

Systemic Counselling with the Aid of the Horse

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“Life doesn't care if you play dead or not!”
Franz Simon¹

IN RETROSPECT

I have now been actively engaged in the various fields of therapeutic riding for more than twenty years.

I worked first in hippotherapy (as a physiotherapist with additional training). During the whole time in which I was engaged in this work, the movement of the horse was of particular importance to me in transferring a good pattern of movement onto the patient's pelvis. Of course the character and the attributes of the horse were also of importance to me, but as far as hippotherapy is concerned it is good pacing which is the decisive factor in effecting motoric improvement.