

# Equine Facilitated Therapies Education- in Finland



## Definition of Finnish Equine Facilitated Therapy

Equine facilitated therapy (EFT) is a holistic rehabilitation approach carried out by the certified therapist in EFT and the horse as a team. EFT is individual, systematic and goal oriented rehabilitation and is usually integrated into the client's comprehensive rehabilitation plan. EFT is a functional therapy with continuous interaction of movement, emotions and thoughts in guided dialogue. The therapy is carried out using the horse and its environment to facilitate obtaining objectives.



HEVOSOPISTO

## Structure

The Criteria for entrance the education and training program:

1. Higher professional education health care or social sciences.
2. Work experience of at least two years in the field of rehabilitation
3. Good competence of working with horses and riding skills
4. Pass the test to enter the educational program

The modules of education are carried out at the college and self studying both containing theory, reported assignments and hands on training supervised. The teaching and learning are both based on progressive increasing of knowledge and skills and self development. Extent of studies is 52 etc (1404h).

### 1. Horse in therapy

- a. Horse in therapy
- b. Needs and welfare of the therapy horse
- c. Selecting the horse
- d. Training the horse for the therapy (Equine learning theories)



### 2. Mental and behavioral development, disorders and Equine Facilitated Therapy

- a. Psychological and social aspects affecting development, mental health and behavior.
- b. Recognizes different neuropsychiatric and psychiatric disorders.
- c. The contact and interaction between human and horse as the basic principle of EFT.

### 3. Sensorimotor development, disorders and Equine Facilitated Therapy

- a. Sensorimotor features affecting motor development and functioning.
- b. Recognize disorders in motor functioning and performance.
- c. The movement dialogue between the human and horse as the basic principle of EFT.



### 4. Final written assignment from EFT and its presentation.

- a. Strengthening professional identity as Equine Facilitated Therapist

Finnish Education for Equine Facilitated therapy began in 1988. It is carried out in co-operation with the Ypäjä Equine College Ltd. and the Finnish Association of Equine Facilitated Therapies-SRT (trade registered).

Equine Facilitated Therapist can work as a certified therapist in private or in governmental social and health care clinic. This form of rehabilitation is recognized independant type of rehabilitation in governmental level.

The role of the student is active both in learning and own reflection in the process. The role of the teacher is to guide in the learning process.



Federation member