

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

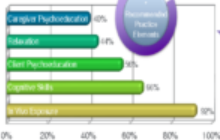
- Interdisciplinary team
- Literature review
- Biweekly meetings
- Consults as needed
- PracticeWise Best Supported Research

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=50

Therapeutic Rating

Intervention

Waitlist Control

Department of Child and Adolescent Psychiatry

