



# **An Introduction to Equine Assisted Psychotherapy: Principles, Theory, and Practice of The Equine Psychotherapy Institute Model**

*Meg Kirby*

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## **An Introduction to Equine Assisted Psychotherapy: Principles, Theory, and Practice of The Equine Psychotherapy Institute Model Meg Kirby**

Equine assisted psychotherapy is a professional, innovative, and experiential approach to counseling, psychotherapy, and mental health that supports clients of all ages with horses as assistants and cofacilitators in the process.

*Meg Kirby's book has made a significant contribution to the field of Equine Assisted Psychotherapy (Eap), in articulating a Model of Eap that has foundation in psychological theory, therapeutic technique, accountable professional integrity, and utmost respect for our animal counterparts. A much needed contribution for the field, globally. Melissa Johnstone, Psychologist*

*Meg Kirby's insight and ability to integrate psychotherapy theory and practice closes 'the gap' (the fields' current deficit or 'gap' in rigorous theoretical underpinnings), and provides a comprehensive relational psychotherapy model for working with horses to support clients. In line with best practice therapy, this book offers an introduction to an ethical equine assisted psychotherapy model, and is an 'appetiser' for curious mental health practitioners, students and the global community interested in professional animal assisted practice. Naomi Rossthorn, Counsellor and Researcher*

*The Equine Assisted Therapy movement we're all so passionate about will benefit from Meg Kirby's strong theoretical approach that is firmly grounded in psychotherapy practice, and has a uniquely Australian modelling and voice. Dr Anna Cohen, Clinical Psychologist and Author*

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