



## THE THERAPIST'S QUALITY OF PRESENCE IN EQUINE ASSISTED THERAPY

Investigate the question of the Equine assisted therapist's presence begins by developing some curiosity about the way the attention can be busy with mental activities and emotional phenomena, as well as patterns of reactivity. Being with a client and the horse can stimulate so many things that, as therapist, we may face some obstacles for our availability. We may also ask the question of what helps to develop and cultivate the presence in equine asisted therapy from a focused presence to a global awareness. Finally, as we work with both a human beings and horses, we will open the question of working with the unpredictable and the not-knowing.

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Il enseigne depuis plus de 20 ans une approche sensitive du cheval, centrée sur la relation.

Son travail s'appuie sur les connaissances éthologiques appliquées au cheval et est nourri de différentes approches du mouvement et de la relation (Tai-chi, structures psycho-corporelles, danse thérapie, Équitation centrée, Communication non-violente)

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