

# Equine Behaviour Affiliation Applied Psychology Course

## At a glance...

### Assessed Customised Provision

Delivery Method: Online

Prerequisites: No firm requirements; this course should be accessible to as many interested students as possible. Evaluation of whether they can successfully complete the course will be on a case by case basis.

### Introduction

This course covers the key theories and models for understanding equine psychology. These theories and models are then translated to practical application, to enable learners to improve equine well-being and form healthier relationships with the horses they interact with.

### The finer details

This is a 14 month course. The book 'Applied Equine Psychology' provides much of the theory covered in this course. All classes will devote a substantial amount of time to exercises and discussions to consolidate understanding and practice practical application of the theory.

The course comprises of:

- 50 2 ½ hour online classes (125 hours in total).
- 4 individual online sessions with a course provider
- 12 hours of practical work with real horses or 6 online sessions using videos of working with horses, for those who cannot attend practical sessions.
- Short practical exercises throughout the course to consolidate learning
- Coursework associated with each module, a final project and an oral exam.





- A maximum of 8 hours time commitment per week, approximately 350 hours for the full course.

The main topics covered in the course are:

- A simple model for understanding mammalian brains and how stress influences them.
- The context in which we evaluate mental well-being; environmental mismatch and other challenges.
- Assessing and improving mental well-being.
- Attachment theory; horse/horse and horse/human relationships.
- Understanding and working with trauma.
- Learning theory
- Trans-species psychology.
- Big picture thinking: The biopsychosocial model.
- Trans-species Systemic Formulation®.
- The reflective scientist-practitioner model.

### Who should attend?

This course is the foundation for professional training to become an EBA Registered Equine Psychology Specialist but is also appropriate for other equine professionals and horse owners who wish to expand their knowledge, skills and competence in this area, to benefit the horses around them.

### What will be covered?

The competencies developed on this course include:

- Observing and reflecting on equine body language within a biopsychosocial context.
- Assessing and improving domestic environments.
- Assessing and improving mental well-being for domestic equines.
- Working with trauma.
- Practical assessment of healthy equine relationships.



- How to build a healthy horse/human relationship and improve attunement with equines.

- How to help horses to learn.

- Applying Trans-species Systemic Formulation® for your own equines.

- Applying equine psychological models and theories to all aspects of day-to-day life with horses.

- Developing critical thinking skills and reflective practice.

