

The science and proven benefits of horse-assisted coaching

- Schütz, K. (2021). Positive and Negative Affects in Horse-assisted Coachings. Coaching | Theorie & Praxis. Springer Fachmedien Wiesbaden.
 - *Summary: Found that horse-assisted coaching significantly increases positive emotions and decreases negative emotions compared to control groups.*
- Li, J. (2023). Equine-Assisted Interventions for Veterans with PTSD. Frontiers in Psychiatry, 14, Article 1277338.
 - *Summary: Demonstrated beneficial psychological effects on veterans with PTSD, such as reduced anxiety and improved mood, though larger sample sizes are needed.*
- Jung, Y. (2025). Effects of Human–Horse Interactions on Oxytocin and Cortisol. Animals, 15(7), 905.
 - *Summary: Showed that interacting with horses increases oxytocin levels (linked to bonding and relaxation) without raising cortisol, indicating stress-reducing benefits.*
- Fullagar, S. (2024). Mechanisms and Benefits of Equine Therapy for Enhancing Mental Health. Youth Studies Australia, 43(2).
 - *Summary: Highlights that equine therapy can reduce symptoms of depression, anxiety, PTSD, and support recovery from addiction through experiential learning.*
- Hauge, H., Kvaem, I. L., Pedersen, I., & Braastad, B. O. (2013). Equine-Assisted Activities and the Impact on Self-Efficacy, Self-Esteem and Social Support among Adolescents. Journal of Adolescence, 36(2), 267-275.
 - *Summary: A four-month equine-assisted program led to improved self-confidence, higher perceived social support, and increased general self-efficacy in adolescents.*
- Fullagar, S. (2024). Equine-Assisted Activities & Emotional Learning: More-than-human Perspectives on Wellbeing. Sport, Education and Society, 29(5), 567-583.
 - *Summary: Explores how working with horses fosters emotional learning, empathy, and relational skills, particularly in young people from marginalized backgrounds.*



- Lentini, J. A., & Knox, M. (2009). Equine-facilitated Psychotherapy with Children and Adolescents: An Update and Literature Review. *Journal of Creativity in Mental Health*, 4(4), 437-451.
 - *Summary: Review of multiple studies showing that equine-facilitated psychotherapy improves communication, emotional regulation, and behavioral outcomes in youth.*
- University of Washington (2014). Effects of Equine-Assisted Activities on Cortisol Levels and Social Skills in Children.
 - *Summary: Found that participation in equine-assisted activities lowers cortisol levels and enhances social skills in children, promoting emotional regulation.*
- Beetz, A., Uvnäs-Moberg, K., Julius, H., & Kotrschal, K. (2012). Psychosocial and Psychophysiological Effects of Human-Animal Interactions: The Possible Role of Oxytocin. *Frontiers in Psychology*, 3, 234.
 - *Summary: Discusses how interactions with animals, including horses, may stimulate oxytocin release, improving trust, social bonding, and stress resilience.*
- Proops, L., McComb, K. (2010). Attributing Attention: The Use of Human-given Cues by Domestic Horses (*Equus caballus*). *Animal Cognition*, 13, 197–205.
 - *Summary: Demonstrated that horses can interpret human-given cues and adjust their behavior accordingly, supporting their role as sensitive partners in coaching.*