

Suggested Reading

Zen Mind, Zen Horse: The Science and Spirituality of Working with Horses by *Allan J. Hamilton, MD*

Seamlessly integrating spiritual principles and practical applications, Dr. Hamilton shows how to apply the chi-based approach to every aspect of horse-human communication, including:

- The act of grooming as a spiritual practice
- Techniques of alpha-horse leadership that make others gladly follow
- Gaze, stance, and gesture as training tools
- The irresistible power of infinite patience

Ultimately, the author shows the depth of insight humans gain into themselves, as well as horses, after working with these amazing animals.

How to Think Like a Horse: The Essential Handbook for Understanding Why Horses Do What They Do by *Cherry Hill*

Horse trainer and instructor Cherry Hill believes that every human/horse relationship benefits from a greater human understanding of what motivates horses, how they experience the world, what makes them happy, and what worries them. Journey through the equine mind with Hill as she explores what makes a horse tick. How do his basic needs dictate his behavior and mood? What touches and tastes appeal to his senses? How does his “flight or fight” instinct dictate his response to sudden movements? If horses are treated respectfully with methods they understand, everyone involved — animal and human — will be happier, safer, and more productive.

Walking the Way of the Horse: Exploring the Power of the Horse-Human Relationship by *Leif Hallberg*

Since time eternal horses have walked beside us, helping to shape our destinies, taking us on journeys of the soul, and offering as a gift their power, mystique, and beauty. While it has taken some time, mental health professionals and educators alike have begun to formally acknowledge the emotional, mental and physical benefits that humans can receive by spending time with horses. In the U.S. alone, there are already more than 900 programs that offer therapeutic or educational programming provided in partnership with horses. Leif Hallberg has extensively researched the field of Equine Facilitated Mental Health and Educational Services, and this book reveals the many ways horses can help humans. Become familiar with: Key definitions Historical information about working with horses in therapeutic and educational settings Ethical considerations Practical applications Learn more about the healing power of horses and their rich history of working together with humans in Walking the Way of the Horse. For additional information about this book, and Leif Hallberg visit www.walkingthewayofthehorse.com

Harnessing the Power of Equine Assisted Counseling: Adding Animal Assisted Therapy to Your Practice by *Dr. Kay Sudekum Trotter*

This book will help licensed professional counselors incorporate Equine Assisted Counseling (EAC) into their practices, even those who have little prior experience working with horses. It provides a strong research foundation for understanding the efficacy of equine assisted interventions and the potentially powerful impact that a horse can have in creating a new counseling dynamic. Chapters address using horses to help clients dealing with various traumas and abuse, anxiety, depression, atypical behaviors, and social skills and communication issues. Additionally, a chapter by the internationally renowned "horse whisperer" Pat Parelli offers a look at EAC from the horse's point of view and demonstrates developing a relationship with a therapy horse in a positive, safe, and respectful manner. Counselors will find this a valuable resource for understanding and utilizing EAC as a new resource in their own practices, as will students seeking to learn about this innovative approach.

The Tao of Equus: A Woman's Journey of Healing and Transformation through the Way of the Horse by *Linda Kohanov*

The Tao of Equus considers the mystical nature of horses and the magical connection between them and humans. Equine therapist Linda Kohanov tells of an extraordinary spiritual awakening she experienced with her black mare, Rasa. This incident led her to investigate both the metaphysical and the scientific aspects of the human-horse bond. Her findings — especially regarding how the equine mind compares with the human mind, and what horses can teach humanity — are surprising. Using neurological research, cultural history, mythology, and firsthand anecdotes from years of teaching and facilitating equine therapy, Kohanov does justice to the profound communion that people — women in particular — often experience with horses.