



## Course syllabus

Faculty Board of Health, Social Work and Behavioural Sciences  
School of Social Work

2SA020 Hästunderstött socialt arbete, 15 högskolepoäng  
Equine assisted social work, 15 credits

### **Main field of study**

Social Work

### **Subject Group**

Social Work and Social Welfare

### **Level of classification**

First Level

### **Progression**

G2F

### **Date of Ratification**

Approved by the Board of the School of Social Sciences 2012-08-20

The course syllabus is valid from spring semester 2013

### **Prerequisites**

General entry requirements as well as 1-60 credits (in the same field) within one of the following fields: Social Work, Social Psychology, Pedagogy, Behavioural Science, Psychology or another education that is deemed suitable.

## Objectives

On completion of the course, students should be able to:

- plan an intervention with chosen client-group on the basis of their profession
- describe the role of the horse in equine assisted social work
- reflect over the role of the horse for chosen client-group and for their own personal professional development
- interpret the horse's signals as well as be able to react on the basis of them.
- describe how their own behaviour can influence the horse's behaviour and reactions.
- reflect over the demands that are placed upon the horse on the basis different interventions.
- carry out exercises where the student demonstrates an insight into the ways in which one can work preventively in order to prevent accidents as well as risk situations
- identify, analyse and assess ethical problems and dilemmas for standpoints and decisions in Equine assisted social work
- apply knowledge from different theories and perspectives in relation to equine assisted social work
- carry out equine assisted work in accordance with the primary objectives as well

as document evaluations and developments of the equine assisted operation on the basis of their primary profession.

- seek knowledge independently as well as demonstrate knowledge of current research within the operational field
- integrate the theoretical knowledge in a practical way through applying it.
- critically consider definitions and demarcations within Equine assisted social work.

## Content

The course contains both theoretical studies within the field of equine assisted social work as well as practical exercises involving horses. Students should apply knowledge in order to, on the basis of their primary profession, utilise the horse in a secure and safe way as well as be familiar with the possibilities of other professions to work with the horse.

The course will concentrate on the following

- Horse keeping in practice as well as the role of the horse in equine assisted social work.
- Prevention of risks and accidents in connection with equine assisted social work
- Integrate theories and methods for equine assisted social work
- Individual supervision as well as group supervision
- A professional attitude
- Personal and professional development
- How to strengthen the client's social skills through integrating with horses
- Client/use perspective
- Ethical attitude in relation to both humans and horses
- Documentation prior to evaluation

Obligatory attendance is expected throughout parts of the course and this is specified in the schedule or study guidelines.

## Type of Instruction

Teaching that is carried out at quarter speed is partly done so through obligatory gatherings on campus Kalmar and equestrian centres and partly with the support of a web-based learning platform. It is made up of practical exercises, lectures, seminars, supervision and group discussions. Some teaching may be in English.

## Examination

The course is assessed with the grades Fail (U), Pass (G) or Pass with Distinction (VG).

The course is assessed with the grades Fail, Pass or Pass with credit. The objectives of the course are examined according to the following: During six course days where, among other things, practical exercises with horses are included, and of which one includes a written reflection protocol. All these course days are obligatory and are assessed with the grades Fail or Pass; what is more, they are included as a part of the concluding examination. The concluding examination is carried out in the form of an individual written assignment and is assessed with the grade Fail, Pass or Pass with credit. In order to receive a grade of Pass with credit on the entire course, students must have received a grade of Pass with credit on the concluding written assignment.

## Course Evaluation

At the end of the course a written course evaluation is carried out. The evaluations are compiled and archived and fed back to the students via the course coordinator.

## Other

Students themselves are responsible for costs that may occur for travel in connection with practical exercises with horses. Access to horses as well as possibility to practice activities at home is needed for skills training during the education. Students are

responsible for cost of headset, webcam and other technical equipment that is needed for distance teaching via the Internet.

## Required Reading and Additional Study Material

Aneer, G., Arnoldsson, J., Forte, J.A., Hildebrand, C., Lindqvist, K., Ljungqvist, L. & Mohseni, S.(2009). *Empowermentorienterat socialt arbete* Studentlitteratur AB, (267 p).

Atrell, B., Björnhag, G., Dalin, G., Furugren, B., Ohlsson, J., Planck, C. & Rundgren, M. (1999). *Hästens biologi, utfodring och avel*. Natur & Kultur, (282 p).

Lundblad, K. & Palmkron Ragnar, Å. (2009). *Fri från stress med mindfulness: medveten närvaro och acceptans*. Argos /Palmkrons Förlag, (374 p).

Beckhoff, M. (2007). *The emotional lives of animals*. New World Library, (166 p).

Bergmark, A., Bergmark, Å. & Lundström, T.(2011). *Evidensbaserat socialt arbete: teori, kritik, praktik*. Natur och kultur,(192 p).

*Djurskyddsbestämmelser*. Jordbruksverket

L80: Djurskyddsmyndighetens föreskrifter och allmänna råd om villkor för hållande, uppfödning och försäljning m.m. av djur avsedda för sällskap och hobby.

L:101: Djurskyddsmyndighetens föreskrifter och allmänna råd om hästhållning

L:120: Djurskyddsmyndighetens föreskrifter om kravet på tillstånd enligt 16§ djurskyddslagen (1988:534) för hållande m.m av häst, hund, katt och övriga sällskapsdjur.

Fine, A. H. ( 2006). *Handbook on Animal-Assisted Therapy Theoretical Foundations and guidelines for practice*. Second edition. USA Academic Press, (588 p).

Forsberg, L. (2007). *Att utveckla handlingskraft Om flickors identitetsskapande processer i stallet* Licentiatuppsats Luleå tekniska universitet: Institutionen för pedagogik och lärande, (145 p).

Forsling, S. (2001). *Flickan och hästen*. Utgiven av Statens institutionsstyrelse, Rapport nr 2/10,(132 p).

Irwin, C. (2001). *Horses Don't Lie: What Horses Teach Us about Our Natural Capacity for Awareness, confidence, Courage and Trust* DA CAPO PRESS, (176 p).

Norling, I. (2000). *Djur i vården – en forskningsöversikt om hur sällskapsdjur kan påverka äldres hälsa och livskvalitet*. Sektionen för vårdforskning vid Sahlgrenska sjukhuset, Göteborgs universitet, (40 p).

Norling, I. (2001). *Rekreation och psykisk hälsa – Dokumentation och analys av forskning om hur rekreationens inriktning och kvalitet kan förbättra psykisk hälsa och behandlingen av psykisk ohälsa*. Sahlgrenska Universitetssjukhuset, Göteborg, (36 p).