

# The Development of a Cognitive-Behavioral Equine Facilitated Therapy for Children and Adolescents with Anxiety

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## Introduction

- 15-20% Youth experience anxiety
- Anxiety is chronic
- Cognitive Behavioral Therapy is short-term evidenced based treatment
- Logistical obstacles to treatment

## Method

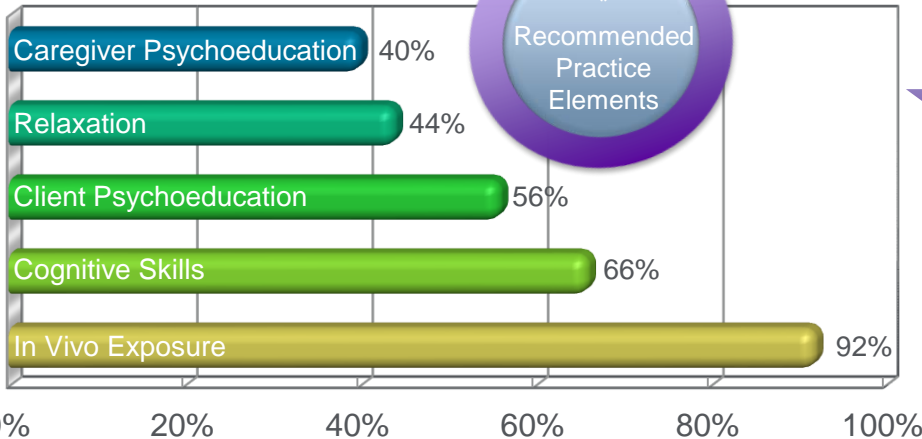
- Interdisciplinary team
- Literature review
- Biweekly meetings
- Consults as needed
- PracticeWise Best Supported Research

118 Protocols

91 Papers

44 Practice Elements

\* Recommended Practice Elements



## Intervention

- 1 CBT components
- 2 CBT Anxiety Focus
- 3 Relaxation Techniques
- 4 Review
- 5 Finalize Fear Ladder
- 6 Thought Changing
- 7 Cognitive Distortions
- 8 Cognitive Distortions
- 9 Problem Solving
- 10 Termination Celebration and Maintenance

Unmounted

Mounted



Limitations  
Needs testing

Pilot Study: N=60

Therapeutic Riding

Intervention

Waitlist Control

Department of  
Child and  
Adolescent  
Psychiatry

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