



***Why The Horse Matters:
Utilizing equine assisted interventions to connect with
difficult clients***

Amber Bach-Gorman, PhD, NCC, LPCC-S
Assistant Director – NDSU Counseling Center

A little about me.....

- Began incorporating AAT & AAls in 2010
- Trained in canine AAPT, canine AAT, EAGALA and have completed the PATH ES in Mental Health training.
- Implementing AAls in Counselor Education
- Clientele:
 - Developmental Trauma
 - Sexual Trauma
 - Gender Concerns
 - Anxiety



Trauma Definitions

- Developmental Trauma & Complex Trauma

“...captures the intertwined relationship between adverse caregiving and victimization experiences and subsequent survival-based adaptations that alter normal developmental trajectories across the lifespan.” (Naste et. al, 2017)

t vs. T

- Small t
 - Bullying, divorce, job change due to lay-off, interpersonal conflicts.
- Large T
 - Natural disasters, sexual assault, mass shootings, terrorist attacks, near death experience (i.e car accident)



Challenges of Trauma

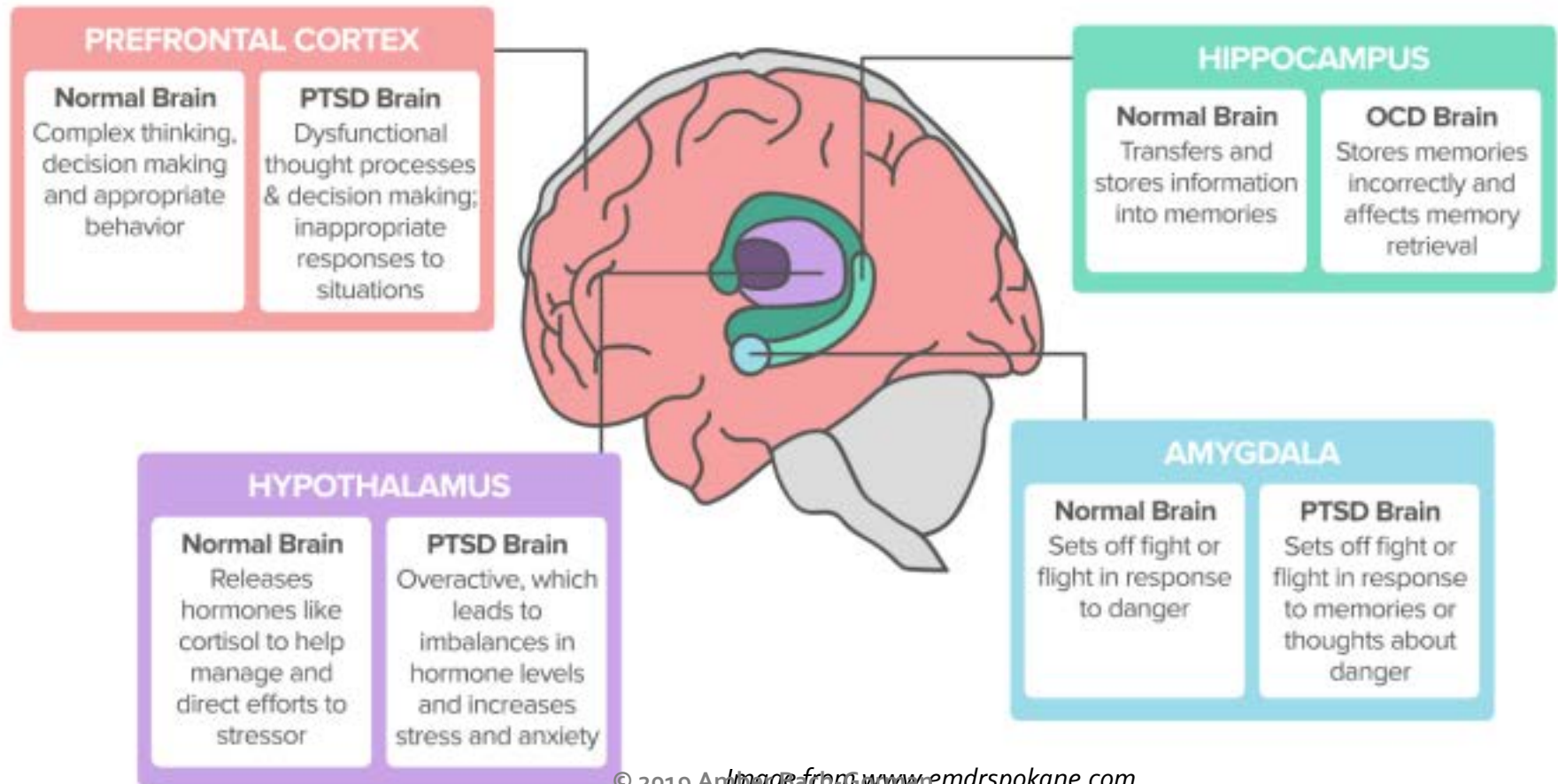


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The neurobiology of it all.....

NORMAL INFORMATION PROCESSING AND PTSD MALFUNCTIONS IN THE BRAIN



Hyperarousal

Hyperaware or vigilant
Overly quick or intense reactions
Feeling a lack of emotional safety
Overwhelming emotions

Window of tolerance

Able to think and feel
at the same time

Hypoarousal

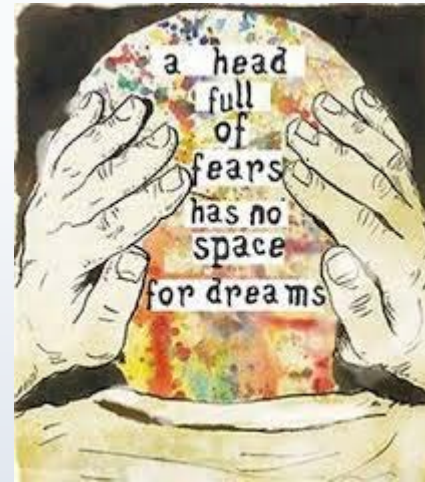
Shut down, flat or numb
Hard to think, disconnected
Feeling shame, can't say 'no'

Six main areas...



Safety

Physical Safety



Emotional
Safety

Relational
Safety



Attunement



There is no greater
agony than bearing an
untold story inside
you.

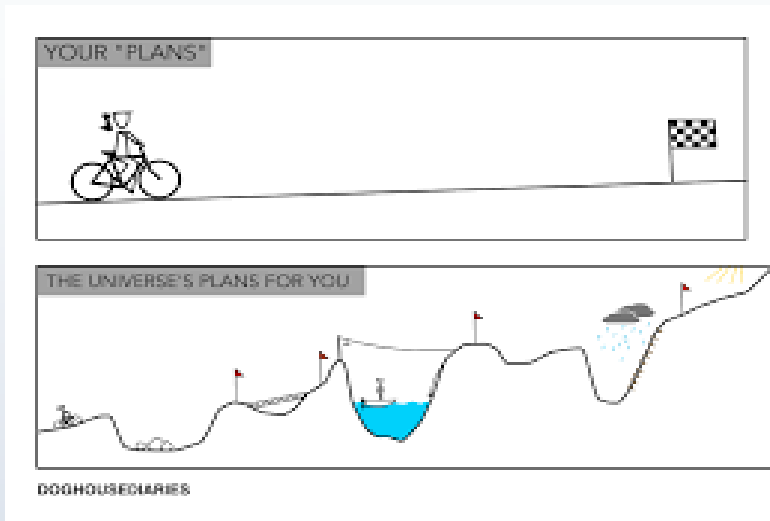
- Maya Angelou

*The horse is a mirror to your
soul. Sometimes you might not
like what you see. Sometimes
you will.*

- Buck Brannaman



Psychological Flexibility



Assertion Skills



*When you know yourself
you are empowered.
When you accept yourself
you are invincible.
- Tina Lifford*



Connection

Human – Human



Human-Intrapersonal



Human- Animal



Self-Compassion



References:

Van Der Kolk, B. (2014). *The Body Keeps The Score: Brain, mind and body in the healing of trauma*. New York, NY: Penguin

Naste et al. (2017). Equine Facilitated Therapy for Complex Trauma (EFT-CT). *Journal of Child Adolescent Trauma* (17).