

A Stable Learning, LLC

Equine Facilitated Learning Activities & Interventions

Other Services and who may benefit from these activities

Autism Syndrome Disorder

Improved motor functioning, social communication, adaptive behaviors, and reduction in systemic behaviors (Ken et al. 2011; Gabriels et al. 2012; Page, 2012).

At-Risk Youth & Adolescents

Effective increased overall level of functioning among adolescents (Wilkie, Germain & Theule, 2016); A viable option for interventions targeting psychosocial functioning in both youth and adults (Selby & Smith-Osborne, 2013).

Social Emotional Learning

Strongly associated with lower levels of internalizing and externalizing behavioral problem (Tortter, Chandler, Goodwin-Bond & Casey 2008); strong correlations and adjustments in various socio-emotional, cognitive, and behavioral domains (Bowers & McDonald, 2001)



HORSE & WARRIOR

According to Marchand et al., (2021), studies found that among Iraq and Afghanistan War Veterans who had a post-deployment PTSD diagnosis, only 22.8% initiated an evidence-based psychotherapy for PTSD and of those who did, only 9.1% completed treatment. Further, a recent study reported that among Veterans receiving pharmacology for PTSD, 71.8% of Veterans discontinued medication treatment within 180 days, and 34.6% within 30 days. Lastly, those with comorbid substance use disorders face challenges of addiction treatment including partial effectiveness of interventions, treatment resistance and high relapse rates. Thus, a need exists to develop complementary interventions aimed at enhancing treatment engagement and/or response among Veterans with PTSD.

Horse & Warrior Program

This program aims to improve the quality of life for the Veterans and their families through Equine Assisted Activities, such as Equine Facilitated Learning (EFL). EFL is an experiential approach that involves the participant, the facilitator, and the horse(s) working together to create an environment conducive to learning that promotes the development of life skills that lead to improved prosocial skills, improved quality of life, and reduction of symptoms associated with PTSD.

Our Approach

Our approach to implementing and administering EFL interventions is based on empirical evidence. Our staff of professionals, with decades of experience working with special populations, are experienced professional horsemen and women who working in collaboration with licensed clinicians provide professional and courteous and confidential services. Our ongoing empirical research and program evaluation allows us to maximize the positive effects of our interventions and adapt our intervention delivery to any client or group of clients to maximize its benefits throughout the intervention sessions.

EQUEST Learning

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Veterans

An experimental treatment that can provide psychosocial and vocational transitional skill building for the military veteran population, especially for veterans with disabilities (Meola & Goodwin, NDP).

Target groups with disorders outlined in the DSM-V

Children and adolescents with behavior, learning, and adjustment disorders benefit from this intervention in several domains of adaptive functioning (Tortter et al, 2008). Increased the social, psychological, and school functioning of children with mood disorders, anxiety disorders, and PTSD resulting from intra-family violence (Schultz, Remick-Barlow and Robbins, 2007)

How does it work?

This is accomplished through equine assisted activities. Animals have been used for decades to improve the participant's quality of life, and it is well documented that participants derived benefits from these sessions. Horses are non-judgmental social animals that are very sensitive to nonverbal cues and the environment. Because of the horse's inherent nature, the horse provides immediate feedback to the participant's behavior, including verbal and nonverbal cues, which make them a prime candidate to assist in teaching social emotional skills.

Servicing clients in isolation without consideration of their natural environment will often result in mediocre services. A holistic perspective ensures that services target individual, family, and community factors, and attend to a client's prosocial positive outcomes and behaviors, not just symptoms/problems. Because the heterogeneity of the client population, the one-size-fits-all treatment approach is contraindicated.

Once the specific needs of the client are identified, we ensure that our interventions are engaging and memorable, that the activity and skills are within the client's capabilities, and emphasis is placed on the participant's awareness and understanding of the possible benefits of full engagement in the intervention.

Behavioral interventions, which are led by a certified EFL facilitator, are NOT clinical in nature, and do not take the place of counseling or psychotherapy. These interventions address the needs of the client(s) as established by the client, a careful assessment by the lead facilitator or as directed by a licensed clinician/counselor.



What does research say?

While effective treatments exist, such as evidence-based psychotherapies (EBPs), many Veterans either do not engage in treatment, do not respond to treatment, have post-treatment residual symptoms, or fail to achieve full remission. Equine-assisted activities and therapies (EAAT) are a group of horse-related activities aimed at providing benefits for humans, that aimed to address emotional, mental, and social components of functioning. These interventions targeting psychosocial outcomes among Veterans were found to be promising. Fisher et al., (2021), posttreatment assessment revealed marked reductions in both clinician-rated and self-reported PTSD and depression symptoms, which persisted at 3-month follow-up. 50.8% of the participants showed clinically significant change ($\geq 30\%$ decrease in CAPS-5 score) at posttreatment and 34 (54.0%) at follow-up. Manualized EAT-PTSD shows promise as a potential new intervention for veterans with PTSD. It appears safe, feasible, and clinically viable.

To schedule a visit and information contact us at:

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