

The Effectiveness of Equine-Assisted Experiential Therapy: Results of An Open Clinical Trial. Klontz, Bradley T; Bivens, Alex; Leinart, Deb; Klontz, Ted. *Society & Animals*, 2007; 15(3): 257-267. Correspondence to Klontz, Coastal Clinics, PO Box 529, Kapaa, HI 96746, USA; btklontz@aol.com

Abstract: This article describes an equine-assisted experiential therapy approach and presents treatment outcomes in 31 participants in an equine-assisted, experiential therapy program. Participants completed psychological measures prior to treatment, immediately following treatment, and 6 months after treatment. Reported reductions in psychological distress and enhancements in psychological well being were significant immediately following treatment and were stable at 6-month follow-up. The article discusses the clinical implications and limitations of the present study and directions for further research.