GREETINGS

from

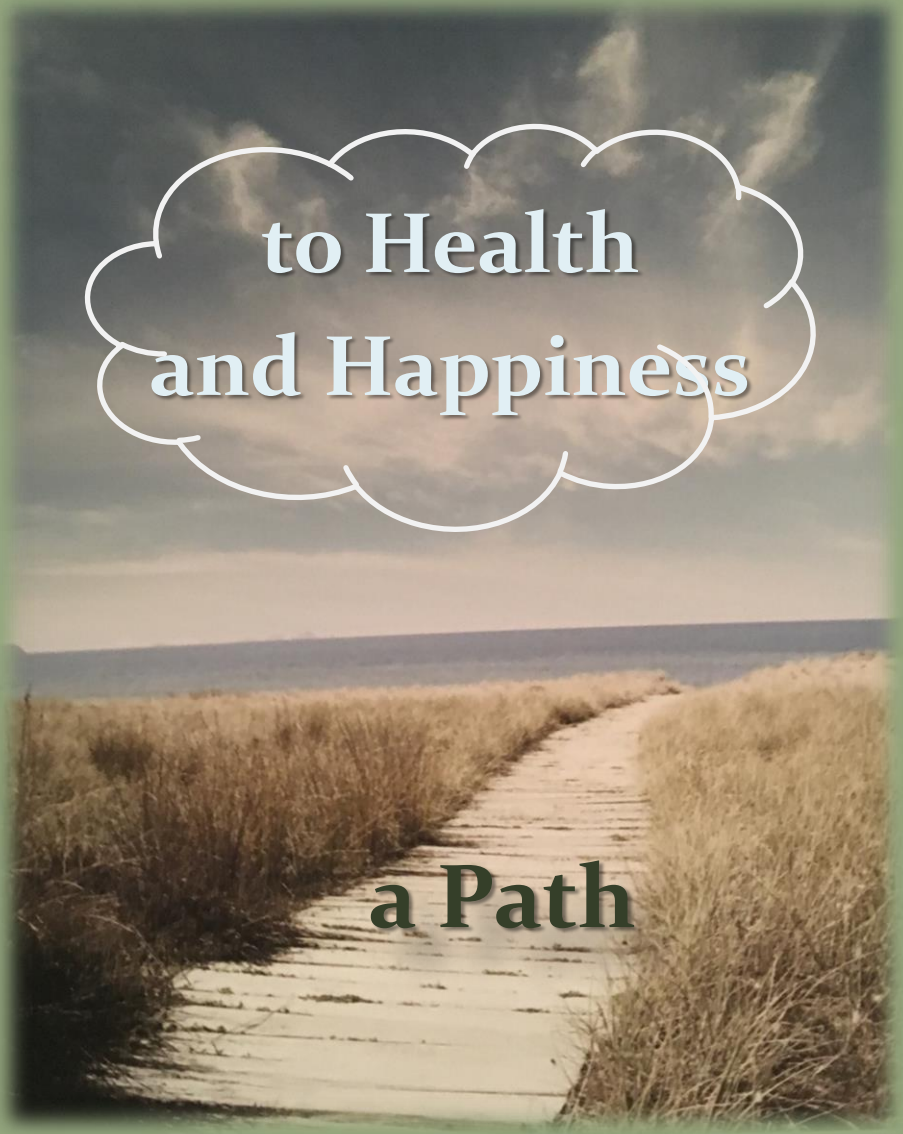
HETI

HETI

263 members in 47 countries

HETI

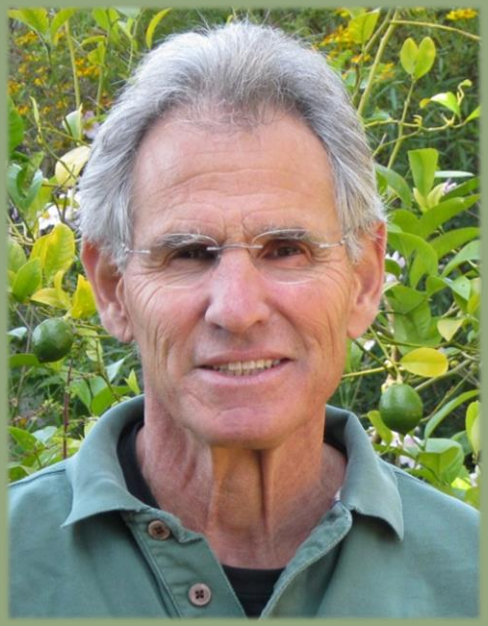
Nordamerika
Europa
20 Jubelee ,Hungary
Nahost
Mittelamerika
Karibik
Mittel-
asien
Fernost
Afrika
Südamerika
Australien
Ozeanien



Mindfulness on and with the Horse

Symbol for mindfulness and completion

Mindfulness is provided as basis in every human being



Mindfulness is available to be experienced in each moment and with every breath.

Jon Kabat-Zinn

Developed:

MBSR = Mindfulness-based Stress Reduktion and

MBCT= Mindfulness-Based Cognitive Therapy

Mindfulness is considered one of the most important core skills in DBT

Marsha Linehan

Developed :

DBT = Dialectical Behaviour Therapy for Borderline Patients

Jon Kabat-Zinn

- Focus on a single object,
  a single doing,
  a single situation to be
  in the "here and now",
- not judging oneself
  (including thoughts) and
  the others
- mindful breathing
- body scan
- Yoga

Marsha Linehan

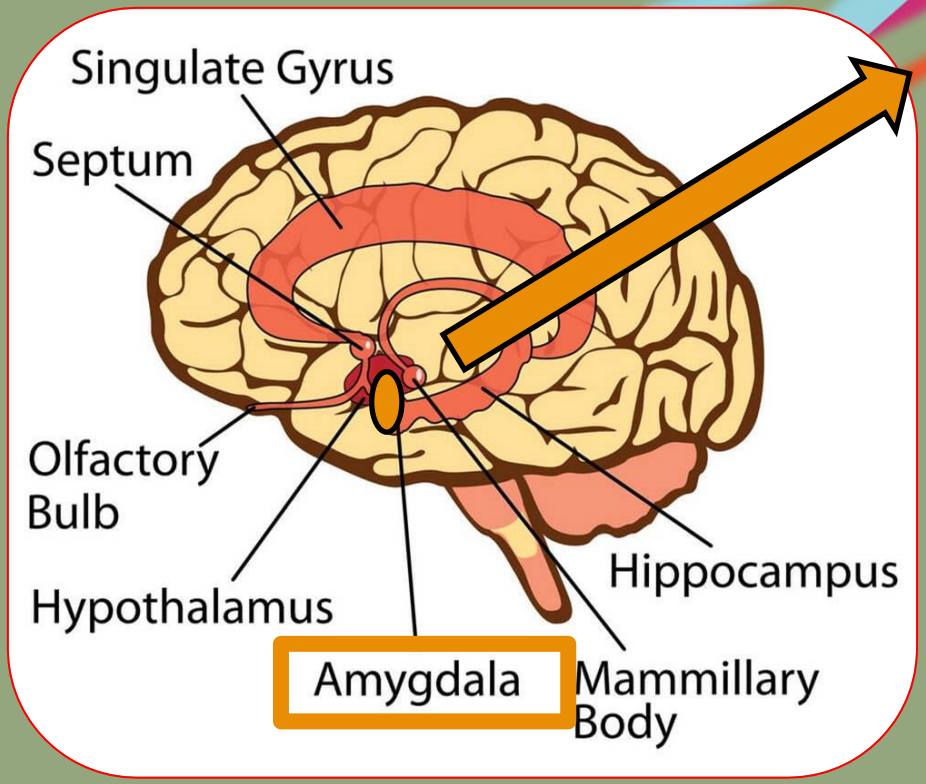
- The basic concept of dialectic:
  there is no right and false
- Radical acceptance but with
  the possibility to change
- not judging oneself (including thoughts) and the others
- awareness in all life situations
  (eating, walking) to be
  in the "here and now".
- nearness and distance
- mindful breathing

Mindfulness produces functional and structural Changes in the Brain.

The Amygdale – in the Limbic System …

… is involved in Stress Situations

… is harmonized by Mindfulness



How to incorporate / integrate mindfulness in therapy

1. *The therapist is trained in mindfulness to be more aware in all kind of therapeutic situations*

2. *The therapist uses his knowledge about mindfulness by some skills*

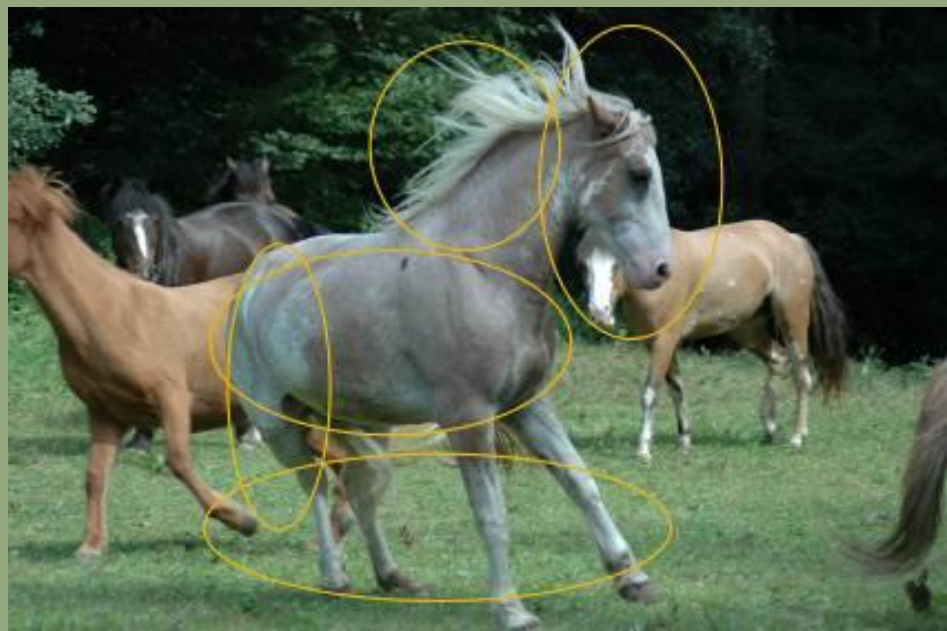
3. *In mindfulness based therapy the therapist teaches mindfulness*

Germer and colleagues (2009)

Mindfulness and Therapeutic Riding

- Focus on a single object, a single doing, a single situation to be in the "here and now"

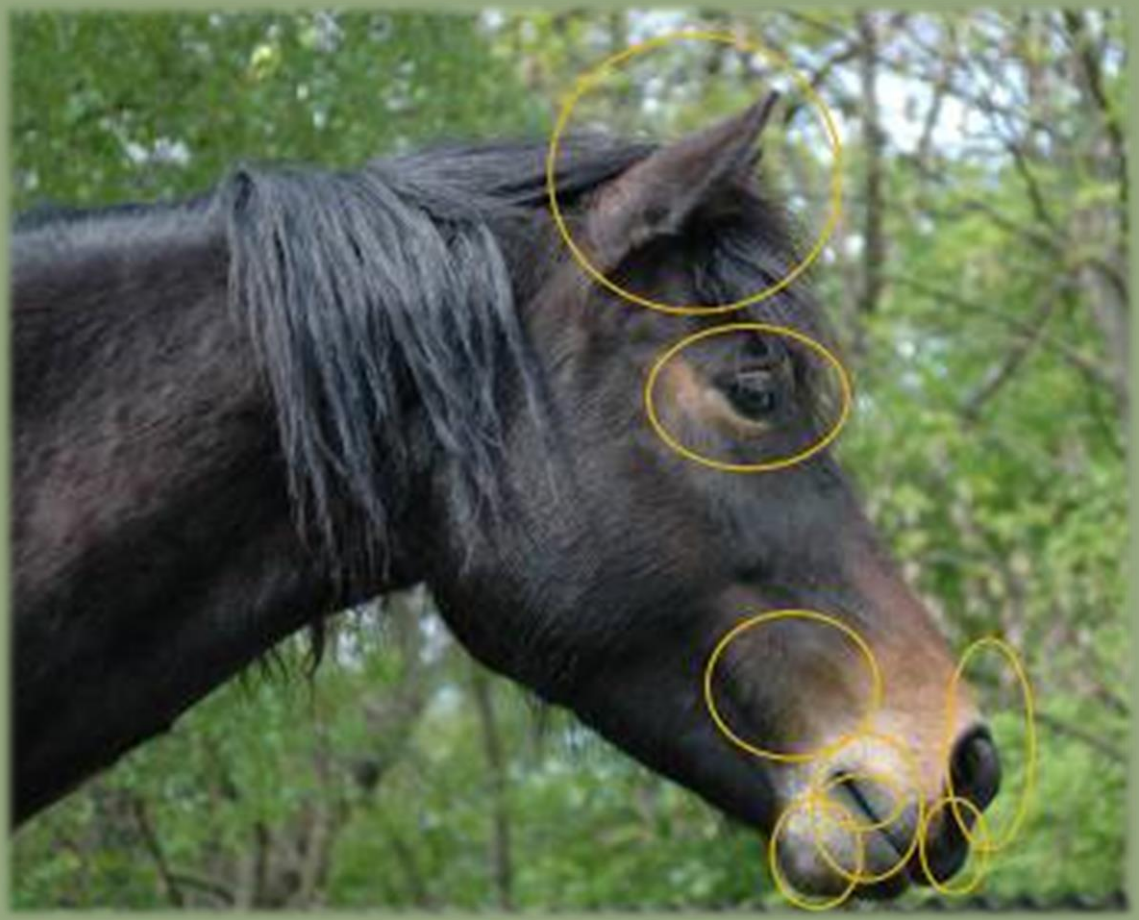
- How is the horse acting when it is free?
- with the other horses…????



- Focus on a single object, a single doing, a single situation to be in the “here and now”

- How is the horse acting when it is on the paddock?
- In the stable?

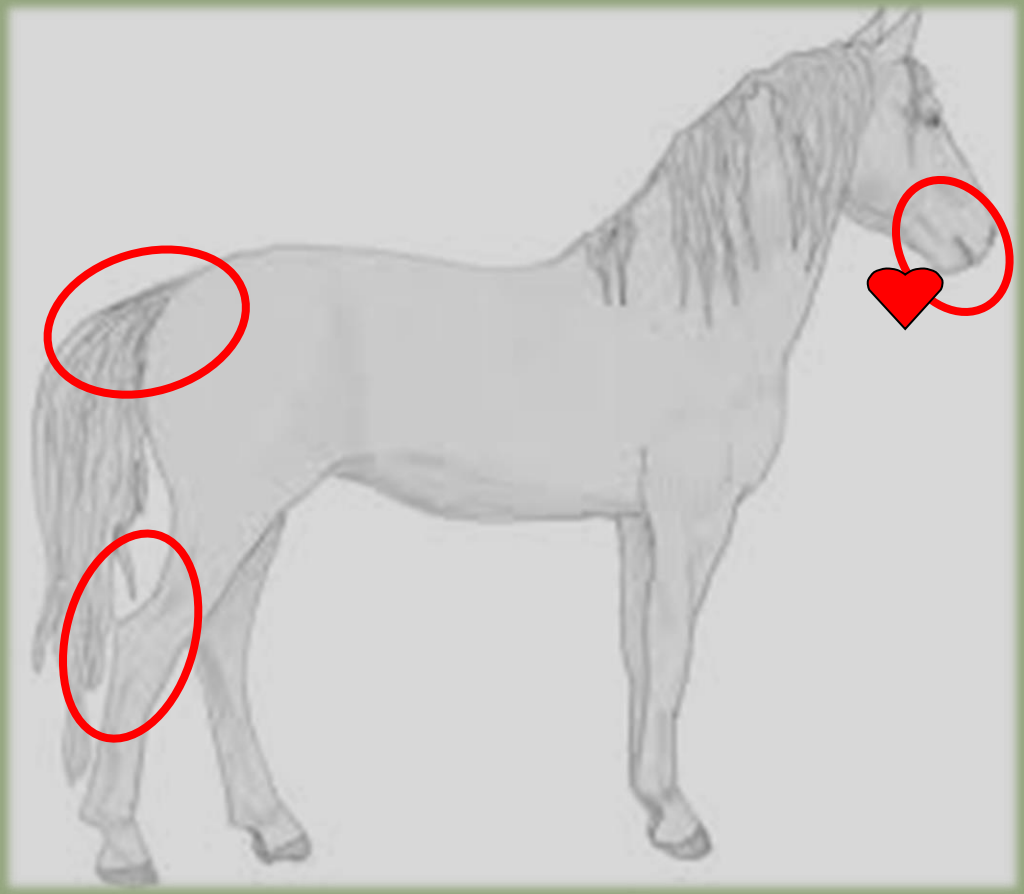
- Focus on a single object, a single doing, a single situation to be in the “here and now”



Look at its
- ears
- eyes…
- nostrils / lips

… where is the horse soft, ….

Focus on a single object, a single doing, a single situation to be in the “here and now”



Put spots on it:

what can you see and where

etc.

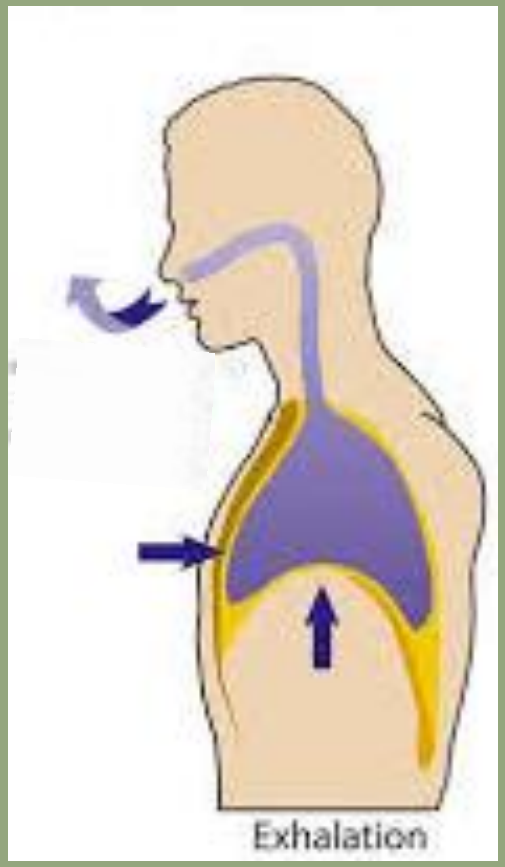
To be in the here and now!

Snorting

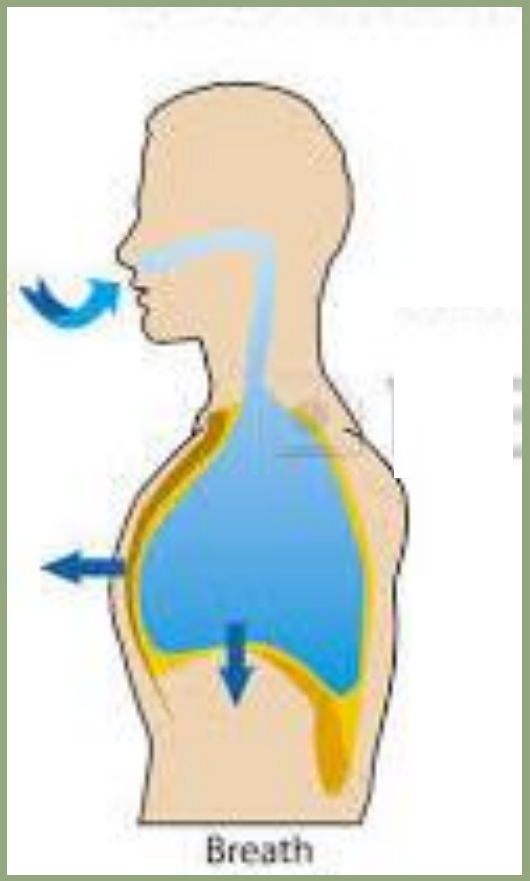
The Heart Rates slow down significantly after Snorting

Mindful breathing

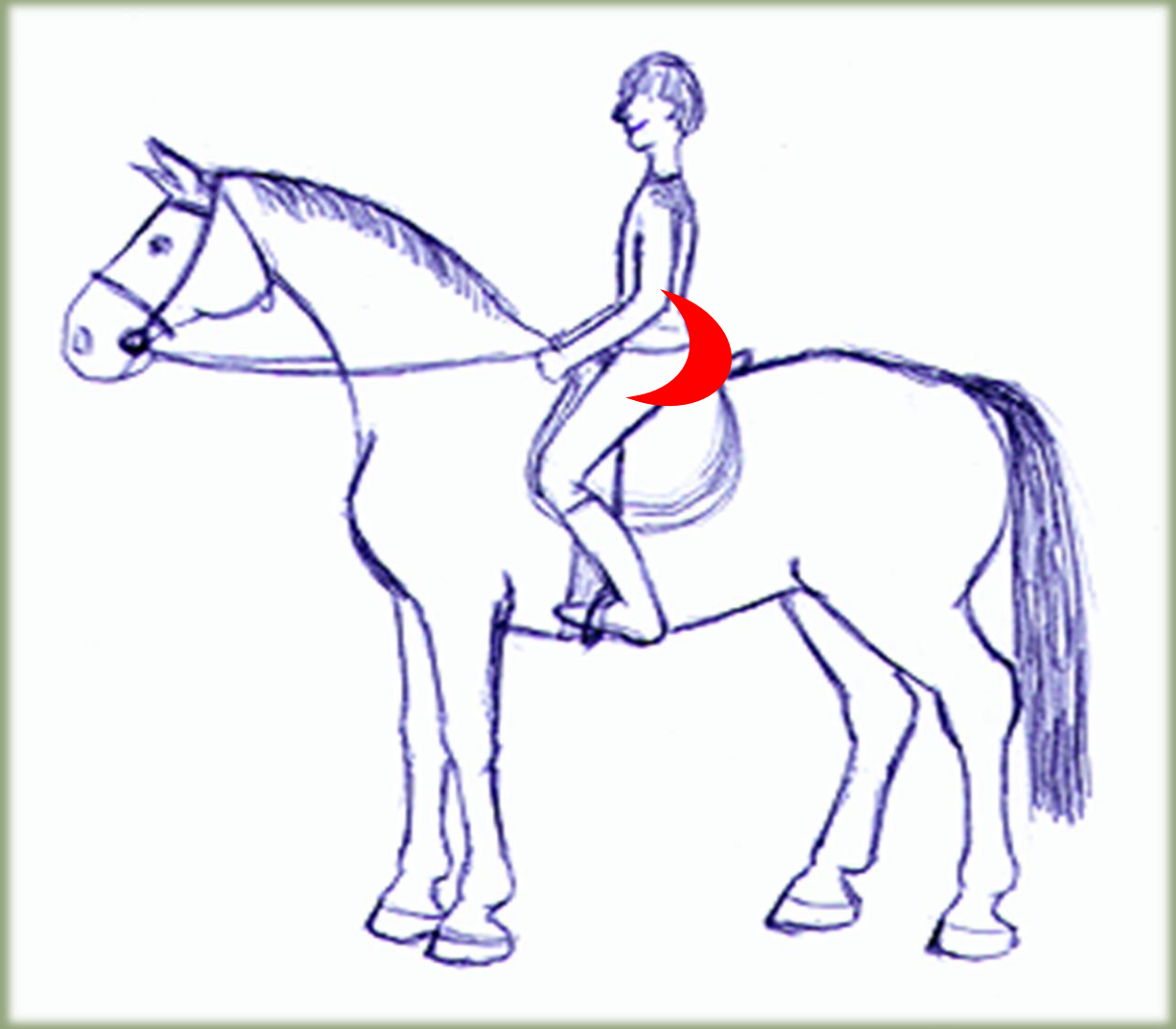
Exhalation,- our diaphragm is rising and so the pelvis is given free



breathing in, the diaphragm comes down and makes a little pressure to the pelvis



Mindful breathing



… widen butt cheeks!

Body Scan

Roxana Küwen: **Twenty Toes**

…when did you last feel your little toe?

There is no right and false
but different positions to reach particular aims

… what is the „right“ posture?….

The water jet

supports a ball

To be in harmony, synchronous, with the horses movement ....

... releases Oxytocyn, the luckiness-hormone

•nearness and distance

Nearness and

Distance

in Harmony with your Horse