



In 2017 a research study was completed on the relationship between the EGCMethod, developed by Melisa Pearce, and the feelings/emotions of clients working with program graduate Jaclyn Manzione, M.S., EGCM Certified. Specifically, clients as a result of their EGCM sessions were feeling more hopeful about their future and feeling better about themselves. Data was collected at the conclusion of each EGCM session using a Likert Item questionnaire that represents each client's responses to four questions. The demographics of the population studied included adolescents and young adults between the ages of 12 to 24, who are homeless with a significant history of trauma, mental illness and substance abuse.

A frequency analysis of the sample data identified the statistical mode (most repeated response) for each Likert Item question on the questionnaire. The mode for all four questions on the questionnaire was the response "Strongly Agree." All remaining responses to all four questions were in the "Agree" category.

A Chi Square Test for Independence was applied to two variables: the EGC Method used in the coaching sessions and the change in the clients' feelings about their future, and themselves, represented by each client's response to the first two questions on the questionnaire. The null hypothesis stated that these two variables were independent. Since the analysis resulted in a P-value (0.0302) less than the significance level (0.05), the null hypothesis was rejected in favor of the alternative hypothesis. Thus, we concluded that there is a relationship between the EGC Method used and the change in the client's feelings post coaching sessions.

This statement was presented at Summit 2017 by Jaclyn S. Manzione, M.S., EGCM Certified and G. Thomas Manzione, Ph.D., LPC A longitudinal study to further quantify the results will be launched by Touched by a Horse, Inc.

This independent study, which was not commissioned by Touched by a Horse, has been instrumental in proving the effectiveness of the EGCMethod above and beyond equine assisted therapy as a whole. The statistical success shown here further substantiates what the graduates of our Certification Program have known all along — that the EGCMethod is a valid and impactful business model that can be utilized to change lives.

Jaclyn Manzione, a first year graduate of the Certification Program, was the provider of services for the agency conducting this study.

Jaclyn entered our program with:

- minimal horse experience,
- no mental health background,
- no coaching experience,
- no facilitation experience,

and was able to achieve these results within her first year of practice with one of the more challenging populations in our culture.

Consider for a moment what it must be like to be a homeless, hopeless, 12-24 year old with a history of trauma, mental illness and substance abuse. You then meet a woman and a horse who, through the unique and effective EGCMethod, can give you the confidence to Strongly Agree with your ability to see a positive future.

