperation with Lofoten Horse and Health Center, gained accept in the early 2000s, by the Ministry of Health and Social Affairs to build a center for the use of horses in mental health care. The opportunity to combine psychotherapeutic knowledge and experience with a new method - the use of horses - gave impetus to this acceptance. With acceptance came financial backing, enabling the establishment of the center. The model developed was rooted in Equine-Assisted Psychotherapy (EAP), characterized by a "here and now" therapeutic approach. EAP falls within the realm of experiential therapies, focusing on the present moment. For over 15 years, Nordland Hospital Lofoten PHBU has employed EAP in treating patients in

specialized mental health care, encompassing group, family, and individual therapy sessions for children, adolescents, and adults, particularly emphasizing services for children and young individuals over the past decade. From years of experience with these interventions, it has been observed that children and adolescents who have undergone prior therapies exhibit significant improvements in social competence. They develop a deeper understanding of their own challenges and incorporate imagery from therapy into their daily lives as reminders of important concepts.

**Result:** A manual based on 15 years of experience in specialist health care is published.

**Conclusion:** In this project, we systematized and summarized clinical experiences from 15 years of horse-assisted interventions in a method book, so that important clinical knowledge and experience could be systematized and made available to clinicians and researchers nationally and internationally.