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More Than A Mirror: Horses, Humans & Therapeutic Practices



Synopsis

More than a Mirror is a deep and passionate study of Equine Assisted Psychotherapy and Learning (EAP/EAL). Horse Sense of the Carolinas founder Shannon Knapp examines the therapeutic process with horses and how horses foster emotional and social intelligence. Special focus is given to the selection, assessment and support of the horse in EAP/EAL. Through research, interviews, and her own extensive experience in the field, Shannon provides a peek behind the scenes of EAP practices.

Book Information

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Customer Reviews

"More Than a Mirror" was a great book! I am a Lic. Marriage and Family Therapist and have been looking for a new way to provide therapy. I have always been a Horse lover and personally know how much interacting with one has helped me grow. When I found out that there was such a thing as EAP I knew this was the path to take but had no idea where to start. Shannon Knapp informed me of "More than a Mirror" book and that it was a good way to start understanding how this field works. I just finished the book and I have to say it was extremely helpful not only in confirming that this is the route I would like to take but to understand what was out there in the world. So if your interested or curious about what EAP is all about I def. recommend this book! Thank you Shannon on pointing me to the right direction!

This is a "must read" for anyone interested in or currently participating in the equine-assisted world.

Shannon effectively blends voices of many experts & professionals with practical models of theoretical foundations (both human and horse related) in an easy-to-read format. She also shares her personal insights - it's almost like being in the room with her! Regardless of your approach to partnering with horses to help human development, More than a Mirror creates an opportunity for the reader to explore beliefs and choices which impact our horse partners, human clients, and the larger equine-assisted psychotherapy and learning field.

easy to read and understand, first person to bridge the newer therapeutic ideas with natural horsemanship that I know of

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