1. Introductions by Attendees
   • See table of participants below

2. Introduction of Panelists
   • Anne Baldwin, PhD
     Professor of Physiology
     – Physiology of mind body interaction class. Teaches students how to
       monitor and control emotions using horses as a form of feedback.
     Research
     - Monitoring how human interact with horses effects heart rate, heart rate
       variability, self-esteem and immune status of the human subject.

   • Jane Hamilton, PhD
     Clinical Psychologist
     -President Elect of American Psychology Association
     -Director of ranchobosque - http://www.ranchobosque.com
- Interested in …
  ~ways in which people can understand themselves better and reduce suffering.
  ~how humans and animals help one another.

• Nancy Coyne, MD
  Psychiatrist
  - Facilitates intensive therapy workshops in Equine Facilitated Psychotherapy
  - Interested in healing clients with trauma using horses as they quickly reconnect us to what matters.

• Michelle Mastrangelo MS.Ed & BCBA
  Behavior Analyst in Autism and Early Childhood Special Education
  - Facilitates a therapeutic riding program called Horses With Wings, helping children with autism and active military personnel.
  - She has found horses to be an immediate mirror for our emotions when issues arise in therapy.

3. Panel Questions
1) What is the best scientific evidence that equine assisted therapy (EAS) is effective?
   i) There is evidence that EAS reduces human cortisol levels, reduces violent behaviors and increases positive neurochemicals.
   ii) EAS has been shown to increase heart rate variability (HRV) and self-esteem.
   iii) There needs to be more evidence regarding the effectiveness of EAS.

2) Is EAT more effective in treating autism than other forms of animal-assisted therapy or conventional psychotherapy?
   i) EAS is different than traditional therapies and therapies using other animals due to the nature of the horse but we cannot say it is categorically more or less effective than alternate therapies.
   ii) In animal assisted therapy what clients experience with dogs is very different from what they experience with horses, which leads to different effects that are not necessarily better or worse.
   iii) Our aim is to provide evidence that EAS is effective, not to discount any other therapy by suggesting it is more effective.
   iv) It may be that certain individuals with autism may improve more with EAS rather than dog therapy because horses are not particularly concerned with
human facial features where dogs have evolved to specifically recognize facial expressions in humans.

3) What are mediating the effects of EAT -- how does it work? What is the likely underlying biological mechanism (physiology, hormones, etc.) that is affected by EAT, and how do we test it?
   i) We have an idea of what the mediating effects may be and have enough exciting pilot studies on the topic to actually test greater hypothesis regarding this question.
   ii) It may not be one mediating effect that makes EAS unique but instead the fact that EAS is able to capture and deliver 10-15 different methods of therapy that we already know are effective in one package.
   iii) Different horses maybe affecting clients differently, for instance a recent study involving EAS with four different horses demonstrated that each of the horses consistently affected the clients differently i.e. one horse always increased self-esteem in clients, while another horse consistently increased level of IgA antibodies in clients.

4. Closing

Final Comments

Nancy:
Something all horses do is re-connect us of our body sensations.

Jane:
There are studies suggesting that learning something with the body is remembered longer.

Anne:
Humans are hardly ever in the present moment. Horses are in the present moment the all the time and force us to be in the preset moment.

Jane:
Would really encourage such a multidisciplinary group to go take the EAT class, Anne’s class and to use the resources that are already established here to bring all of these great minds together.

Michelle:
The wealth of information and the variety of ways we are approaching this topic are incredible. Would like to see more of the empirical science done so that it can be used in the education and therapy fields.
Nancy:
We don’t want to leave the horse sense out of the research – so often when we are trying to measure something we leave out something we already know. For instance, we know what horses are responding well to each person during activities because they tell us very clearly.

Participants

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<tr>
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