



HUMANITIES
GEESTESWETENSAPPE
UFS·UV

Department
Psychology

Study year of students
Honours

Credits: 16

Module offered during
Whole year

Lecturer
Dr Pravani Naidoo



SIL604A

Perspectives on Groups and Communities: Therapeutic Horse-riding Project

Brief description

The aim of this module is to equip students with the theoretical underpinnings and analytical skills surrounding communities in order to be able to plan, conduct and evaluate a psychosocial intervention regarding specific contemporary psychosocial issues. Therapeutic horse-riding entails the use of the horse and its environment for the purpose of therapeutic activities. It serves as an adjunctive treatment intervention and forms a key part of a multidisciplinary treatment team working with children with disabilities.

Community partners

Learners from Lettie Fouché School

Service sector partners

- Equestria Therapeutic Development Trust
- Staff of Lettie Fouché School

Service learning component

Students involved in this module serve as leaders and side-walkers during therapeutic horse-riding sessions, which involve children with a range of neurodevelopmental diagnoses, including cerebral palsy, autism and various forms of learning disabilities. The purpose of their interactions with the children, both on horseback and in developmentally-appropriate play activities after the horse-riding session, is psychomotor stimulation.

Outcomes for students

Students are able to practically apply what they have learned in terms of physical, psychosocial and cognitive levels of functioning during the early/middle childhood phase to the particular children with whom they work at Equestria. The module "Perspectives on Groups and Communities" equips students with the skills surrounding groups and communities in order to be able to plan, conduct and evaluate a life-skills intervention regarding specific contemporary psychological issues.

Impact on community

The individual attention and psychomotor stimulation which children receive during therapeutic horse-riding activities contribute to the prevention of secondary impairments and work towards promoting their psychosocial well-being. The children at Lettie Fouché School benefit from the psychomotor stimulation on horseback, as well as the play activities that they engage with after they have completed their riding sessions. There are also opportunities for socialisation within a group context. This form of intervention complements the physiotherapy and occupational therapy sessions that the children receive at the school.

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