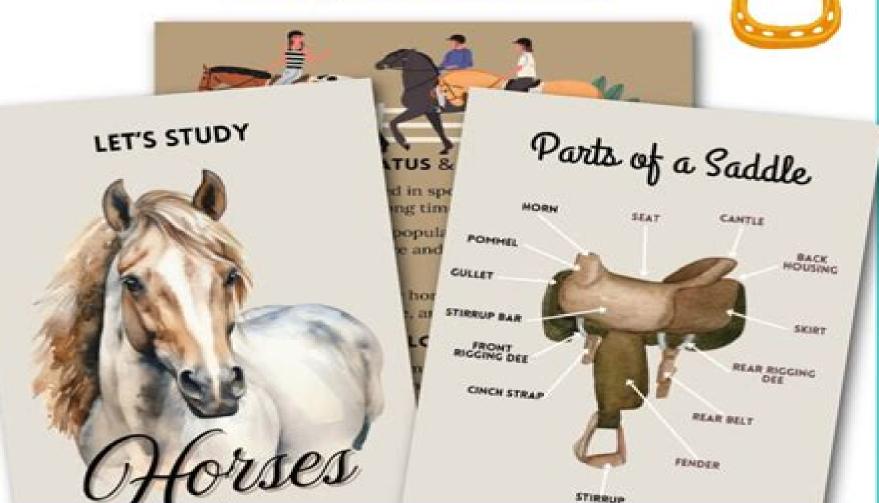
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Riding Jessica Jahiel, 2000 Provides basic information on different styles of riding such as Western English and trail and discusses caring for horses staying mentally and physically fit and entering competitions **Guide to Equine Assisted Therapy** Yuval Neria, Prudence W. Fisher, Allan J. Hamilton, 2025-02-12 Approximately one in five adults and one in seven children and youth suffer from mental health disorder over their life span Yet available treatments for mental health problems are only moderately effective and about half of those who need treatment are not benefitted by current treatments and many don t even seek them Equine assisted therapy is a novel experiential treatment approach showing significant promise for adults children and youth across a range of mental health problems These treatments use a horse or horses to facilitate communication and mindful awareness of thoughts emotions and behaviors in an experientially oriented approach via groundwork or riding Interactions with horses have shown to foster emotional regulation self confidence reflection and insight by which well being is facilitated The current book describes the rational for these treatments add to the knowledge about recent progress in applying them to posttraumatic stress disorder PTSD anxiety attention deficit hyperactivity disorder ADHD and more and analyze the nature of the bonding between humans and equines which makes these relationships so therapeutic and healing Teaching Tips for Horseback Riding Instructors Jo Struby, 2013-11-01 Jo holds a M A in Education with an emphasis in Equestrian Studies 1986 and a B S in Equestrian Studies with a minor in Education 1986 graduating magna cum laude Both of her academic degrees are from Salem International University West Virginia She also holds a Riding Master Diploma 1975 from Meredith Manor School of Horsemanship where she was named to the Who s Who List for Outstanding Students in American Vocational and Technical Schools 1975 As an administrator Jo was formerly Dean of Meredith Manor School of Horsemanship 1980 1985 She has a strong professional background in teacher education program administration and curriculum development While teaching at this internationally known school for 10 years she focused on the development of the jumping and teaching departments As former Vice President for the United States Combined Training Association Jo served on the executive committee from 1987 1989 and the board of governors from 1984 1989 During her tenure she developed the AHSA USCTA Combined Training Officials seminars as well as carried out the educational seminars for the general membership including beginning the USCTA Event Colleges In 1988 she received the USCTA's Governor's Cup Award for outstanding contributions to the sport of Eventing As an educator Jo has provided equestrian education to riders and instructors nationally since 1975 From 1989 through 2002 she provided an on going education program for horseback riding instructors focusing on improving their teaching effectiveness She has also developed a working student program for Shenandoah Farm of Staunton Virginia on training and breeding and advised Wetherbee Farm of Boxboro Massachusetts on developing their Fitness by Riding Program As a rider competitor and athlete Io has trained and competed through the Advanced Level in Eventing and the Prix St Georges Level in Dressage She earned her USDF Bronze and Silver Medal Rider Awards during the late 1970 s She has also been long listed during the 1980 s for

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