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# EQUINE FACILITATED THERAPY

An introduction to the EFT (hippotherapy) – e-learning course





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## PREFACE

The Project 2018-1-CZ01-KA204\_048149 of strategic partnerships within the ERASMUS+ program, referred to as Key Action 2 (KA 2), was dedicated to adult education aiming to exchange experience, good practice and expand lecturers' competencies for EFT (equine facilitated therapy and activity) courses.

The Project aimed to create, test and implement innovative educational methods in EFT. It was about increasing the lecturers' competencies of EFT courses. All partners wanted to improve teaching approaches to future therapists and instructors for EFT by exchanging teaching experiences. The acquired expertise, theoretical knowledge, practical skills, and examples of good practice gained during meetings served as a foundation for creating project outputs - new methods, tools and approaches in adult education in EFT, especially in implementing the outcomes into their teaching process.

Erasmus+ is an EU program supporting education, training, youth and sport in Europe, offering support and opportunities through partner organisations participating in the program. In our case, it was a partnership of three organisations from three countries with entirely different cultural, social, and historical traditions, including traditions of horses' use, which cooperated in the implementation of the Project within 30 months.

The results are the **Introduction to the EFT Methodology** and a **model of the e-learning course** representing a way to streamline educational work, address a more significant number of applicants, and create study materials for further education. It increases the flexibility of education and makes education more attractive through modern teaching techniques. Each organisation participated in designing, testing, and implementing innovative methods into practice.

The **Česká hiporehabilitační společnost** ([The Czech Equine Facilitated Therapy Association – CEFTA](#)) was the coordinator of the Project and the mentor for the partners. The CEFTA has been involved in the training of EFAT specialists since 1994. The advanced education system allows acquiring post-gradual specialisation in Equine Facilitated Physiotherapy and Occupational Therapy, Learning and Psychotherapy and Equine Specialisation. Furthermore, the association organises workshops and conferences at an international level. CEFTA lecturers and tutors have been invited to several foreign



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EFAT centres. In 2018, the association published two books in English – EFT and Therapy Equine Certification Program. See more about [educational activities](#).

The Turkish partner was [The Equestrian Application and Research Center \(AT-BIN\)](#) within Nevşehir Hacı Bektaş Veli University in Turkey. Employees of the University Department of Physical Education and Sport planned to include courses on Equine Facilitated Activities in their education curriculum. In 2018 -19, the Equestrian Application and Research Center was built within the university; stables and facilities for 40 horses also serve as an EFT centre for those interested in the area. As part of Nevşehir Hacı Bektaş Veli University's performance, participants of the Project were interested in the possibilities of connecting research in the field of EFT. Turkish team presented the work of the university's bio laboratory and its connection to study in EFT.

The Bulgarian partner was **BETA ([Horse Therapy Association](#))**, a newly established Bulgarian equine-facilitated therapy association. In Bulgaria, equine-facilitated therapy is still developing; the organisation's interest was to obtain as much information as possible to create educational programs for future instructors and therapists.

*Prague, Czech Republic*

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E-learning course INTRODUCTION TO THE EQUINE FACILITATED THERAPY– this online course was designed as an outcome of the Project, and it is free of charge upon registration.

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