

# Case Study of a Group of Adult Users of a Mental Health Team Receiving Riding Therapy

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## *Abstract*

*The purpose of this study was to examine the effect of riding therapy on a group of 8 adults users of a social services mental health team in South Devon. The benefit of animal assisted Therapy (AAT) and pet ownership of health and well being is well documented. However, whilst research has been conducted into the benefits of hippotherapy – the employment of horse riding as a physiotherapeutic aid – little has been undertaken on the psychotherapeutic benefits of riding therapy. This case study found that the riders benefited in areas ranging from increased confidence and self-concept, that the therapy aided social stimulation and led to transferable skills being acquired.*