

READ ME VERSION 4.0 FALL 2017

the **MANUAL** of *Medicine* and **HORSEMANSHIP**

Transforming the Doctor-Patient Relationship with Equine-Assisted Learning

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Under contract with the artist, the late Egbert Ennulat, the Happy Horses brush painting is for exclusive use by Horsensei Equine-Assisted Learning and Therapy. It may be used only with the word "Horsensei" affixed to it or on materials that also contain "Beverley Kane, MD" or "Horsensei Equine-Assisted Learning and Therapy."

The flash drive contents listed below differs from the list that appears on page 81 of the *Manual*.

What's New? Items in **bold green** are new for **Versions 3 and 4**.

The **Manual Addendum** was new for version 2.0 and is provided in lieu of a second edition of the *Manual*.

Sadly, Dream, the Arabian mare to whom *The Manual of Medicine and Horsemanship* is dedicated, crossed over into immortality on 9 August 2010, age 27. She is loved and missed.



1. New Book in the Works! – *Equine-imity Somatic Horsemanship*

As described in the *Manual* addendum, my work, including in *Medicine and Horsemanship*, has increasingly emphasized somatic intelligence and bodily well being. I am writing a book based on the Stanford program *Equine-imity Somatic Horsemanship – Stress Reduction in the Company of Horses*. The catalog description for the Stanford class is included on this flash drive. The book will initially appear as a version for a general readership. A manual for equine-assisted learning and therapy professionals will follow.

2. Manual Updates in v 3.0 and 4.0

1_MMH Addendum 2.0.pdf – This document is an extension to the text of *The Manual* itself. It contains descriptions of new types of *Medicine and Horsemanship* programs, new references, and some rethinking of *Medicine and Horsemanship* and EAL industry practices.

Gladiator's Story.pdf – An anecdotal lesson from one of the workshops in the new *Medicine and Horsemanship Lead Ropes^{BK}* program.

MandH Lead Ropes-BK.pdf – A new *Medicine and Horsemanship* program variant for healthcare professional leadership development.

Prayer Before Workshops.pdf – This non-denominational prayer before the start of a program enables us to ground and center and set good intentions, a compassionate and non-judgmental attitude, and a positive tone.

Spiritual Belief in Infinitely Abundant Universe 3.pdf – or why you can use anything I have given you here almost any way you wish

3. Monographs, Handouts, and Grand Rounds Presentation

EAGALA News_Hamilton_MMH.pdf – An article that appeared in *EAGALA News* Fall 2005 on Allan and Jane Hamilton's Nonverbal Communication at the Bedside course at the University of Arizona. We include this article in the course syllabus.

EAL Models_MMH_3.pdf – A table showing the family of equine-assisted learning and therapy programs, comparing the clientele, goals, and depth of psychological processing for each

Equine-Assisted Therapies_MMH_3.pdf – Brief descriptions of Hippotherapy, Therapeutic Riding, Equine-Assisted Psychotherapy, and Equine-Assisted Learning and Coaching, with primary resource URLs. We include this article in the course syllabus.

Horsensei Facilitator's Guide_MMH_3.pdf – Guidelines for training Medicine and Horsemanship and other EAL facilitators in professional conduct. This document is especially handy when working with a new facilitator for the first time. All guidelines address situations that have actually come up in practice. They are not theoretical.

M&H Grand Rounds_MMH_2.ppt – A PowerPoint presentation for Grand Rounds-type medical conferences that can be modified with your organization's logo, background, local pictures, and updated with new information published on the doctor-patient relationship, medical education, and equine-assisted learning and therapies.

M&H Intro_MMH_3.pdf – The essential monograph describing the philosophy, rationale, and objectives for Medicine and Horsemanship. We include this article in the course syllabus.

Projection_MMH_3.pdf – A monograph discussing the Jungian basis of Medicine and Horsemanship and the psychodynamics of the doctor-patient relationship. This material is

prerequisite for many of the exercises with the horses. We include this article in the course syllabus.

USMLE 2 CS 2009.pdf—Most US medical students, and many foreign students, must pass the United States Medical Licensing Exam Steps 1 and 2 to obtain the MD degree and must additionally pass Step 3 for State Licensure. The Step 2 Clinical Skills exam states “The ability to communicate effectively with patients, demonstrating appropriate interpersonal skills, is essential to safe and effective patient care. Step 2 CS is intended to determine whether physicians seeking an initial license to practice medicine in the United States, regardless of country of origin, can communicate effectively with patients. Carefully developed rating scales, as well as intensive training in their use, are used by the standardized patients to assess communication, interpersonal skills, and English-speaking skills.”

Well-Being (formerly Safety) Agreement MMH_3.doc—A verbal agreement included in the course syllabus and discussed interactively during Opening Ceremonies. The agreement articulates personal and group responsibility for fostering physical health and safety, emotional trust, and confidentiality. *This handout has been conscientiously revised to de-emphasize the fear subtext of many of the deconstructed safety agreements (and safety demonstrations) presented in equine workshops.* (See the Horsensei Facilitator’s Guide for further commentary on this point.)

4. SYLLABUS_SCHEDULES

This folder contains the syllabus for our Stanford course for **Spring 2017**, which includes the schedule, plus samples of one-day, three-day, and six-session *Medicine and Horsemanship* programs. The syllabus can be used for any program.

Some documents in the syllabus are core elements from year to year, some change as new or better material becomes available. For medical students, syllabus reading provides the additional hours of coursework needed to fulfill requirements for academic credit.

Schedule times are approximate and highly variable depending on the layout and logistics of the ranch and on the number of people attending. Place locations in these documents are generic descriptors such as “welcome area” and “arena.” In the schedules distributed to participants, we use specific place names such as “Jasper Arena North,” “Lesson Office Tie Racks,” and “Show Hut,” so if participants come late or take breaks, they will know where to catch up with the group.

Each major horse activity generally requires 45-90 minutes for set up, including horse relocation, conducting the exercise, and processing.

M&H Syllabus 2017 for flash drive 4.0—This is the syllabus from our 13th year at Stanford School of Medicine. Note that it contains the schedule for the 2-Sunday class and the new monographs on *Natural Horsemanship* and *Somatics*. Syllabus chapters can be made available as Word documents on request.

Taste of M&H_MMH_2.doc.pdf—This 1-day program is suitable for demonstration and pilot workshops in support of establishing a permanent M&H program. The font in the Word document is Paradox/Papyrus and may appear substituted in your display.

M&H 3 Days_MMH_2.pdf—This 3-day program of didactic and horse activities is suitable for a semester or quarter course or a CME series. For venues to which participants must travel more than 45-60 minutes, longer, less frequent classes might be preferable.

M&H 6 Session_MMH_2.doc—A sample program 2 ½ to 3-hour days that comprise our currently preferred schedule for the Stanford quarterly elective. It is conducted on the students' official elective day and is especially suitable when travel times are less than 30 minutes, allowing participants to come for shorter, more frequent classes. Activities vary from year to year.

5. Publicity

HC-June07-Horses Training Doctors.pdf—*Horse Connection* magazine article on University of Arizona Nonverbal Communication at the Bedside and Stanford Medicine and Horsemanship

KTVU News M&H.wmv – Video by Sharon Navratil and Rita Williams, KTVU/Fox 2 News, Oakland, CA. Coverage of Stanford Medicine and Horsemanship class at Webb Ranch, Portola Valley, CA

NBC News M&H.mpg—Emmy Award-winning video by Marianne Favro, NBC11 News, San Jose, CA. Coverage of Stanford Medicine and Horsemanship class at Webb Ranch, Portola Valley, CA

Oklahoma_UMedicine_M&H_fall2007.pdf—*Oklahoma University Medicine* magazine coverage of Medicine and Horsemanship pilot for University of Oklahoma School of Medicine, Angel Acres, Oklahoma City, OK

San Jose Merc News M&H.flv — *San Jose Mercury News* video on Stanford Medicine and Horsemanship at Webb Ranch, Portola Valley, CA

SFChron_StanfordM&H.pdf—*San Francisco Chronicle* Magazine, Easter Sunday article on Stanford Medicine and Horsemanship at Webb Ranch, Portola Valley, CA

StraightFromHorsesMouth_SR.pdf—*Stanford Report* weekly campus newspaper coverage of Stanford Medicine and Horsemanship

Woodside Almanac Cover and Story.pdf— (2 documents) by Maggie Mah Johnson, Woodside, CA. Stanford Medicine and Horsemanship at Webb Ranch, Portola Valley, CA

6. Photos

We include here some representative photos of our classes. All people who appear in the photos have signed the photographic release included in the Forms Folder. The release does not extend to third parties and the photos are not in the public domain. Therefore, you may use the photos

for private presentations and in materials with limited distribution. **You are asked not to use them in mass or social networking media, promotional materials, or on your website.** Please contact us if you are unsure of usage or would like additional photos from the *Manual* or from our classes.

MMH_BK_Dream_Cover.jpg – Author photo from the back cover of the *Manual*

OU_MandH Folder – University of Oklahoma Medicine and Horsemanship Pilot Day at Angel Acres, Oklahoma City, OK

SU_MandH_WEBB Folder – Stanford Medicine and Horsemanship at Webb Ranch, Portola Valley, CA

SU_MandH_WPR – A slide show of Stanford Medicine and Horsemanship at Willow Pond Ranch, Soquel, CA. Best viewed with Adobe Acrobat. Photos can be captured in the **Pages** tab of the Reader. Adobe Acrobat allows you to add music to the slideshow and produce a looping, musical presentation.

UCSF MandH Folder – University of California San Francisco Medicine and Horsemanship at EquuSatori Center, Sebastopol, CA

7. Forms

HS Liability Release Adult.doc – Horsensei release adapted from Equisure, Inc., the company that insures us for equine-assisted learning. Note that the form must be reworded for release of liability for minors and in other special situations.

M&H Feedback Form_2015.doc – Evaluation form for participants to fill out after the last class. The form varies to reflect the specific exercises we conducted. We facilitators fill them out, too, and discuss all comments, students' and our own, during our facilitators' debriefing.

Photo release_MMH.doc – Adapted from a professional photographer's release. In this era of selfies and ubiquitous photos on social networking sites, we no longer use this form.