



## Harnessing the Power of Equine Assisted Counseling: Adding Animal Assisted Therapy to Your Practice

*By Kay Sudekum Trotter*

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### **Harnessing the Power of Equine Assisted Counseling: Adding Animal Assisted Therapy to Your Practice** By Kay Sudekum Trotter

This book will help licensed professional counselors incorporate Equine Assisted Counseling (EAC) into their practices, even those who have little prior experience working with horses. It provides a strong research foundation for understanding the efficacy of equine assisted interventions and the potentially powerful impact that a horse can have in creating a new counseling dynamic. Chapters address using horses to help clients dealing with various traumas and abuse, anxiety, depression, atypical behaviors, and social skills and communication issues. Additionally, a chapter by the internationally renowned "horse whisperer" Pat Parelli offers a look at EAC from the horse's point of view and demonstrates developing a relationship with a therapy horse in a positive, safe, and respectful manner. Counselors will find this a valuable resource for understanding and utilizing EAC as a new resource in their own practices, as will students seeking to learn about this innovative approach.

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### **Editorial Review**

#### Review

*"Trotter has compiled a tremendous resource for mental health professionals interested in adding equine assisted counseling to their existing practice. I am excited and impressed by the wisdom of the many contributors she has included and I look forward to all that this field is becoming."* - **Leif Hallberg, MA, LCPC, Private Practice, Bozeman, Montana**

*"This book is a highly valuable resource for counselors who work with horses. It is well written and organized and provides useful, practical, and very interesting information."* - **Cynthia Chandler, EdD, Professor of Counseling and Director, Center for Animal Assisted Therapy, University of North Texas**

*"This book needs to be on the shelf of every EAT and AAT practitioner and in the hands of instructors and students as well. I personally loved the case studies which add an enjoyable narrative. Two thumbs up and five stars! I highly recommend it!"* - **Linda Nebbe PhD, LMHC, Assistant Professor of Counseling, University of Northern Iowa, and AAT Practitioner**

#### About the Author

Kay Sudekam Trotter, PhD, is the Founder of Equine Partners in Counseling (EPIC), a structure to develop resources for counselors to utilize in incorporating equine assisted counseling into more traditional counseling modalities. She is also President of Counseling Services PLLC in Flower Mound, Texas.

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