Anxiety, Stress Management and Resilience in Today’s Challenging World

How Horses Help

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Goals for Today

- What is Equine Assisted Psychotherapy?
- History & Research
- Impact of Anxiety on the Brain
- Anxiety Management Skills
- Demonstration
Occasional anxiety is a normal part of life. But anxiety disorders involve more than temporary worry or fear.
Anxiety Signs & Symptoms

Feelings
- Restless, wound up, irritable
- Loss of control
- Sudden intense fear or worries

Thoughts
- Poor concentration, mind is blank
- Difficulty controlling worries
- Repeated thoughts, urges or images
Anxiety Signs & Symptoms

**Physical**
- Easily fatigued, sleep problems
- Muscle tension
- Blushing, sweating or trembling
- Feeling nauseous or sick to stomach

**Behaviors**
- Avoidance, change of personal routine
- Loss of interest in activities
- Self medicate
Anxiety & the Brain

The Brain’s 5 Primary Regions

- R & L Hemispheres (Neocortex)
  - Thinking
  - R: Spatial
  - L: Logic

- Limbic System
  - Emotions, Learning & Primary Memory

- Prefrontal Cortex
  - Executive Function

- Brainstem
  - Autonomic, Instinct, Survival
Benefits of Equine Psychotherapy
Mock Case Example

● 13 year old female
● school avoidant
● learning disabilities
● anxiety
● conflict with parents
● low self-esteem