

## English Abstracts

### Modification of the Marburger Konzentrationstraining with and on a horse

Yvonne Haßlinger, Sarah Kless

Concentration problems, concentration disability or diagnosed AD(H)D – these children need support to be able to concentrate on themselves and certain tasks again.

School-psychologist Dieter Krowatschek developed a programm called “Marburger Konzentrationstraining (MKT)”. This training teaches children instruments to learn how to be concentrated and how to keep concentration.

To find out which interesting kinds of effects such a concentration-training can evoke on the back of a horse, it was modified in a pilot project of the

“Marburger Konzentrationstraining with and on a horse” – supported concentration-training. This article describes how the application of this modified training can be useful for the equine assisted practice and how it gives helpful advices for the realization.

**Key words:** Marburger Konzentrationstraining, concentration-training, Marburger Konzentrations-training with and on a horse

### Horse assisted therapy in the treatment of attachment disturbed foster children and their families in an Ambulance for Child and Adolescent Psychiatry

Monika Löhr

This article deals with horse assisted therapy in an Ambulance for Child and Adolescent Psychiatry with social psychiatric care qualification. It discusses the possibilities in the treatment of attachment disturbed foster children and their new families or parent persons respectively. The work with horses is not seen as a replacement for an intensive psychotherapeutical treatment but as a very useful help to encourage communication and relationships between foster children and their

families. The article shows clearly that horse assisted therapy completes the concept of a multi-modal therapy as an additional therapy for clients with complex symptoms very well.

**Key words:** Ambulance for child and adolescent psychiatry with social psychiatric care qualification, horse assisted therapy, attachment disturb, foster children, multimodal therapy

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