

Presenter's name: Sok-kyung Sookie Park

Degree, affiliation: Ph.D. degrees in psychomotor and social welfare/Collab of Psychotherapy Co., Ltd

Curriculum vitae:

A human rights advocator who has devoted over 30 years to the human rights and welfare of people with disabilities.

In 2021, she established Collab (the Col Lab of Psycho Therapy) which Research Institute developed a new healing methodology that combines horses and psychomotor and other methods for children with developmental disabilities and people in need of various psychological support. As a visiting professor at Kyung Hee University Humanitas College, she is dedicated to revitalizing horse-mediated healing practices in Korea.

EDUCATION CAREER

Graduated from Ewha Womans University, Department of Law

Master of Social Welfare, Ewha Womans University

Ph. D. in Social Welfare from Sungkonghoe University

Ph. D. in Psycho Motologie Woosuk University

LICENSE

Social worker (national)

Psychomotor therapist

Developmental rehabilitation service provider (national)

Sports Instructor for Disabled (horseback riding, national)

Category: Oral presentation

Topic: Horse Related Topics: Human – horse Interactions and Communication

Authors:

Sok-kyung Sookie Park, Ph.D. degrees in psychomotor and social welfare, Collab of Psychotherapy Co., Ltd.

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Title: CASE STUDY ON EQUINE PSYCHOTHERAPY BASED ON HUMAN AND HORSE COMMUNICATION

Keyword 1: equine anxiety

Keyword 2: Human - horse Interaction

Keyword 3: horses' psychological disorders

Abstract:

Objective: The purpose of this study is to investigate how interactions between horses and humans, based on communication and trust, can contribute to equine psychotherapy. Horses are intellectual, emotional, and social animals. Therefore, like humans, horses can also experience psychological disorders. However, generally, especially in Korea, it is difficult to find interest or research on psychological disorders of horses. The purpose of this study is to contribute to the understanding and therapy of equine psychological disorders by introducing a case of equine psychotherapy. This case centers on Royal Heritage, a horse grappling with enduring psychological disorders, notably anxiety, spanning numerous years.

Design:**(1) Research Question**

How does a horse as the client respond and change in the psychotherapeutic process based on communication?

(2) Research Method

From September 2023 to March 2024 for 7 months, more than 4 times therapy every week

At the Stevens Horse Riding Club in South Korea

A horse with serious anxiety avoids people and horses approaching her. Stands against one side of the stall, avoiding eye contact and turning away. Unable to communicate with other horses.

- Diagnosis through observation.

- Empathizing with the horse's fears and pain through communication.

- Requesting assistance to other horses through communication for helping the horse.

Psychotherapy treatment for the horse was conducted in 7 steps.

Evaluation method: weekly report, pictures and videos, interviews of witness

Results & conclusion: This study reveals shifts in the horse's demeanor, interactions with both horses and humans, and a surge in demand. It explores the efficacy of communication-based psychotherapy for horses, offering insights crucial for advancing equine psychological care, including the creation of a matrix to gauge horse anxiety.