##### The Equine Psychotherapy Institute

##### Equine Studies and Horse-Person-Ship Final Assessment

##### About the Assessment

This submission is designed to assess your understanding of Practice and Principles relating to Equine Studies and Horse-person-ship.

This assessment is made up of 3 components, **which must all be submitted in this document.**

**The three assessment items are:**

1. **Equine Studies and Horse-person-ship Exam**
2. **Horse-person-ship Plan – your horse-person-ship plan for the next 12 months**
3. **I-Thou Horse-person-ship Video\***

**\*please ensure the visibility of your video on YouTube is set to unlisted and not private.**

Please note – You must complete the Virtual Equine Studies Program in full, prior to submitting this Assessment.

##### References

***Your Online Equine Studies course will be the primary reference for these assessment pieces.***

You can also refer to the following references:

* Your Notes taken during your foundation training
* The EPI Training Manual
* Your Required Reading Texts:
* Introduction to Equine Assisted Psychotherapy: principles, theory and practice of the equine psychotherapy institute model
* Skills in Gestalt Counselling and Psychotherapy
* The Clinical Practice of Equine Assisted Therapy
* How to Think like a Horse

##### Guidelines for Submitting Written Work

* Please prepare work on a computer. Handwritten work will not be accepted.
* Please submit your work in electronic form (a **Word Document only**).
* Ensure you save a copy of your work.
* **All questions must be answered – you may be asked to resubmit if you have not completed all questions in the exam**
* **The word count for this assessment is 5,000 to 10,000 (max) words.**

Some points for formatting and referencing:-

* Spacing between paragraphs
* Font size (11pt or 12pt) and Font (a simple script e.g., Arial, Times New Roman or Calibri)
* A margin of approximately 2cm around the page
* Please do not re-format the questions, and please leave the question numbers in your completed assessment
* Assessment Criteria page attached
* Please ensure your work is not plagiarised and any material utilised from the Training Manual, textbook or other source is appropriately referenced.
* Appropriate referencing includes Author name, year of publication and page number if relevant. e.g. *Kirby 2021, pp 26-29.*

##### Your Details

|  |  |
| --- | --- |
| **Your Name:** |  |
| **Mobile Number:** |  |
| **Email Address:** |  |
| **Training Attended (please include date and location):** |  |
| **Trainers Name:** |  |

##### Rating Scale

Your exam will be assessed as follows:

**Not Satisfactory [0-49%]**

* Demonstrates limited understanding of Theory & Practice
* Minimal ability to apply the principles and methods in written/oral context
* Unsatisfactory development of personal abilities

**Pass [50-64%]**

* Demonstrates basic understanding of Theory & Practice
* Satisfactory ability to apply the principles and methods in written/oral context
* Satisfactory development of personal abilities

**Credit [65-74%]**

* Demonstrates general understanding of Theory & Practice
* Good ability to apply the principles and methods in written/oral context
* Good development of personal abilities

**Distinction [75-84%]**

* Demonstrates comprehensive understanding of Theory & Practice
* Above average ability to apply the principles and methods in written/oral context
* Excellent development of personal abilities

**High Distinction [85 – 100%]**

* Demonstrates broad & deep understanding of Theory & Practice
* Excellent ability to apply the principles and methods in written/oral context
* Outstanding development of personal abilities

Your Horse-man-ship Plan and I-Thou Horse-person-ship Video will be assessed as either Satisfactory or Unsatisfactory (requiring resubmission).

##### Assessment Item 1:

##### Equine Studies and Horse-person-ship Assessment

## **Horses in EAP/EAL practice**

1. **What are the 8 Keys to including horses into EPI model practice?**

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1. **How do horses facilitate or contribute to client change in a way that room-based learning or therapy sessions cannot?**
2. **Describe the key reasons why “it is your Relationship with your horses that keep your EAP/L work safe, effective and ethical”.**
3. **How do you keep Horses safe in sessions?**
4. **What are the main principles of I-Thou Horse-person-ship? How is this I-Thou Relationship “the glue of the session”?**
5. **(a) Describe how you lead your horse on the lead rope (in every-day life).**

**(b) Describe how you might instruct/support a client to lead a horse on the lead rope (if needed/appropriate).**

1. **Which horses are safe and suitable for EAP/ EAL sessions, generally?**
2. **Which horses are safe and suitable for sessions with children?**
3. **What are the keys that determine which horses are safe and suitable for mounted sessions, lead-line sessions and liberty sessions?**
4. **What are the key factors that determine how do you select a herd of horses that will be safe and suitable for your group EAP/ EAL session (of say, 6 clients)?**

## **Horse-Person-Ship & Horse Knowledge**

1. **Name the key Needs, Instincts and Behaviours of Horses.**
2. **How might you need to accommodate these in session, and out of sessions?**
3. **How do horses (predominantly) communicate their feelings and wants?
How is that useful for clients to learn about?**
4. **Why do horses need to be kept in a Herd (2 or more horses) to be emotionally and physically healthy?**

**List 4 reasons:**

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1. **Why is it useful for the practitioner to know:**
2. ***How the horse’s sense’s function?***
3. ***The body parts of a horse?***
4. **Horse & Herd Behaviour**
5. ***What are the signs of a relaxed herd and a stressed herd?***
6. ***What signs/body language are you looking for from herd members to communicate that it is OK for you to approach (consent), meet and / or make requests?***
7. ***How does a horse communicate a NO to an approach?***
8. ***Generally, what body language and behaviour depicts a horse who is:***

(i) angry

(ii) relaxed

(iii) stressed

(iv) depressed

(iv) excited and playful

(v) frightened

1. **What is “umwelt”?**
2. **Horse Care**
3. ***What is the staple diet of a horse?***
4. ***Give an example diet for a retired herd horse***
5. ***Give an example diet for a performance horse?***
6. ***Do horses need trees or shelter for protection?***
7. ***Are all dams suitable for drinking water? Explain.***
8. ***Is stabling healthy for horses? Explain.***
9. **Exercise**
10. ***Do horses need weekly exercise?***
11. ***How do you meet your horses’ needs for exercise and grazing?***
12. **Fencing -** give examples of safe fencing and unsafe fencing for horses.
13. **Tack**
14. ***When assessing your horses’ equipment and tack, list some of the things that could indicate that your equipment was in bad repair?***
15. ***What are the signs of ill-fitting tack? (e.g., an ill-fitting saddle, bridle, halter)***
16. ***What is the likely effect on the horse – their body, feelings and behaviour – of an ill-fitted saddle, halter, bridle?***
17. **Hoof Care**
18. ***On average, how often do horses need their hooves trimmed, and by whom?***
19. ***What is barefoot trimming and what are the benefits?***
20. **Worming**
21. ***On average, how often do you need to worm horses?***
22. ***What is the reason/rationale for worming? Discuss.***
23. **Teeth**
24. ***On average, how often do you need to have the horses’ teeth checked or filed?***
25. ***Are all vets qualified to attend to horses’ teeth?***
26. ***Who is qualified to be a horse dentist?***
27. ***What are the signs that a horse may need his/her teeth done?***
28. **Horse Riding Positions**
29. **What are some unhealthy postures for horses to have while being ridden?**
30. ***Discuss the ideal horse-posture for riding? (i.e. – The posture of the horse NOT the rider)***
31. ***How do we know it's OK to ride our Horses? Briefly discuss:***
32. ***any current research re impact of riding on horses' physical wellbeing (and pressure/pain etc)***
33. ***state the horse /rider weight ratios and how they protect the horse***
34. ***some of the ethical considerations regarding humans riding horses***
35. ***Bits/bitless: What are the arguments for bit-less riding? What are the issues (pros and cons) for horses being trained and ridden in a bit? How do you ensure your horses’ pain-free and comfortable, and prioritise your horses’ wellbeing (in relation to riding with a bit or riding bit-less)?***

# **I-Thou Horse Education & Training**

1. **In the context of horse training, briefly describe the definition and principles of-the following (give an example of each, and a pro and con of each):**
2. ***Negative reinforcement***

*Definition/Principles:*

*Example:*

*Pro:*

*Con:*

1. ***Positive reinforcement***

*Definition/Principles:*

*Example:*

*Pro:*

*Con:*

1. ***Learning by association***

*Definition/Principles:*

*Example:*

*Pro:*

*Con:*

1. **What is your thinking around how we can train horses from an I-Thou relationship standpoint?**

***Discuss the role of:***

* *Tracking the horse’s body language, feelings, and prey, herd and play instincts*
* *Regulation of the horses’ nervous system and working in the horses WOT (window of tolerance)*
* *Relaxation and resourcing*
* *Mutuality in relationship*
* *Time - learning over time, in relationship*
* *Working with ‘softness’ ‘feel’ and timing’*
* *Keeping yourself safe with horses*
* *Any other issues you believe are important*
1. **What are the key personal qualities and skills a human being needs to educate or train horses, and safely be in relationship with horses?**
2. **Why do we benchmark relaxation when training or working with horses? In particular, why do we want to avoid horses moving at speed with tension in their body during training or other significant interactions?**
3. **List the 8 Principles of Equitation Science**
4. **How may some Horse Safety standards in traditional environments (such as taught by Horse Safety Australia, or taught in Horse and Pony Clubs or Horse Riding and Coaching Instruction/ Certificates) breach our I-thou relationship approach with horses, and therefore our EPI code of ethics? Discuss and list one example in depth.**
5. **What is One Health/ One Welfare?**
6. **How does this impact us as practitioners, our work and our horses?**
7. **Discuss the key learnings and ethical issues raised by the IAHAIO White Paper, including your understanding of the ethical standards required by EAP and EAL's (referred to in the paper as Animal Assisted Intervention)**

**Equine Studies and Horse-person-ship Exam Assessor Feedback:**

##### Assessment Item 2:

##### Horse-person-ship Plan

##### **Between 250-500 words**

**I-Thou Horse-person-ship needs to be the basis of your work as a certified EPI Practitioner. You will need to take responsibility to practice and learn what *you need to learn* during the training and beyond, to feel and *be competent and safe with horses* in offering EAP or EAL.**

In the section below, complete a **1 page** ‘***Individual Horse-person-ship Plan***’ outlining your goals and horsemanship learning focus for the next 12 months.

These may include – I-Thou Horse-Person-Ship, understanding horses and further Equine Studies, understanding horse body language and communications, elements of liberty, groundwork and riding practice, and I-Thou approaches with horses. This ensures that you are aware of, and responsible for, your ongoing learning as a horseperson. Use SMART goals – specific, measurable, actionable, relevant and time-based.

**Example Focus areas could include:**

**I-Thou Horse-person-ship** - How do you apply the 4 principles of presence, inclusion, confirmation and commitment to dialogue in your daily relationship and learning with horses? Explore and apply some unique ways you can do this with your individual horses and herds.  How can you develop your Aware, Grounded, I-Thou and Mutually beneficial attitude in your unique environment and relationships?

**Liberty** - Herd behaviour, liberty leading, lead mare and stallion leading behaviour, body awareness and body language, liberty lunging, Carolyn Resnick’s Waterhole Rituals – leading from behind, eye contact, magnetic walking, Klaus Hempfling’s Magic Circle.

**Groundwork** - Use of breath, body awareness and language, feel and timing, energy and focus, softness, relaxation, moving feet, leading, forwards, backwards, front end yield, hindquarter yield, desensitisation work, relaxed circling/lunging.

**Riding** - Looking for Consent, Safe mounting/dismounting, breath, posture, balance, core energy/centering, softness and relaxation, balanced walk, trot, canter, turns with a relaxed and happy horse.

**Equine Studies & Horsemanship Knowledge** - Students need a basic understanding of Horses as a unique species, including horse psychology, herd behaviour, body language and communications, training principles, safe handling, horse care, horse welfare and tracking for relaxation, stress, and most importantly (from an I-thou perspective), consent.

##### Horse-person-ship Plan:

##### Assessment Item 3:

##### I-Thou Horse-person-ship Video

Film a video of 5-15 minutes demonstrating your I-Thou Horse-person-ship Handling Skills.

The video must demonstrate *safe, I-Thou Horse-person-ship skills and requests*.

Please DO NOT submit your video until you have *watched all 16 videos in the I-Thou Module of the Online Equine Studies program on our YouTube page*, giving examples of how to make requests in an I-Thou manner.

***The purpose of this video is to demonstrate, with an I-Thou approach, basic horsemanship skills. This includes a regulated and relaxed connection with your horse, demonstrating your tracking and awareness skills, and the use of ‘softness’. These are basic skills for safety and effectiveness of your work as an EAL or EAP Practitioner.***

You must demonstrate a ***Safe, I-Thou approach*** **in all of the following areas**, in your 5-15 minute video:

* Self-Regulating, Grounding, Approach and Meet your Horse
* Haltering
* Leading
* Back up
* Forehand Yield
* Hind-quarter yield
* Another person (client) being supported to safely mount & dismount your equine partner
* Appropriate leading of your equine partner with mounted participant (client)

Your Video **MUST** be uploaded as an Unlisted Video to YouTube in order to be assessed.

You will receive Feedback from an EPI Equine Support Assessor. Your Assessor will provide feedback about what they noticed in your video, from a Phenomenological Observation point of view.  This may include observations about yourself, the whole horse and the horse-human interaction and relationship. Particularly, they will bring a focus to the horse’s wellbeing and welfare.  Your Assessor will share their I-It and I-Thou impressions- specifically, we are looking for safe, relaxed and aware I-Thou Horse-person-ship and may include some recommendations for further development of I-Thou Horse-person-ship skills.

**Your video submission will be assessed as satisfactory, or as requiring further assessment, phone consultation or re-submission.**

Please refer to the two support documents downloaded in the final module of your Online Equine Studies program for video uploading support.

##### My I-Thou Horse-person-ship Video

Paste YouTube Link here:

Please include details of what you feel your strengths and growth edges are in this video, and any relevant context you would like to share below (200 words or less)

|  |  |
| --- | --- |
| Strengths: | Growth Edges: |
|  |  |
| Context: |
| Horse partners name: |

Before you send your assessment to admin@equinepsychotherapy.net.au please complete the check list below:

|  |  |  |
| --- | --- | --- |
| **Requirement** | **Please Check** | **Check Box** |
| **Equine Assessment** | **All questions completed** |  |
| **Horse-person-ship Plan** | **SMART goal included** |  |
| **I Thou – Horse-Person-Ship Video** | 1. Please ensure you have demonstrated a ***Safe, I-Thou approach*** **in all of the requested areas**:
* Self-Regulating, Grounding, Approach and Meet your Horse
* Haltering
* Leading
* Back up
* Forehand Yield
* Hind-quarter yield
* Mount/Dismount and Relaxed, Loose-rein Walk (if providing mounted EAP/ EAL sessions to clients)
1. **Link Works - Video set to unlisted**
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