

Meeting Summary for HETI Live

Quick recap

Henrika presented research on equine-assisted interventions for people with mental illness, highlighting their potential benefits and challenges in implementation. The team discussed the potential of equine-assisted services in different countries, the importance of education and training, and the need for further research to support their implementation. The conversation ended with plans for future collaboration and the sharing of resources and experiences.

Next steps

Henrika to share research articles and presentation PDF in the Heti Facebook group dedicated to research.

Heti members to contribute to discussion on the Facebook post about experiences with equine-assisted services in different countries.

Heti members to explore collaboration opportunities for larger-scale research studies across countries.

Annika to continue research on equine-assisted interventions for getting children back to school.

Carlos to work with the Ministry of Health on a project related to schizophrenia and equine-assisted therapy.

Heti members to prepare for the next monthly meeting in February, which will be led by Kigino and focus on the Asia Pacific region.

Summary

Equine-Assisted Services for Mental Health

Henrika, the host of the Heti live monthly meeting, welcomed participants from various countries and professions, including mental health nurses, physiotherapists, and speech therapists. The meeting focused on equine-assisted services for people with mental health issues. Participants shared their experiences and presented their work, with some representing organizations like the Riding for the Disabled Association and the National Association of Queen-assisted Therapy. Henrika then presented a research project on equine-assisted interventions for people with mental illness, conducted at Halmstad University between 2018 and 2024.

Equine-Assisted Therapy for Mental Health

Henrika discussed three equine-assisted therapy projects for individuals with mental illness. The first project involved equine-assisted therapy for children and young people with mental illness, with six children and their parents or close relatives interviewed. The results showed that the therapy contributed to achieving nursing goals often difficult to achieve with traditional mental health care. The second project focused on equine-assisted rehabilitation for people with depression, anxiety, and stress-related mental illness, with ten participants interviewed after participating in a twelve-week intervention. The results showed that the intervention facilitated recovery. The third project was about an equine-assisted group intervention for people with schizophrenia and similar psychosis, with four published studies so far. The findings indicated that equine-assisted interventions could be beneficial for individuals diagnosed with schizophrenia or similar disorders. Henrika concluded that the results from all three projects showed that equine-assisted interventions contribute to anxiety relief, well-being, and an increased level of functioning in both children and

adults with mental illness and psychiatric diagnoses. However, she noted that equine-assisted interventions are not sponsored by the Swedish government and often require clients or their relatives to pay for the treatment themselves.

Equine-Assisted Services for Mental Health

Henrika presented on the impact of equine-assisted services on mental health, specifically for individuals with schizophrenia or psychosis. She highlighted the limited research available and the challenges in scaling these services globally. Henrika also shared some pictures of sessions with these individuals. She then opened the floor for questions and discussions, including queries about the conditions for equine-assisted services in different countries, how these services could be further implemented in healthcare systems globally, and the research needed to support further implementation. Carlos requested access to the research, which Henrika agreed to share, possibly through a Facebook group dedicated to research.

Equine-Assisted Services and Mental Health

In the meeting, Henrika and Harriet discussed the implementation of equine-assisted services (EAS) in different countries, particularly in the UK and Greece. They highlighted the challenges of gaining recognition and funding for EAS, with Harriet noting that the National Health Service in the UK has started to pay for EAS for young people with moderate to severe anxiety. They also discussed the potential of linking EAS research to the 5 ways to well-being framework, which is evidence-based and could demonstrate the effectiveness of EAS in developing mental health. Maria shared her experience of working with schizophrenic patients, noting that they often bring their own correlations to the horse, which can help them overcome their disorder. The team agreed on the importance of education and training to increase awareness and understanding of EAS.

Equine-Assisted Physiotherapy and Research

Xenia discussed the potential of equine-assisted physiotherapy, mentioning its acceptance by the Ministry of Health in the Czech Republic. She also mentioned the need for research to support further implementation, suggesting collaboration with universities. Xenia highlighted the challenges of comparing different methods and the importance of ensuring statistically significant results. Henrika suggested the possibility of using a network to distribute questionnaires and gather data. The conversation ended with Xenia expressing her support for the idea of unifying various physiotherapy methods.

Equine-Assisted Mental Health Collaboration

In the meeting, Henrika expressed satisfaction with the engagement and questions raised during the discussion. Annika emphasized the importance of incorporating equine-assisted mental health interventions in educational systems to address mental health issues among children. Carlos suggested the potential for collaboration between mental health professionals and equine-assisted

therapy, with the aim of providing evidence to governments and insurance companies. The group also discussed the importance of training and education in both psychotherapy and equine-assisted mental health. The conversation ended with plans for future collaboration and the sharing of resources and experiences.

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Papers mentioned in the presentation

Carlsson, IM., Bräutigam Ewe, M., & Jormfeldt, H. (2024). Building up bit by bit, parent's experiences of equine-assisted intervention among children and adolescents with mental illness: a grounded theory study, *International Journal of Qualitative Studies on Health and Well-being*, 19:1, 2354945, DOI:10.1080/17482631.2024.2354945 [Full article: Building up bit by bit, parent's experiences of equine-assisted intervention among children and adolescents with mental illness: a grounded theory study](#)

Fridén, L., Hulstjög, S., Lydell, M., & Jormfeldt H. (2024). Experiences of a Therapeutic Equine-Assisted Group Intervention for People with Common Mental Disorders on Sick-Leave, *Issues in Mental Health Nursing*, DOI:10.1080/01612840.2023.2301611 [Full article: Experiences of a Therapeutic Equine-Assisted Group Intervention for People with Common Mental Disorders on Sick-Leave](#)

Cappelen, H., Ivarsson, A., Carlsson, I-M., & Jormfeldt, H. (2023). The Effects of an Equine-Assisted Therapeutic Intervention on Well-Being in Persons Diagnosed with Schizophrenia. A Pilot Study, *Issues in Mental Health Nursing*, DOI: 10.1080/01612840.2022.2158408 [Full article: The Effects of an Equine-Assisted Therapeutic Intervention on Well-Being in Persons Diagnosed with Schizophrenia. A Pilot Study](#)

Fridén, L., Hulstjög, S., Lydell, M., & Jormfeldt H. (2022). Relatives' experiences of an equine-assisted intervention for people with psychotic disorders, *International Journal of Qualitative Studies on Health and Well-being*, 17:1, DOI: 10.1080/17482631.2022.2087276 [Full article: Relatives' experiences of an equine-assisted intervention for people with psychotic disorders](#)

Punzo, K., Skoglund, M., Carlsson I-M., & Jormfeldt, H. (2022). Experiences of an Equine-Assisted Therapy Intervention among Children and Adolescents with Mental Illness in Sweden - A Nursing Perspective, *Issues in Mental Health Nursing*, DOI:10.1080/01612840.2022.2126571 [Experiences of an Equine-Assisted Therapy Intervention among Children and Adolescents with Mental Illness in Sweden - A Nursing Perspective. - Abstract - Europe PMC](#)

Hulstjög, S., & Jormfeldt, H. (2021) The Role of the Horse in an Equine-Assisted Group Intervention-as Conceptualized by Persons with Psychotic Conditions, *Issues in Mental Health Nursing*, DOI: 10.1080/01612840.2021.1975332 [The Role of the Horse in an Equine-Assisted Group Intervention-as Conceptualized by Persons with Psychotic Conditions - PubMed](#)

Jormfeldt, H., & Carlsson, I-M. (2018). Equine-Assisted Therapeutic Interventions Among Individuals Diagnosed with Schizophrenia. A Systematic Review. A systematic review. Issues in Mental Health Nursing, 39 (8) 647-656, DOI: 10.1080/01612840.2018.1440450 [Full article: Equine-Assisted Therapeutic Interventions Among Individuals Diagnosed With Schizophrenia. A Systematic Review](#)

Chat box messages:

Questions for discussion:

What conditions exist for equine assisted services in different countries?

How could EAI be further implemented in health care systems globally?

What kind of research is needed to support further implementation?

From Emma Briggs to Everyone:

How could EAI be further implemented in health care systems globally? Education and Training is super important. If people don't know EAI is out there to use, it is hard to implement. Therefore aim to talk with health care organisations / share research more (or pod casts / snippets) so people can see the benefits. The more is shared, the more people can see / know and understand. The more we talk about they more people will understand. There are still doctors / GPs / consultants who still do not see the benefits of working with horses / riding horses.

From Harriet Laurie @ TheHorseCourse to Everyone:

I like what you are saying Maria - and when the disorder is applied to the horse situation it is quite straightforward to give clear, observable explanations of how the horse is reacting

From Harriet Laurie @ TheHorseCourse to Everyone:

<https://www.nhs.uk/mental-health/self-help/guides-tools-and-activities/five-steps-to-mental-wellbeing/> - Link to NHS 5 ways to wellbeing. Includes links to background research

From Leticia Celeste to Everyone:

Unfortunately, I have to leave the meeting now. Thank you very much for the talk. I learned a lot today.

From Harriet Laurie @ TheHorseCourse to Everyone:

https://neweconomics.org/uploads/files/d80eba95560c09605d_uzm6b1n6a.pdf - the background report to the 5 ways to wellbeing framework

From Emma Briggs to Everyone:

What kind of research is needed to support further implementation? This is hard to answer, as it would be everything we do. From the impact on horse welfare to the wide range of physical and intellectual disabilities. But it needs to be carried out properly, as I think it was mentioned - maybe ask Universities if students want to get involved. Try to tap into

courses to see about research studies / research methods. Enough people need to be involved (representative of the population) to ensure it is statistically significant. Check for bias, peer reviewed etc etc. Maybe look for gaps in the current research, but as horse welfare is becoming more to the forefront, this may also be something to look into.

From Harriet Laurie @ TheHorseCourse to Everyone:

Replying to "What kind of researc..."

Researchers are always looking for data, so if you are running a centre with a reasonable throughput you will be of interest to local universities

From Harriet Laurie @ TheHorseCourse to Everyone:

Annika - at TheHorseCourse we take referrals from Education as well as Health and social care systems - and all the participants have the same issues!

From Selçuk Akpınar to Everyone:

<https://www.scienceopen.com/search#collection/44486309-0476-43c1-8bd4-6ad14cef93dc>

From Harriet Laurie @ TheHorseCourse to Everyone:

Harriet@thehorsecourse.org

From Xenia Svobodova to Everyone:

We have also a lot of children staying at home after Covid 19. May be we can concentrated on this target group and develop a common method and evaluation to get data based evidence.