

Abstract

Title: Miniature Horses in Contact Therapy

Objectives: The aim of this master's thesis is to analyze wide public's awareness of miniature horse hippotherapy and its influence via therapists using this method.

Methods: The research was done conducted through an online questionnaire of personal construction. For the next part of the research a structured interview with open answers was used.

Results: Based on the online questionnaire a great potential of interest in miniature horse hippotherapy was discovered among the respondents and its correlation with the fact of responders own a pet. The structured interview revealed a positive impact on the psychological well-being not only of seniors, children and mentally handicapped people in medical and social care, but also of the staff.

Keywords: animal assisted intervention, hippotherapy, recovery, psychological well-being