TABLE OF CONTENTS

Applied Equine Psychology The Art and Science of Helping Horse

- 1. Introduction
- 2. Helping Andy and Apple: professional practice models
- 3. Clinical psychology: the path to profession
- 4. Equine behaviour consultancy: a parallel path?
- 5. Trans-species psychology: mammalian brains and needs are more similar than different
- 6. Equine mental well-being: setting the scene
- 7. Equine mental well-being: assessing and improving
- 8. Equine relationships: understanding attunement and attachment needs
- 9. Trauma: how to work with trauma without working on trauma
- 10. Practicing as an equine psychology specialist: 'It ain't what you do, it's the way that you do it'
- 11. Conclusion.