



Effects of equine-assisted activities

Impacts arise through interaction, experience, and inclusion. Equine-assisted activities can affect, for example, the following:

- emotional skills increase
- self-esteem is strengthened
- concentration is improved
- social and interaction skills improve
- self-knowledge increases
- perseverance and consistency develop
- seeing cause-and-effect relationships develops
- learning to learn develops
- lowering the threat of a foster care recedes



Finnish association

Social Pedagogical Equine-assisted Activities Association

The association develops social pedagogical equine-assisted activities by working closely with training providers, promotes co-operation between its members by enabling regional meetings and trainings, and raises awareness of social pedagogical equine-assisted activities through networking. In order to achieve its purpose, the association monitors the development and training in the field, makes related initiatives, presentations and issues statements. The board of the association awards the title of social pedagogical equine-assisted activity instructor with adequate basic training and further education.

www.hevostoiminta.net



Pictures:
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**Social pedagogical
equine-assisted
activities**

*Enhancing social growth
and well-being with horses*



Social pedagogical equine-assisted activity

- is a preventive and remedial method of social rehabilitation in the prevention of exclusion
- supports social growth and well-being in the stable community
- is professional, responsible and goal-oriented

Outcomes

- prevention of exclusion
- social growth
- well-being

Basic elements of operation

- sense of community
- experientialism
- functionality
- dialogue

*"I knew how to be calm,
the horse listened to my
instructions.
The horse is warm and it
likes me."*

As a framework for action

- human-horse interaction
- stable community

Registered instructor

- is a professional in social, health or education and has completed in-service training in social pedagogical equine-assisted activities
- the title of instructor is granted by the board of the Social Pedagogical Equine-assisted Activities Association
- more information at [www. hevostoiminta.net](http://www.hevostoiminta.net)



Applications

Instructors use social pedagogical equine-assisted activities according to their own basic training in their work, among other things:

- as a support for child protection
- to support learning
- in rehabilitative work
- youth support activities
- in the stimulation of the elderly
- learning social, emotional and interactional skills

