



# The 5th Nordic seminar on Equine Assisted Interventions 2024

September 12-13, 2024, at Halmstad University, Sweden

## Equine-assisted interventions for sustainable health, performance and participation

The 5th Nordic seminar on Equine Assisted Interventions 2024 in the form of a two-day conference embracing Equine Assisted Interventions to support health, learning, and activity irrespective of physical or mental disability. The seminar is a cooperation between The Swedish organisation for Equine Assisted Interventions (OHI), Halmstad University, Lund University and the Swedish University of Agricultural Sciences. The seminar incorporates OHI's 30th anniversary.

The conference aims to offer researchers, practitioners, and stakeholders in the field of Equine Assisted Interventions as well as accountable decision-makers and politicians at various levels within the health care sector and related areas access to recent research results and the opportunity to exchange experiences regarding Equine Assisted Interventions in the field of sustainable health, learning and activity for all in the society. The topic of evidence-based practice is an important fundamental aspect and constitutes a unique opportunity to define areas in need to be established with the help of high-quality research and development work as well as collaboration in and around Equine Assisted Interventions. The seminar concerns both researchers and practitioners from all over the Nordic countries to jointly increase knowledge about Equine Assisted Interventions.

Welcome to an exciting conference in Halmstad, 12-13 September 2024.

More information on OHI's website [www.obi.nu](http://www.obi.nu) and the conference website <https://www.bh.se/english/about-the-university/events/the-5th-nordic-research-seminar-on-equine-assisted-interventions-2024.html>



## Program

Day 1 Thursday September 12, 2024

<b>Room</b>	<b>S1002</b>
<b>09:30 - 10:00</b>	<b>Registration</b>
<b>10:00 - 10:15</b>	<p><b>Introduction</b>  <b>Maria Vilain Rørvang</b>, Associate professor at Swedish University of Agricultural Sciences,  <b>Elisabeth Argentzell</b>, PhD and Associate professor at Lund University  <b>Henrika Jormfeldt</b>, Professor at Halmstad University/ member of OHI research Group</p>
<b>10:15 - 10:45</b>	<p><b>Keynote speaker - Henrika Jormfeldt</b>  Professor of nursing, School of health and welfare, Halmstad University  <b><i>Holistic Equine-assisted services in a specialised health care and support system – barriers and benefits</i></b></p>
<b>11:00 – 12:00</b>	<p><b>Peer reviewed oral presentations on “Equine Assisted interventions – Relationships to Promote Health and Recovery”</b> Moderator: Elisabeth Argentzell</p> <p><b><i>Taking a One Health approach to Equine Assisted Interventions by engaging a multispecies triad perspective.</i></b> Andrea Petitt, University of Liège, Belgium, E-mail: <a href="mailto:Andrea.petitt@uliege.be">Andrea.petitt@uliege.be</a>  Henrik Lerner, Department of Health Care Sciences, Marie Cederschiöld University, Stockholm. E-mail: <a href="mailto:henrik.lerner@mchs.se">henrik.lerner@mchs.se</a></p> <p><b><i>Horses in Equine-Assisted Services - working on a relationship toward Human Health.</i></b>  Inês Pereira-Figueiredo Tiago Mendonça, Ana Rita Matias, Graça Duarte Santos Thekids Fellows-Research Group in Anthrozoology, Idanha-a-Nova, Portugal, Institute of Neurosciences of Castilla y León, Salamanca; University of Salamanca, Spain, Faculty of Veterinary Medicine, Lusófona University, Portugal. E-mail: <a href="mailto:thekidsfellows@gmail.com">thekidsfellows@gmail.com</a></p> <p><b><i>Equine Assisted Psychological Treatment (EAPT) according to CBT and ACT in a primary care context.</i></b> Emma Lindeblad, Clinical psychologist and psychotherapist in CBT; PhD in Psychology, Region Kronoberg och Linnéuniversitetet, E-mail: <a href="mailto:emma.lindeblad@lnu.se">emma.lindeblad@lnu.se</a></p> <p><b><i>Experiences of Equine-assisted psychotherapy (EAP) from Stallen Gaustad at Oslo University Hospital.</i></b> Christina Thorpe nurse and equine-assisted therapist at Stallen Gaustad, Oslo University Hospital, Norway. E-mail: <a href="mailto:chra@ous-hf.no">chra@ous-hf.no</a></p>
<b>12:00 – 13:30</b>	<b>Lunch and exhibition</b>
<b>13:30 – 14:00</b>	<p><b>Keynote speaker - Tobba Therkildsen Sudmann</b> Professor at Faculty of Health and Social Sciences, Western Norway University of Applied Sciences in Bergen, Norway  <b><i>Norwegian perspective on Equine Assisted Interventions in social exclusion, addiction, and dementia</i></b></p>



14:00 – 15:00	<p>Peer reviewed oral presentations on “Experiences from equine-assisted and nature-based interventions” Moderator: Elisabeth Argentzell</p> <p><b><i>A therapeutic equine-assisted group intervention- experiences among people with common mental disorders on sick leave.</i></b> Linda Fridén, PhD-student, Halmstad University, Sweden, E-mail: <a href="mailto:linda.friden@hh.se">linda.friden@hh.se</a></p> <p><b><i>Equine assisted education for students with problematic school situations.</i></b> Malin Larsson, MSc in agriculture with a major in animal science, MSc in environmental psychology. E-mail: <a href="mailto:malinlarsson@yahoo.com">malinlarsson@yahoo.com</a></p> <p><b><i>Young people's experiences of Equine-Facilitated Therapy (EFT) in promoting psychological functioning.</i></b> Hanna Huttunen, Occupational Therapist, Equine-Facilitated Therapist, Master’s Degree in Health Sciences University of Oulu Finland. E-mail: <a href="mailto:hanna.hanninen81@gmail.com">hanna.hanninen81@gmail.com</a></p> <p><b><i>Participation and inclusion for persons with intellectual disabilities in horse related activities.</i></b> Marie Gustavsson &amp; Susanne Larsson, Division of Social Work, Department of Culture and Society, Linköping university. Sweden. E-mail: <a href="mailto:marie.gustavsson@liu.se">marie.gustavsson@liu.se</a></p>
15:00 – 15:30	Coffee break and exhibition
15:30 – 16:30	<p>Peer reviewed oral presentations on “Impact of Equine Assisted interventions” Moderator Henrika Jormfeldt</p> <p><b><i>Animal-assisted and nature-based intervention with horses for young adults with autism and social withdrawal, A feasibility study with a health economic perspective.</i></b> Sara Holmberg, MD, associate professor, Department of Research and Development, Region Kronoberg, Sweden. Email: <a href="mailto:sara.holmberg@kronoberg.se">sara.holmberg@kronoberg.se</a></p> <p><b><i>A process of embodied recovery from stress-related mental health problems. Exploring and explaining the process of personal recovery from participating in a nature-based intervention including equine-assisted therapy.</i></b> Marie Gudmundsson, PhD student, Department of Health Sciences, Lund, Sweden. E-mail: <a href="mailto:marie.gudmundsson@med.lu.se">marie.gudmundsson@med.lu.se</a></p> <p><b><i>The movement of the horse building parameters of walk for chronic low back pain patients (CLBP).</i></b> Mattila-Rautiainen Sanna, University of Eastern Finland, Biomedicine. E-mail: <a href="mailto:sanna.mattila-rautiainen@uef.fi">sanna.mattila-rautiainen@uef.fi</a></p> <p><b>Physiotherapists’ experiences of Equine assisted therapy: A way to reach several levels of movement simultaneously.</b> Matilda Ugglå Master’s Programme in Physiotherapy (2023) Umeå University, Sweden. E-mail: <a href="mailto:Matilda.uggla@gmail.com">Matilda.uggla@gmail.com</a></p>
16:45 – 17:30	<p><b>Keynote speaker - Nina Ekholm Fry</b>  Director of Equine Programs at University of Denver's Institute for Human-Animal Connection  <b><i>Clinical Conceptualization and a Trauma-Informed Approach to Equine Interactions in Therapy Services: A Nordic Perspective on Developments in America</i></b></p>
19:00 -	Jubilee Dinner and ceremony held by OHI with speeches, announcing honorary member and singing



## Day 2 Friday September 13, 2024

<b>Room</b>	<b>S1002</b>
<b>9.00 – 9.30</b>	<b>Keynote speaker - Sven Forsling</b> Psychologist, researcher and honorary member of OHI <i>Horses in Compulsory treatment - A summary from 60 years of Equine assisted interventions</i>
<b>9:30 – 10:00</b>	<b>Keynote speaker - Margareta Håkanson</b> Licensed physical therapist, med licentiate degree, OHI Research Network <i>Development of Equine Assisted Interventions in Sweden - milestones and challenges</i>
<b>10:00 – 10:30</b>	<b>Coffee break and exhibition</b>
<b>10:30 – 11:30</b>	<b>Panel dialogue led by Elin Lee Apple at The Swedish Horse Industry Foundation (HNS)</b> Including representatives of politics, OHI, researchers and practitioners in the field regarding what needs to be done to make Equine-assisted interventions available to those who need it. The panel dialogue will be held in Swedish, while the dialogue with the panel will be summarized and translated into English.
<b>11:30 – 12:00</b>	<b>Closure and Information about upcoming conference/seminar regarding Nature based health at SLU Alnarp 2025.</b>
<b>12.00 – 13:20</b>	<b>Lunch and exhibition</b>
<b>Room</b>	<b>S1004, S1023, S1072, S1078</b>
<b>13:20 – 15:00</b>	<b>Workshops in smaller groups based on, geographical or activity-specific focus</b>
<b>15:00 – 15:10</b>	<b>Take away “fika” and goodbye</b>

Registration is done via the conference website <https://www.hh.se/english/about-the-university/events/the-5th-nordic-research-seminar-on-equine-assisted-interventions-2024.html>