

ARTICLE THIRTEEN

*EQUINE ASSISTED THERAPY CAMPS FOR CHILDREN WITH
ADHD OR ADD*

As a final project and part of the postgraduate training “Equine Assisted Therapy” (EAT) at the Arteveldehogeschool in Gent, we organised a graduation project of 3 EAT camps for children with Attention Deficit Hyperactivity Disorder (ADHD) or with Attention Deficit Disorder (ADD) without diagnosed mental restriction. The purpose of these camps was the stimulation of the general wellbeing, both mental and physical, of the children. The camps offered a motivating opportunity where they could discover and develop themselves and learn to function in a group.

The camps took place in Riding Centre Dennenhof at Landegem (Belgium), where over a period of 5 days the children were given a combination of psycho-education, behavioural therapy, psychomotor therapy, creative therapy and relaxation exercise. During these days and therapies the children learned to know themselves in a context of different activities with the horses.