

ARTICLE THREE

Horsepower Helps: Evaluation of Horse Assisted Psychotherapeutic Treatment with Severely Traumatized Inpatients – A Pilot Study¹

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ABSTRACT

Modum Bad Clinic and Resource Centre, Norway, has a 12-week intensive inpatient program for severe and repeated childhood sexually abused victims (CSA), aged 20 years plus who are diagnosed to be currently suffering from Complex Post Traumatic Stress Disorder (CPTSD) and/or Complex Dissociative Disorders (CDDNOS/DID). The clinic has included in its exit formalities patients' evaluations of the overall psychotherapy program undertaken, including the work with horses. A pilot study based on patients' responses has been conducted.