



NB. the participant pictured was not part of the study cohort

***TheHorseCourse cuts  
domestic violence and abuse by 51% How?  
A closer look at the method behind the evidence***



**TheHorseCourse**

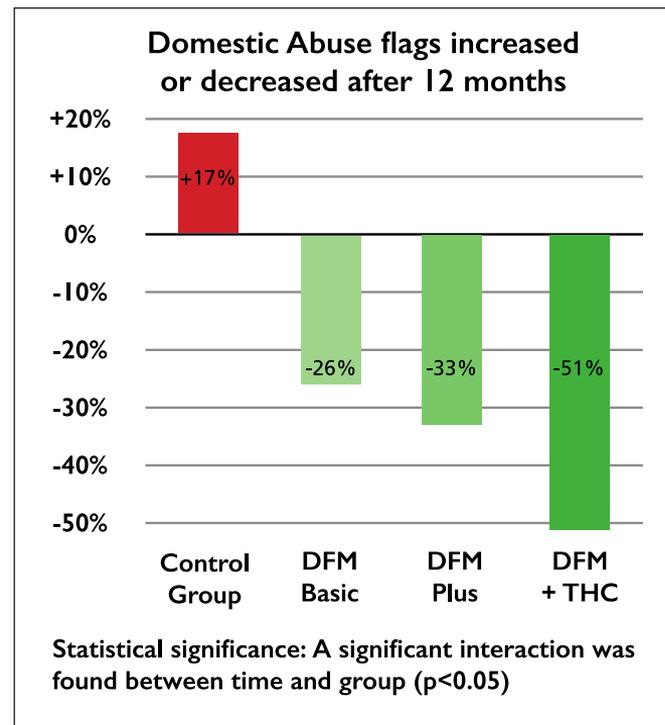


# Troubled Families Data

- Central government strategy in the UK
- Families with 2+ of: domestic violence and abuse (DVA), worklessness, school absence, vulnerable children, mental & physical health, offending
- Data provided by Local Authority
- BU Ethics

# DVA Findings

	Total in group	DV flag pre-	DV flag post-	Increase / Decrease	
Control	10569	720	839	119	+17%
DFM Basic	2120	371	276	-95	-26%
DFM Plus	1119	193	130	-63	-33%
DFM + THC	268	49	24	-25	-51%



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# How it works



The 4 minute video is also available at [www.thehorsecourse.org](http://www.thehorsecourse.org)



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# Participant Journey

A study exploring the experiences of children and parents attending TheHorseCourse:

Four overall themes emerged from their experiences;

- ‘change as a journey’
- ‘seeing is believing’;
- ‘a chance to shine’
- ‘making connections’

Quotes showed that parents felt that being able to witness the changes in their children from observing the intervention and the reflective discussions really helped with the change process for parents and children. In addition, as parents are normally present during the intervention, they too had their own experience of what they had seen and what they had witnessed their child do. Parents described a significance in seeing something that enabled belief in the **possibility of change** for the family.

Watson, S. 2019. Making sense of change in an equine assisted intervention. PhD Thesis Canterbury Christ Church University Salomons Centre for Applied Psychology

<https://repository.canterbury.ac.uk/item/89151/making-sense-of-change-in-an-equine-assisted-intervention>



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