



**BU**  
Bournemouth  
University

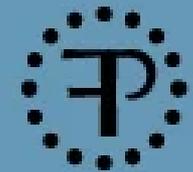
NB. the participant pictured was not part of the study cohort



# TheHorseCourse

This paper is presenting results from an observational study measuring the impact of an equine-assisted education (EAE) intervention on the future occurrence of domestic violence within the family over 1 year following completion of the intervention as part of the troubled families program.





Reducing the incidence of domestic  
violence:

An observational study of an equine-  
assisted intervention

<https://onlinelibrary.wiley.com/doi/full/10.1111/famp.12768>

<https://doi.org/10.1111/famp.12768>

the **FSI**

Small Charity  
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<https://www.thehorsecourse.org/>

# Troubled Families Data

- ▶ Central government strategy in the UK

- ▶ Families with 2 or more:

Domestic violence and abuse (DVA)

Worklessness

School absence

Vulnerable children

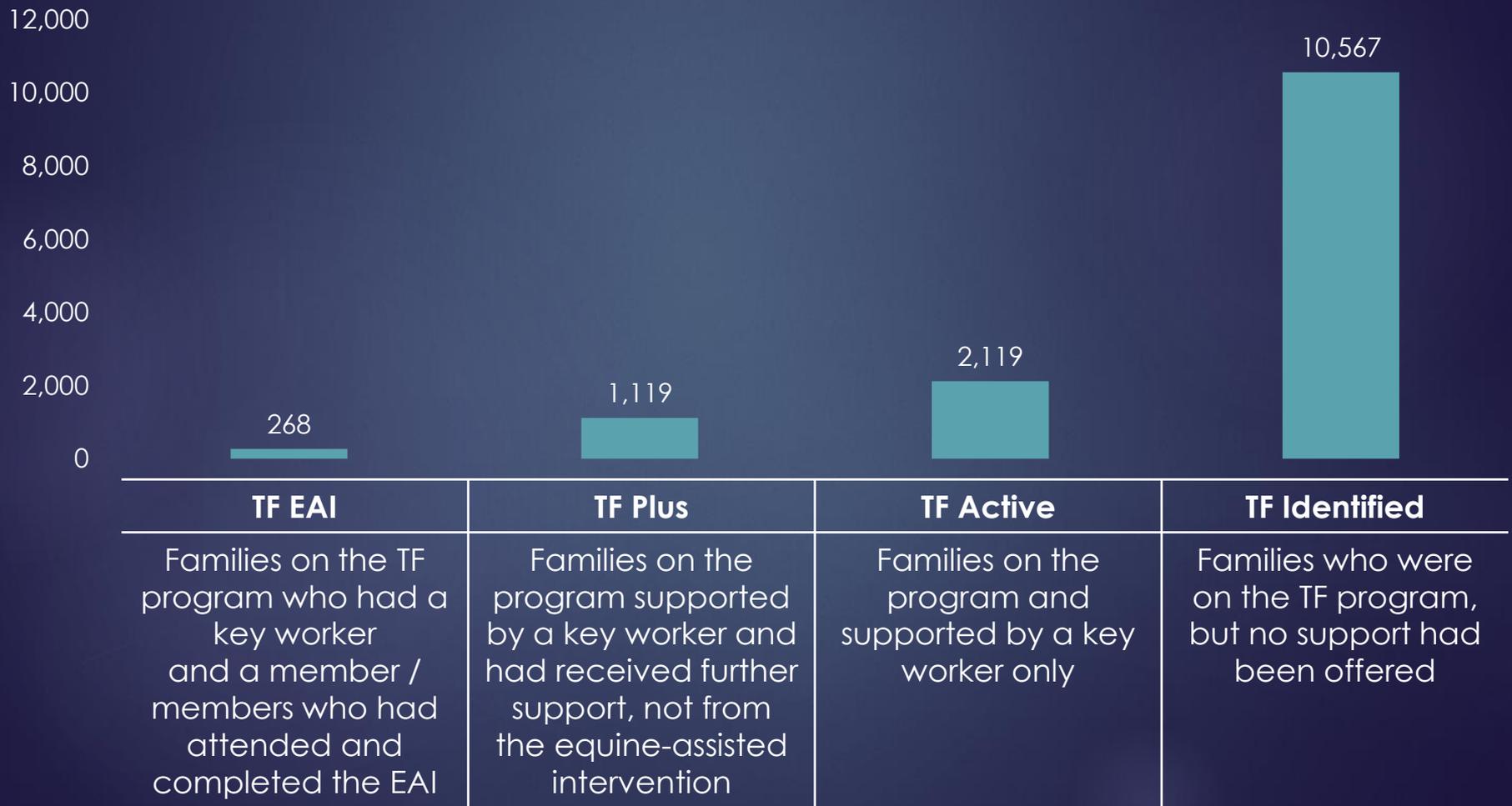
Mental & physical health

Offending

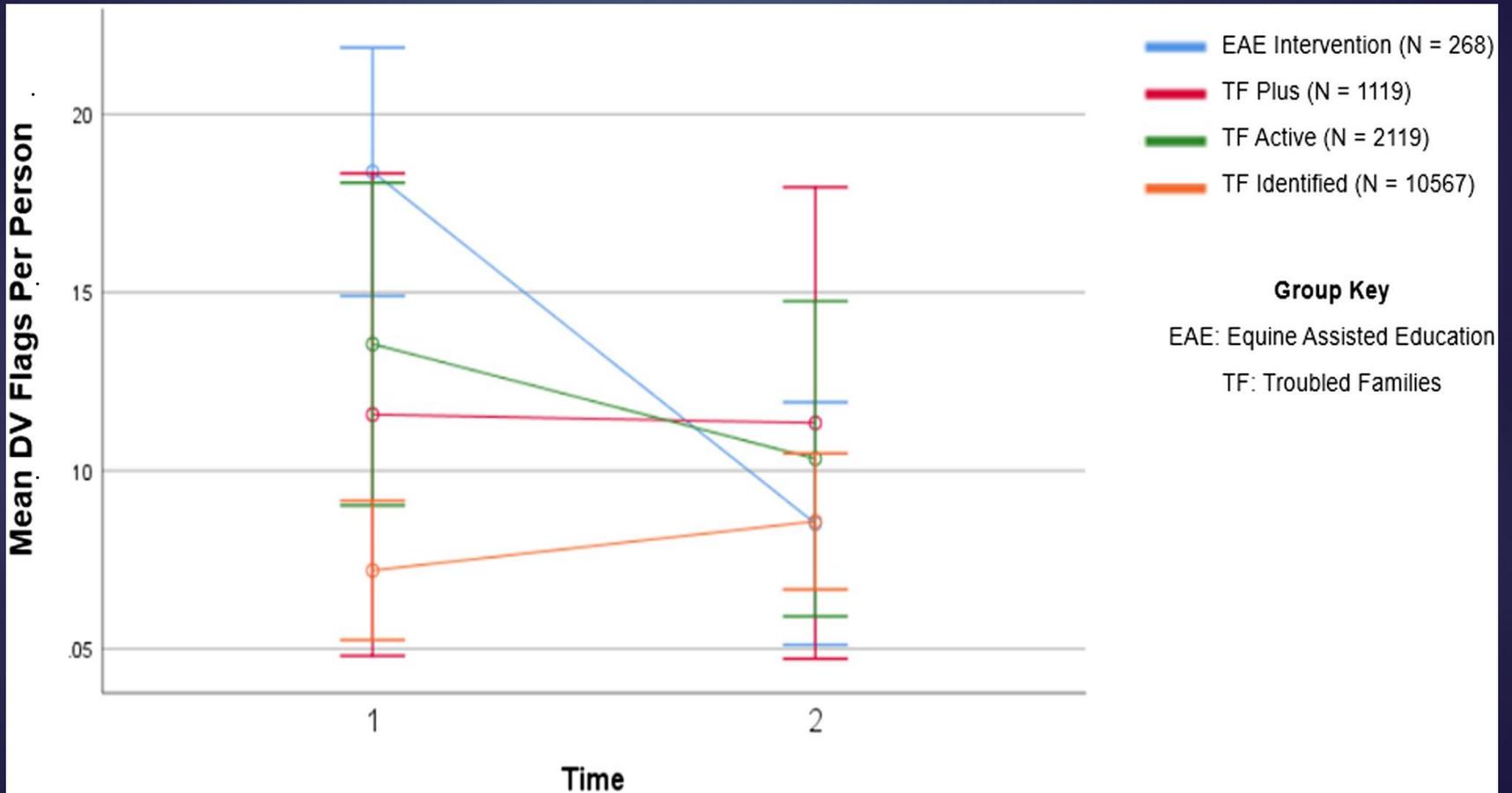
Drug & alcohol abuse

- ▶ Data collected by the Local Authority, crime, health and social care data
- ▶ Gained BU Ethics

# The data were analysed and compared across four groups:

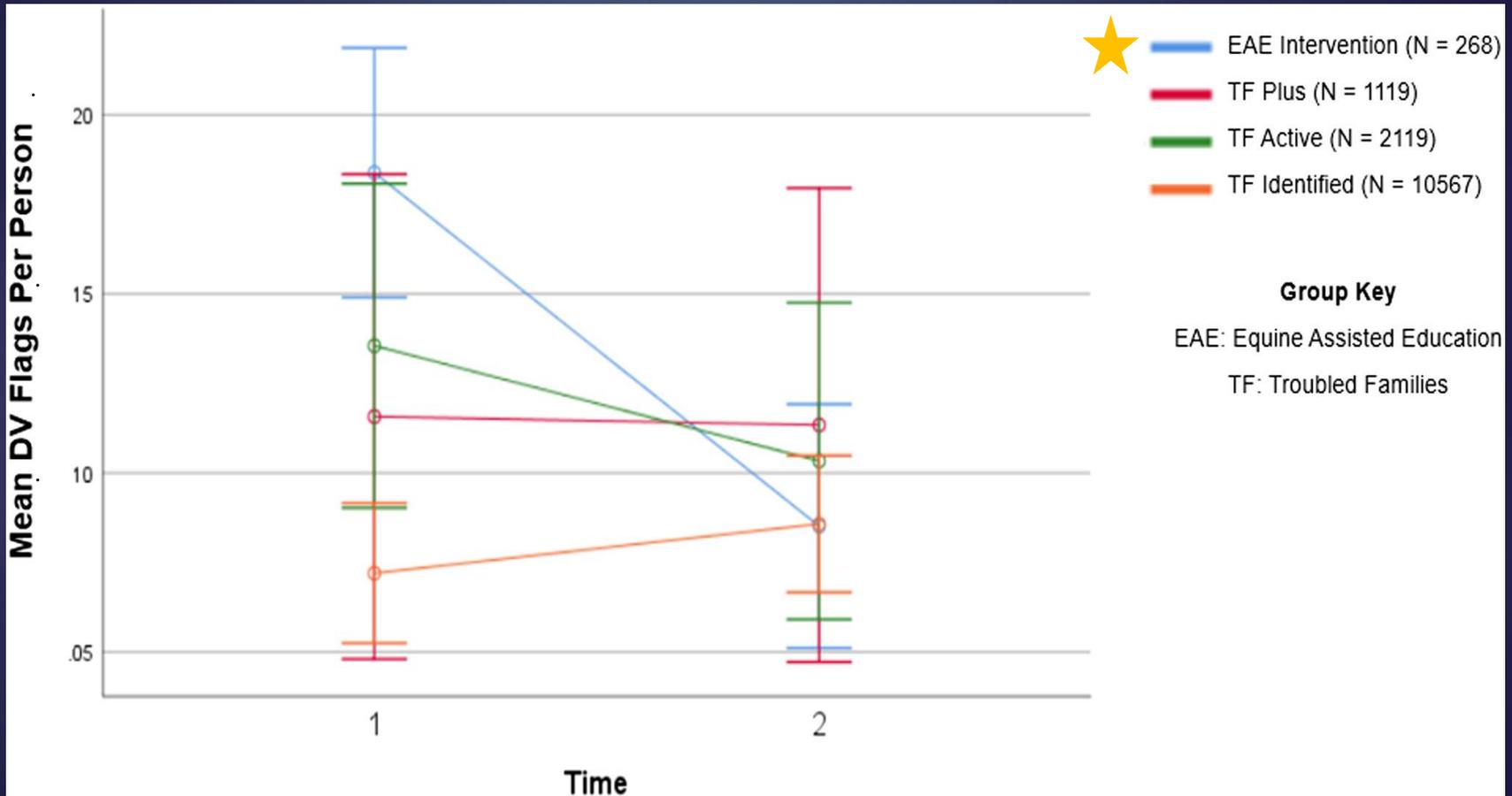


# Results:



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Significant reductions in DVA and child in need status were found for those families who had a member or members attend and complete the equine-assisted intervention.



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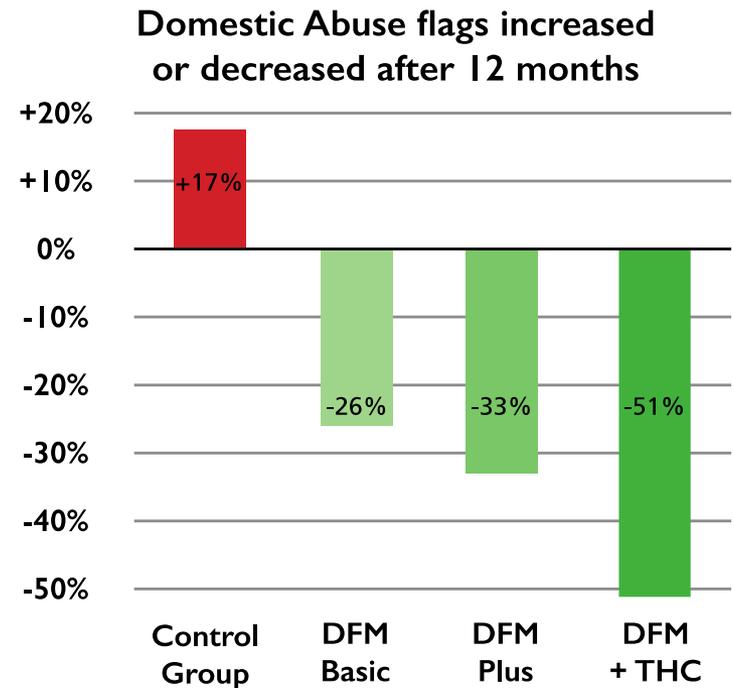
- Those families referred to the equine-assisted intervention also had significantly more complex needs than those in the other groups.
- Referrals to this intervention are normally for those families for whom talk-based interventions such as parenting, or education-based interventions are not working.



# DVA Findings

Likelihood of experiencing domestic violence for families who had no intervention **increased by 17%** compared to a **51% decrease** for the EAE group

	Total in group	DV flag pre-	DV flag post-	Increase / Decrease	
Control	10567	720	839	119	+17%
DFM Basic	2119	371	276	-95	-26%
DFM Plus	1119	193	130	-63	-33%
DFM + THC	268	49	24	-25	-51%



Statistical significance: A significant interaction was found between time and group ( $p < 0.05$ )



# The Intervention



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



TheHorseCourse



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# The experiences of children and parents attending....

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.

The study found that 4 overall themes emerged from their experiences:



**Change as a Journey**



**Seeing is Believing**



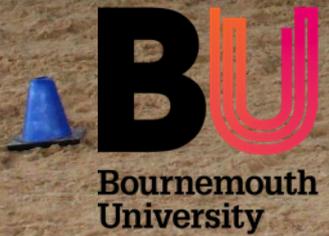
**A Chance to Shine**



**Making Connections**

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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