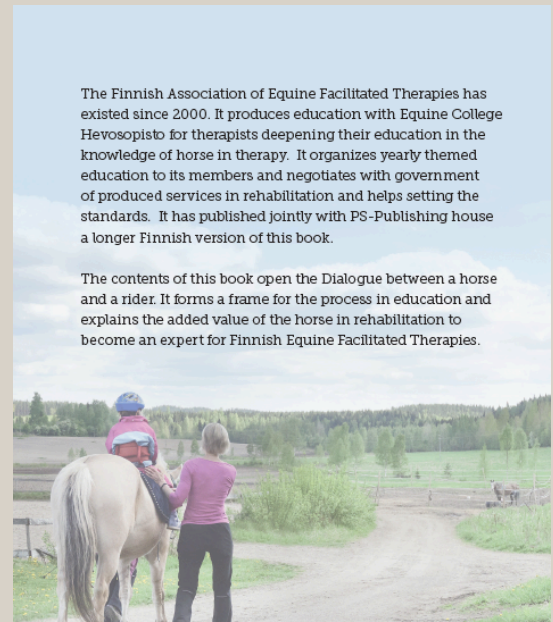


Finnish Equine Facilitated Therapies have a holistic approach to rehabilitation where the Rehabilitee, the Horse and the Therapist work together towards goals assessed by a rehabilitation team. The education has developed from Hippotherapy and *Heilpädagogisches Reiten* combining them both with education. This renders it possible for the therapist to reach wider goals in the physical, psychological and social field according to ICF (International Classification of Functioning).



When undergoing therapy in an open environment in the presence of and with the help of a horse, the rehabilitee gets positive experiences and becomes more aware of his or her agentive potential — a sense of being in control and leading one's own life. As more positive feedback is received from the therapist, the rehabilitee's self-concept becomes clearer. One's self-concept is essential to all learning. Every time you learn something you also learn about yourself.

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