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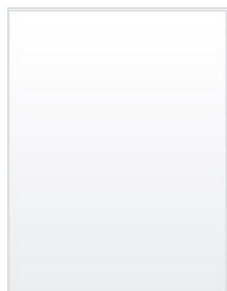
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EFP is right for me! An equine facilitated psychotherapy program for children diagnosed with ADHD or PDD-NOS

Author: [Jenna Miller](#)

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Summary: Equine facilitated psychotherapy (EFP) is a term used to describe interventions that utilize horses and/or horseback riding activities within the context of a psychotherapeutic relationship. This dissertation recognizes the rising popularity of animal-assisted therapy programs, discusses the anecdotal and documented usage and efficacy of EFP programs, and highlights the limited availability of empirically-supported, published research in the field of EFP. A brief survey was conducted to explore the current practices of mental health practitioners in the field of EFP. This substudy, the results, and implications are discussed briefly. This dissertation further identifies areas for research, consideration, and development in the area of EFP. Following this is a thorough introduction to the included treatment program, EFP is Right for Me! EFP is Right for Me! is a 12-week EFP program for children ages six to ten. The program is designed to address some of the difficulties commonly faced by children diagnosed with Attention-Deficit/Hyperactivity Disorder (ADHD) or Pervasive Developmental Disorder Not Otherwise Specified (PDD-NOS), including symptoms of behavioral dysregulation, problems completing goal-oriented tasks, and difficulties forming and maintaining social relationships. The dissertation includes a user-friendly, manualized outline of EFP is Right for Me!, and incorporates guidance in partnering with horses and utilizing horsemanship activities throughout the course of the program. [Read less](#)

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Abstract:

Equine facilitated psychotherapy (EFP) is a term used to describe interventions that utilize horses and/or horseback riding activities within the context of a psychotherapeutic relationship. This dissertation recognizes the rising popularity of animal-assisted therapy programs, discusses the anecdotal and documented usage and efficacy of EFP programs, and highlights the limited availability of empirically-supported, published research in the field of EFP. A brief survey was conducted to explore the current practices of mental health practitioners in the field of EFP. This substudy, the results, and implications are discussed briefly. this dissertation further identifies areas for research, consideration, and development in the area of EFP. Following this is a thorough introduction to the included treatment program, EFP is Right for Me! EFP is Right for Me! is a 12-week EFP program for children ages six to ten. The program is designed to address some of the difficulties commonly faced by children diagnosed with Attention-Deficit/Hyperactivity Disorder (ADHD) or Pervasive Developmental Disorder Not Otherwise Specified (PDD-NOS), including symptoms of behavioral dysregulation, problems completing goal-oriented tasks, and difficulties forming and maintaining social relationships. The dissertation includes a user-friendly, manualized outline of EFP is Right for Me!, and incorporates guidance in partnering with horses and utilizing horsemanship activities throughout the course of the program.

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