

## Equine Therapy and Social Work: A Winning Combination

One remarkable program that is yielding phenomenal results is therapeutic horseback riding. Research shows this form of therapy works wonders with almost every social work population: children, teens, juvenile delinquents, physically challenged, developmentally delayed, blind, deaf, and all forms of abuse. The explanation for the success rate is simple. A special bond is formed between a child and a horse. Children who have not progressed in a conventional therapeutic setting often excel with therapeutic riding. Children will tell a horse things they would never tell a therapist. A child will share secrets, thoughts, failures, setbacks, wishes, dreams, and goals with a horse. And the horse will never tell anybody. Children know this and, therefore, open up more with horses than with parents, teachers, friends, pastors, and conventional therapists. Children will attempt different physical challenges because they feel the support of the horse underneath them. Therapeutic riding uses equine-oriented activities for the purpose of contributing positively to the cognitive, physical, emotional, and social well-being of people with disabilities. Over-activity, distractibility, autism, developmental disabilities, learning disabilities, emotional and behavioural disturbances, and anger issues are all appropriate problems for therapeutic riding.

There are two types of therapeutic horsemanship: therapeutic riding and hippotherapy. The difference between the two types is that hippotherapy requires a medical professional, such as a physical, speech, or occupational therapist. Therapeutic riding requires a certified riding instructor.

Horses and humans have a lot in common. First and foremost, the gait of a horse is similar to the gait of a human. The horse's pelvis is identical to a human's, but offset by 90 degrees. When a client rides a horse, this motion simulates walking, and the rider is able to work on balance, posture, breathing, and coordination. A horse also engages the rider's vestibular system, which runs throughout the body and affects functions like alertness, balance, and digestion.

### 1. Comprehension exercises (2 points)

1.a. Children (0.5 points)

- a. and blind belong to what is called horseback riding population.
- b. may feel much more open up with horses than with teachers.**
- c. and horses share the same thoughts and failures because they support each other.

1.b. According to the text (0.5 points)

- a. Over-activity and autism are difficult problems for therapeutic riding.
- b. Children know that horses will never tell their parents their disabilities.
- c. Equine-oriented activities help people with disabilities.**

1.c. Both a doctor and an instructor are needed when practising therapeutic riding.

(Answer 'True' or 'False' AND write the sentence supporting this idea) (0.5 points)

**- FALSE - The difference between the two types is that hippotherapy requires a medical professional, such as a physical, speech, or occupational therapist. Therapeutic riding requires a certified riding instructor.**

1.d. When riding a horse, our balance and coordination may improve.

(Answer 'True' or 'False' AND write the sentence supporting this idea) (0.5 points)

**- TRUE - When a client rides a horse, this motion simulates walking, and the rider is able to work on balance, posture, breathing, and coordination.**

**2. Do the following grammar exercises according to the instructions given (2 points)**

2.a. Complete the second sentence so that it has a similar meaning to the first one, using an expression with 'rather' (0.5 points)

- I would prefer to have a break now.
- I would **rather have** a break now.

2.b. Turn the two sentences into a conditional clause (0.5 points)

- My father didn't buy me the ticket so I couldn't see the concert.
- If my father **had bought me the ticket I would have been able to see the concert.**

2.c. Complete the second sentence so that it has a similar meaning to the first one (0.5 points)

- It is not necessary to pay in advance. You can do it when you arrive.
- You **needn't pay in advance. You can do it when you arrive.**

2.d. Write the appropriate verb form of the verb in brackets (0.5 points)

- I used **to study** (to study) at nights but now I am used **to studying** (to study) in the mornings.

**3. Identify ONLY FOUR words from their definitions (1 point)**

- an interest, experience, or feeling that makes two people feel connected (**bond**).
- be very good at something (**excel**).
- a problem that makes something happen later or more slowly than it should (**setback**).
- objective (**goal**).
- needs or demands something (**requires**).
- carries out or participate in an activity; is involved in (**engages**).

**4. Write a summary of the text of about 30 – 45 words using your own words (2 points)**

**5. Write a composition of about 100 – 150 words on ONLY ONE of the following topics (3 points)**

5.a. Different ways animals may help people.

5.b. Advantages and disadvantages of having a pet.