HORSE AS TEACHER: 
Equine Assisted Therapies

CSPH 5643
3 Credits | Fall 2019
Online dates: 9/3/19 - 10/21/19
One day intensive: 10/12/19
Instructor: Jeannie Larson

This class meets primarily online Fall 2019 A term (9/3/19-10/21/19) with one intensive in person session on Saturday, October 12, that meets at a farm offsite. Transportation to and from St. Paul campus provided, departing at 8:00am and returning at 5:30pm. Course fee of $42 covers transportation, materials, and breakfast/lunch/snacks. Contact Christina at csh-academics@umn.edu for permission numbers.

This course is designed to introduce you to the field of Equine-Assisted Activities and Therapies (EAAT) and to the range of therapeutic and learning opportunities found within equine interactions. Five domains of practice in EAAT are covered and include physical, social, cognitive, psychological and spiritual contexts. The course presents historical and theoretical concepts which helped develop various types of EAATs, and how the growth of EAAT nationally and internationally has continued to mold the profession. You will learn to describe safety guidelines, best practices as they are currently known, and precautions and contraindications in EAAT sessions. During a one day face-to-face class, you will engage in hands-on learning with horses and apply course concepts and topics during this intensive. You will evaluate peer-reviewed literature in EAAT research to identify the strengths and weaknesses of such published material. You will synthesize reading, lecture and experiential learning to develop an EAAT plan for an assigned target group population.

Visit z.umn.edu/CSPH5643 for more information.