

A photograph of a woman and a young child interacting with a horse in a stable. The woman, on the left, is wearing a brown cap and glasses, smiling as she pets the horse. The child, on the right, is standing and touching the horse's back. The background shows a wooden stable wall with a tree trunk.

# ANIMAL MEDIATED ASSISTANCE & THERAPY

Therapy & Reality

Leonardo Da Vinci Project 2010–2012

“European qualification framework for practice and training  
in animal mediated assistance and therapy (AMAT)”

# ANIMAL MEDIATED ASSISTANCE & THERAPY

Therapy & Reality

LDV project gave us, professionals from across Europe, the possibility to come together and exchange our experiences from more countries about AMAT with horses. Now we are looking back on our year of intensive work, we have created this brochure. We know that it's not perfect, but a perfection can never be aimed in therapy! Through pictures and a few words we would like to show you the experiences shared by our clients. Experiences, which cannot be found in any other therapy method. And our specific factors for AMAT with horses. AMAT is a chance for everyone – with different needs. (Quotes not representing clients in the images)  
We hope you enjoy!

We would like to say thank you to all our helpers.

## THE LDV WORKING TEAM

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## NATURAL MOTIVATION



© Lenka Křezovická, SK

Horses initiate contact  
with other living beings.  
People all over the world instinctively  
pay attention to animals.

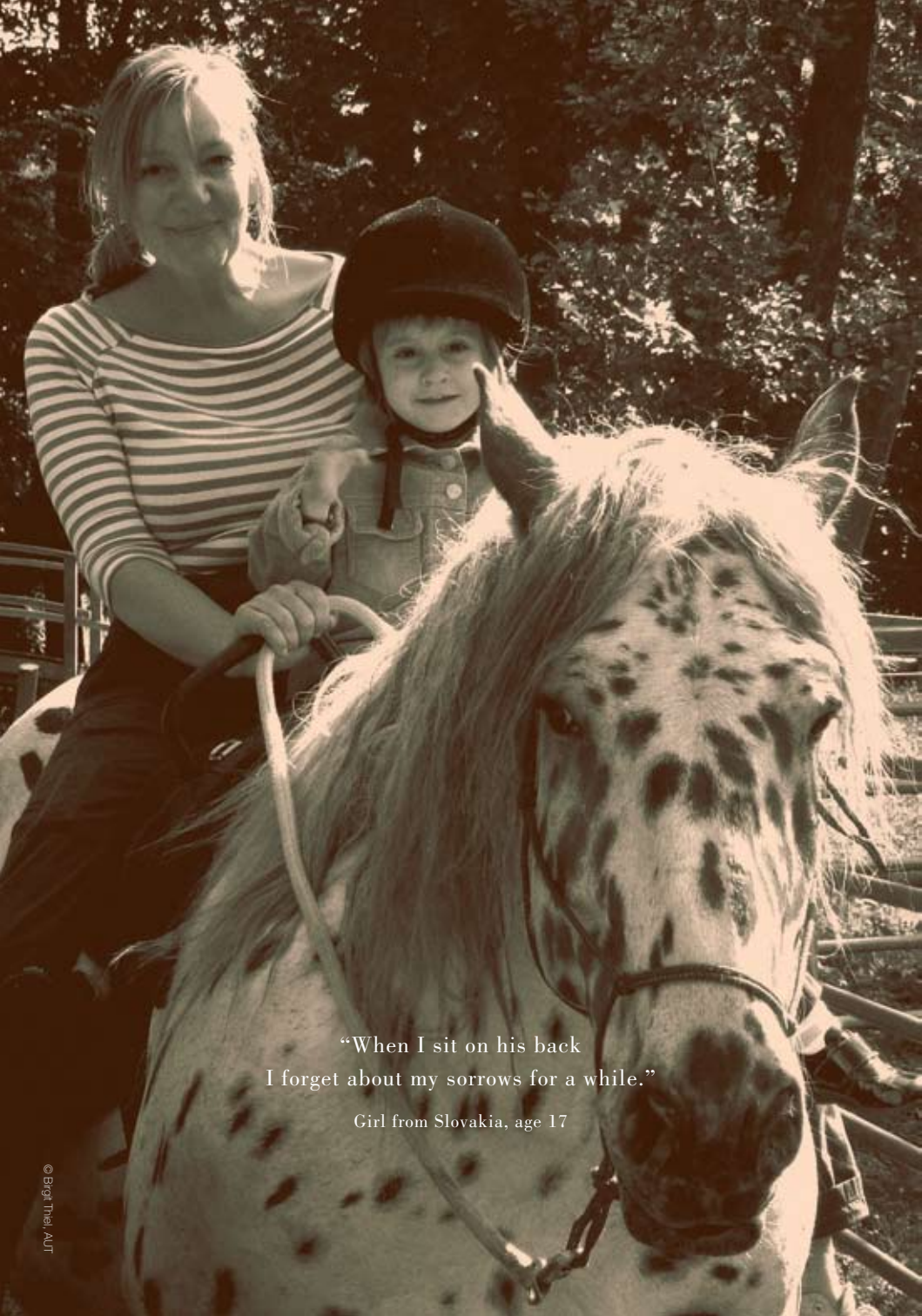


“I have a feeling that when he looks in  
my eyes, he looks deep in my soul.”

Girl from Slovakia, age 17

© Nicole Gast, DE





“When I sit on his back  
I forget about my sorrows for a while.”

Girl from Slovakia, age 17

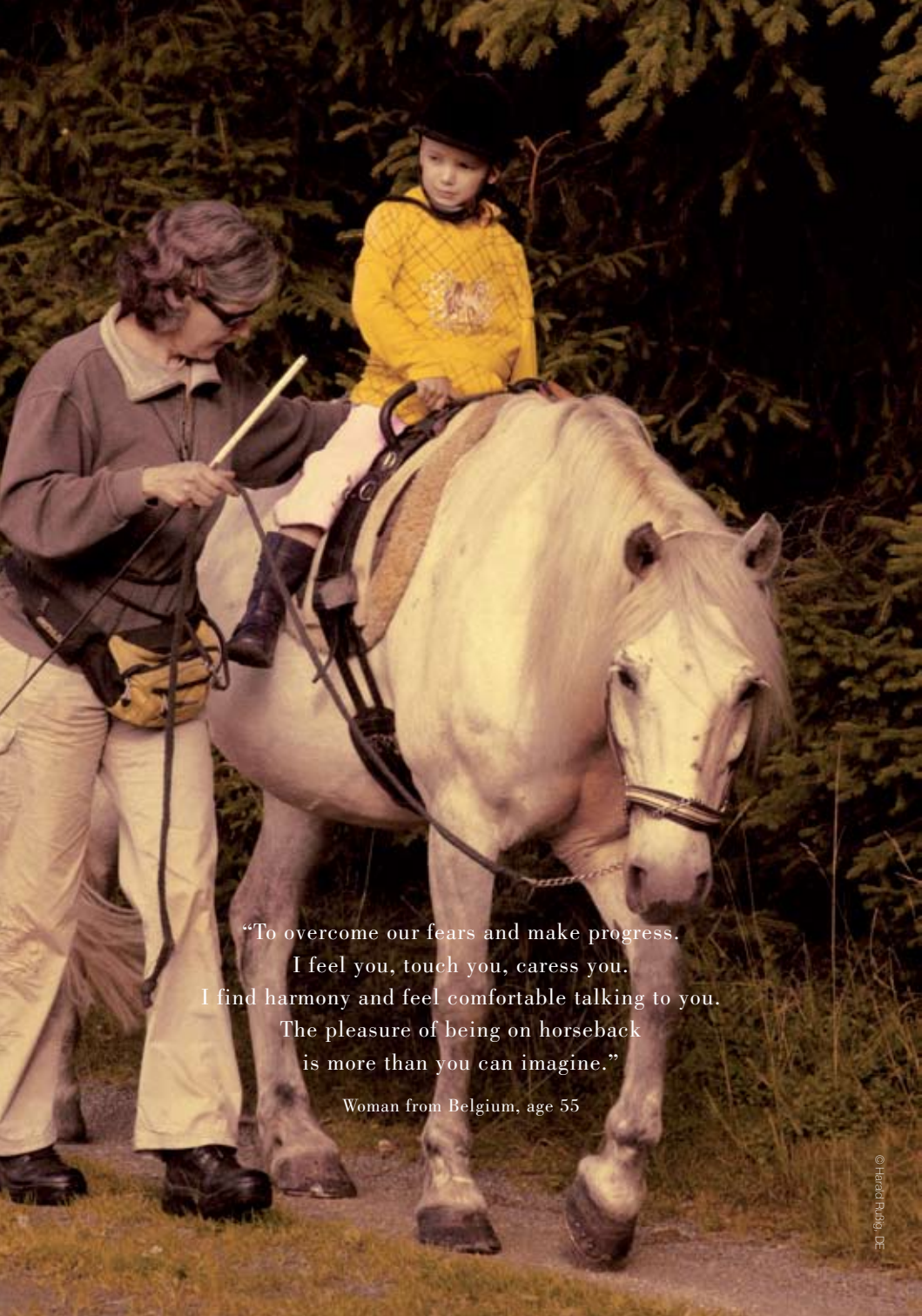
## BEING CARRIED



“Like my soul gets wings”

Girl from Germany, age 7





“To overcome our fears and make progress.  
I feel you, touch you, caress you.  
I find harmony and feel comfortable talking to you.  
The pleasure of being on horseback  
is more than you can imagine.”

Woman from Belgium, age 55

© Heidi Rapp, DE

## THREE-WAY PARTNERSHIP



© Zuzana Kodrňková, SK



© Ulrike Kreipe, DE

basic contact



## BEGINNING WITH OWN ACTIVITY



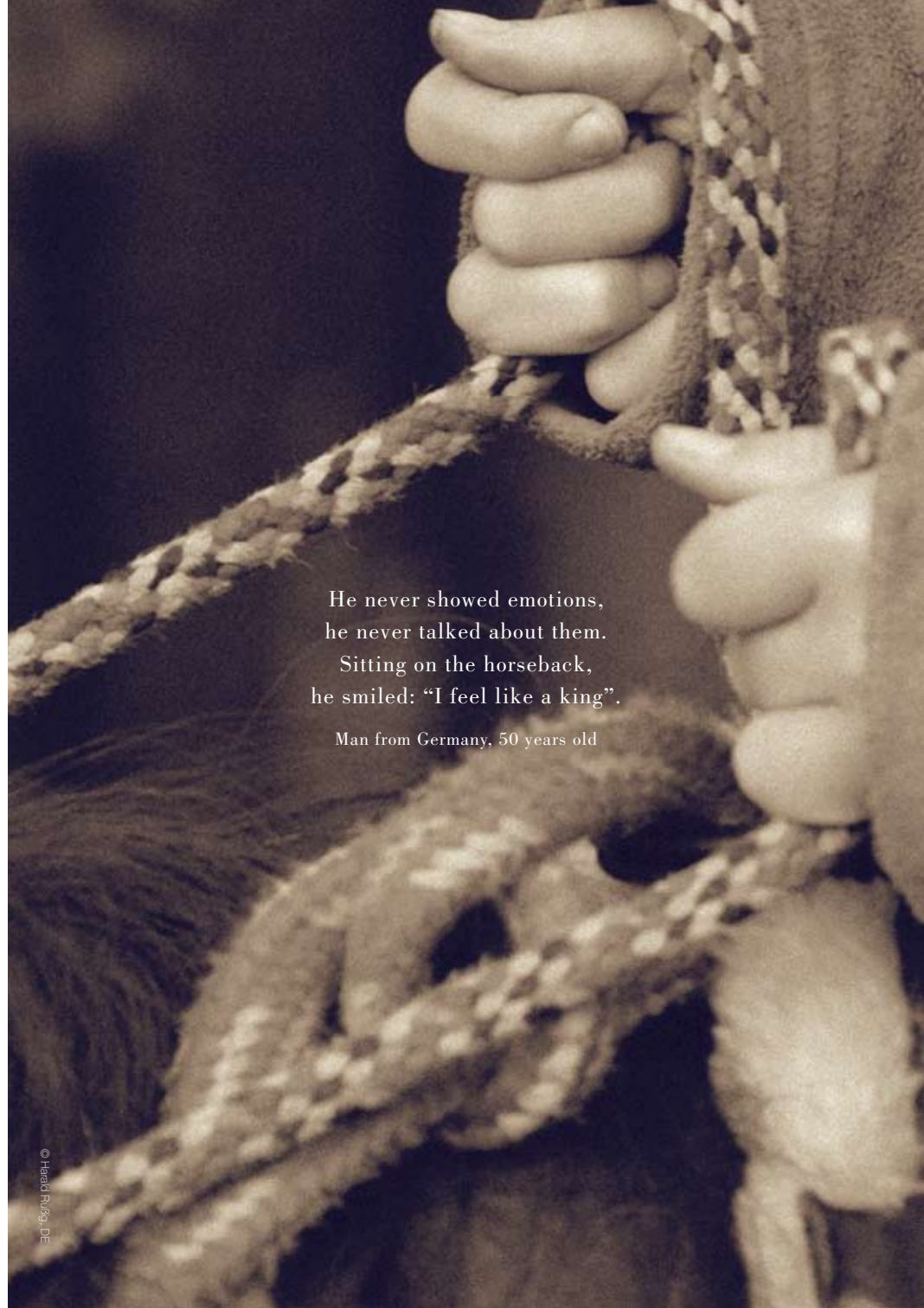
© Karen Vermuylen, BE

overcome limits



© Stephanie Ruysseveldt, BE

making friends



He never showed emotions,  
he never talked about them.  
Sitting on the horseback,  
he smiled: "I feel like a king".

Man from Germany, 50 years old

© Harald Rüdger, DE



understanding and learning  
without words

© Miroslawa Stanczyk, PL

## WORKING WITH A LIVE PARTNER



© Heidi Pajala, DE

facing reality



SPECIAL QUALITIES  
OF  
THE THERAPIST

Self-experience  
and self-reflexion



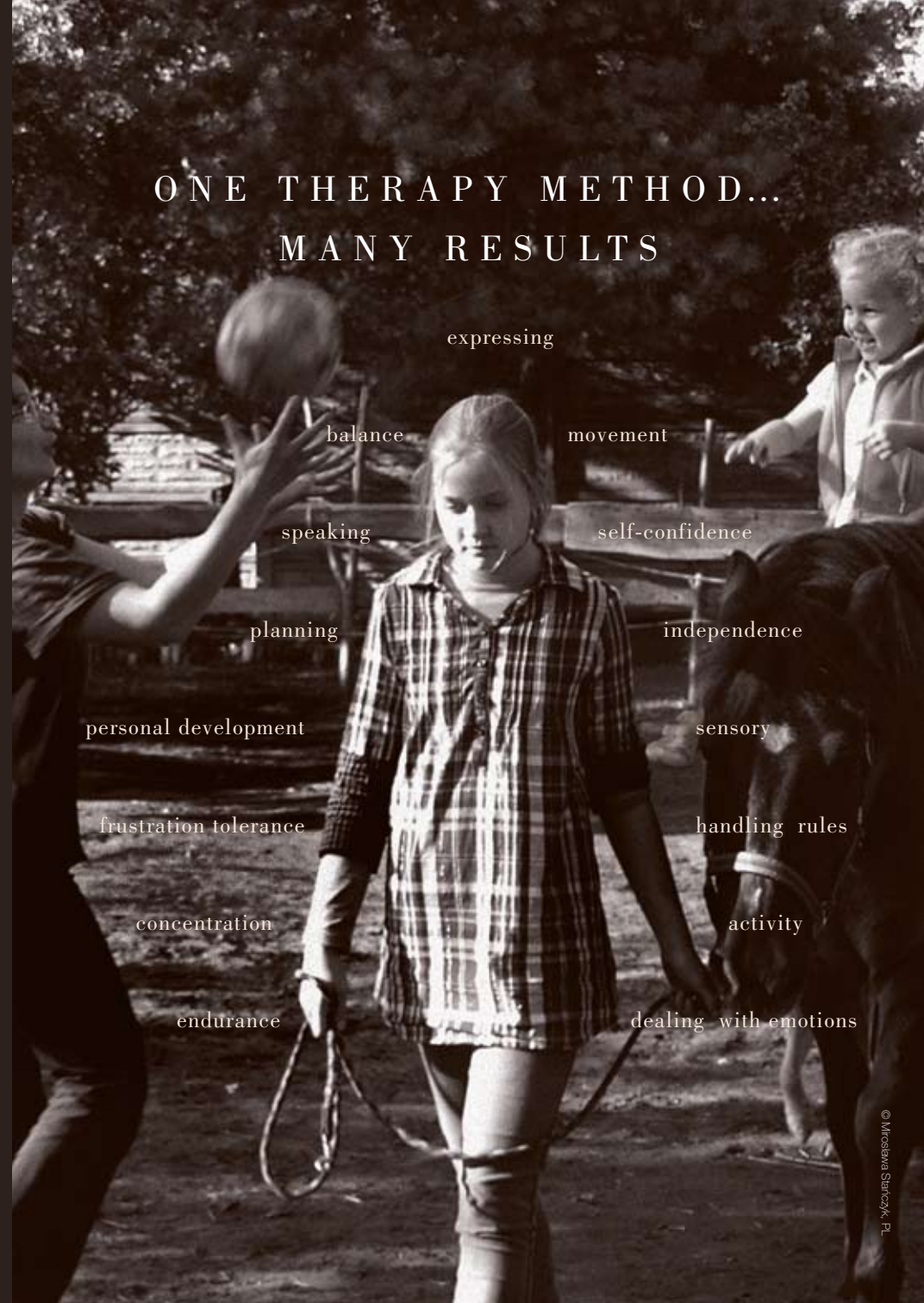
Holistic approach  
to the client

Horse lover  
and horse expert

AMAT  
the ability to combine

© Urke Thiel, NL

ONE THERAPY METHOD...  
MANY RESULTS



expressing

balance

movement

speaking

self-confidence

planning

independence

personal development

sensory

frustration tolerance

handling rules

concentration

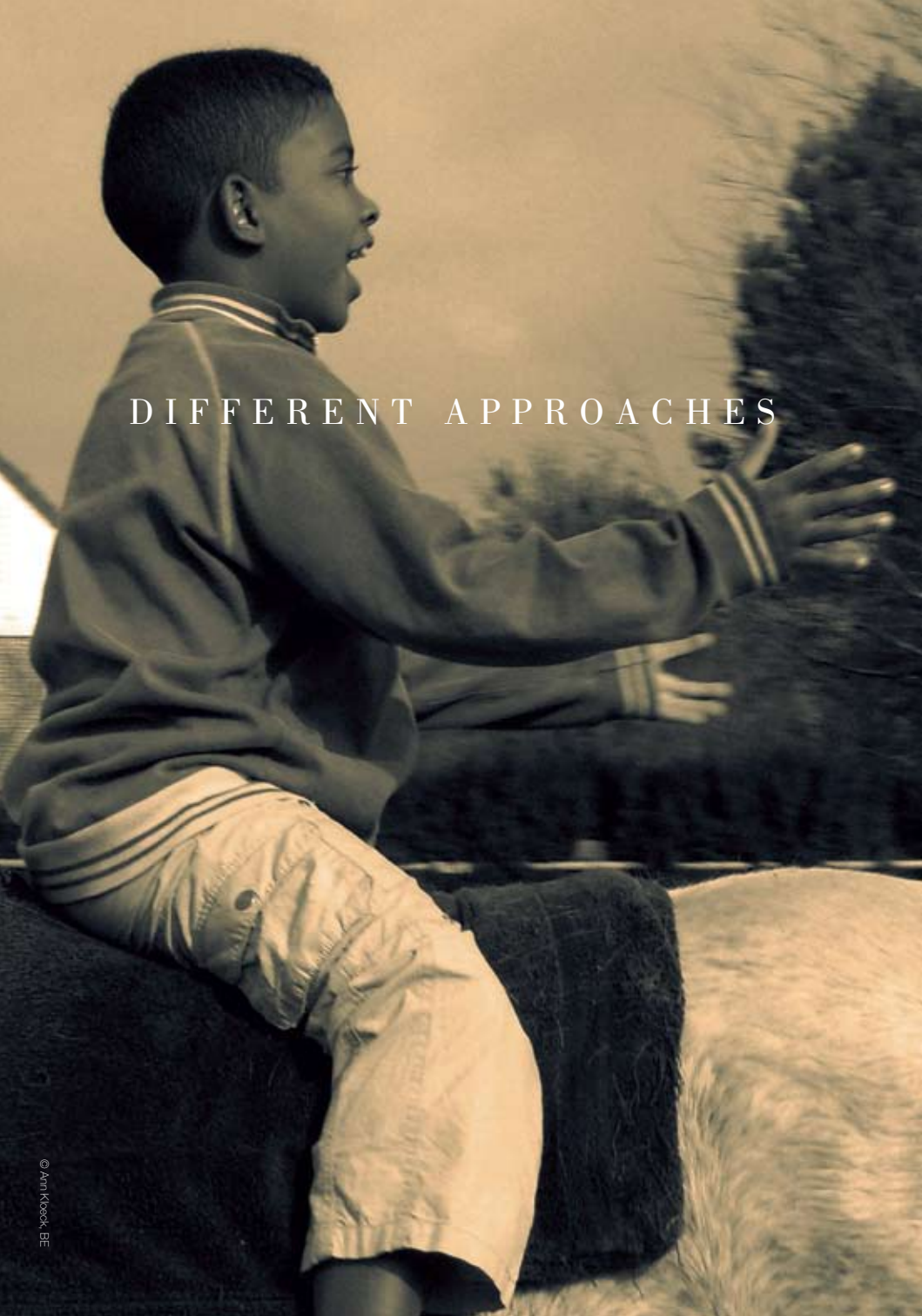
activity

endurance

dealing with emotions

© Mirosława Stanczyk, PL





DIFFERENT APPROACHES



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Fentac (France): [www.fentac.org](http://www.fentac.org)

Fitram (France): [www.fitram.eu](http://www.fitram.eu)

Förderkreis (Germany): [www.fkthr.de](http://www.fkthr.de)

Handhippo (Belgium): [www.users.skypenet.be/handhippo/fr/home.htm](http://www.users.skypenet.be/handhippo/fr/home.htm)

Slovenská hippoterapeutická asociácia (Slovakia): [www.hipoterapia.sk](http://www.hipoterapia.sk)

SHP (Netherlands): [www.equitherapie.org](http://www.equitherapie.org)

Stowarzyszenie “Strapate Ranczo” (Poland): [www.strapateranczo.pl](http://www.strapateranczo.pl)



