

We have been the subject of numerous **external studies**:

- In progress: BU are developing an **Efficacy RCT**. Two **Clinical Psychology PhD** students from Canterbury Christ Church University are currently collecting data for their theses.
- **The Royal College of Psychiatrists General Adult Psychiatry Annual Conference 2018**, Dr N Kosky – poster presentation of findings to date.
- **A Feasibility Study of an Equine Assisted Intervention for Children and Young People with Mental Health and Behavioural Challenges, 2018** – presented at **HETI International Congress 2018**, Dr Hemingway, Professor of Public Health, Bournemouth University:
  - TheHorseCourse ReStart fulfils all elements of feasibility study and is therefore suitable for an RCT
  - 95% completion rate across multiple cohorts;
  - 70%+ show improved attendance and engagement with school/training/work, improved relationships, reduced problem behaviours and greater self belief.
- **A Pilot Study of the Mechanism of Action of an Equine Assisted Intervention, 2018** – presented at **HETI International Congress 2018**, multi-disciplinary team (BU)
  - A consistent emotional journey for participants, explored using galvanic skin response and interviews.
- **Call to Action 2017**, Dr Hemingway, Professor of Public Health, Bournemouth University
  - 81% of participants show statistically significant, improvements in all 8 skills on the THC Skills Star, assessed pre-post by professional referrers – the average shift is 10.4 points on a 32 point scale;
- **Equine-Facilitated Psychotherapy With Children and Adolescents: An Update and Literature Review 2015**, Journal of Creativity in Mental Health, Jennifer A. Lentini & Michele S. Knox
  - TheHorseCourse identified in peer reviewed analysis as one of the most prominent equine-assisted methodologies
- **Moving Forward in Recovery Pilot 2015**, EDP Drug & Alcohol Service
  - 66% of Drug & Alcohol misusers show improved engagement with treatment and reduced misuse.
- **TheHorseCourse Evidence Review, working with Offenders, 2015**, published by New Philanthropy Capital & CLINKS (peer reviewed by CSAAP, Ministry of Justice)
  - 27 % point reduction in reoffending 12 mth reoffending for violent young offenders;
  - Exemplar Theory of Change;
  - Conservative estimate of £8.30 saved for every £1 spent in prisons.
- **TheHorseCourse Youth Outcome Summary, 2015**, supported by Charities Evaluation Service
  - 33% improvement in managing anxiety for youth participants.
- **TheHorseCourse at HMP Portland: Interim Evaluation Findings 2012, updated 2015**, Professor Rosie Meek, Criminology & Psychology Royal Holloway University
  - Reductions in conflict and adjudications, improved behaviour
- **An Exploration of an Equine Facilitated Learning Intervention with Young Offenders 2014**, (SOAN-1158R1 peer reviewed scientific journal), Hemingway, Meek, Ellis-Hill
  - Trialling our innovative observational casenote tool alongside participant interviews and quantitative data

**Other recognition:**

- Shortlisted for the **Guardian Charity Awards 2015**;
- Winners **FSI Small Charity Big Impact Awards 2017**.
- *“TheHorseCourse exemplifies the right attitude and approach towards collecting and analysing data in order to test and demonstrate impact, as well as develop practice responsively.”* James Noble, (NPC).

See [www.thehorsecourse.org/evidence](http://www.thehorsecourse.org/evidence), for full reports