

APPENDIX A

GROUP SESSION TOPICS

<i>Session</i>	<i>Topics/Themes</i>	<i>Activities</i>
1	Building connections – getting to know the horses and each other	Introductions and tour; relaxation activity; approaching and meeting the horses in the barn; creating group norms to foster openness and safety
2	Identifying needs and boundaries	Exploring horses’ needs and our needs; relaxation activity; grooming horses; introduction to communicating boundaries with horses (inviting them into personal space and asking them to back up)
3	Managing frustration, fear, and anxiety	Exploring and normalizing uncomfortable feelings and sensations; grooming horses; leading horses through a “maze” of different objects/activities to encourage communication and trust between participants and their horses
4	Keeping safe	Noticing/paying attention to intuition/“gut” feelings; discussing and demonstrating safe riding practices; relaxation activity on horseback (while staff lead horses); riding and practicing emergency dismount
5	Change and hope for the future	Collage of hopes for the future and discussion; unstructured time with horses; riding; decorating horseshoes and writing goodbye messages for each other
6	Closure and farewells	“Painting” the horses with washable chalk (depicting any significant moments or lessons learned through time with the horses); group interview; unstructured time with horses; presenting certificates of completion to participants

APPENDIX B

INTERVIEW QUESTIONS

GUIDELINE FOR INTERVIEW #1

1. Thank you for agreeing to take part in this research. This project is something that is close to my heart because of my own experiences with horses and my work counselling women with eating disorders. I'm really curious about this and I'm hoping that through the conversations we have, we can start to piece together what the experience is like for you. Before we begin, do you have any questions or concerns?
2. What was it like when you first met your horse?
3. Describe your horse to me.
4. What were your first impressions of him?
5. How did the horse respond to you?
6. What do you think that first contact was like for your horse?
7. Was there anything that the horse communicated to you?
8. Was there anything about this experience that was important to you?
9. Now I'd like to see if we can focus a bit more on the sensations involved in this first meeting, if you're open to it. Try to remember that moment as if you were in it right now, the sounds, the smells, the feel of that moment. Just hold onto it and see if you can explore it. Just breathe and relax, imagining yourself back in that time and place. This is not about evaluating or judging the moment, but just being in it. Think about what you can sense in that moment.
10. Are there any sounds that you remember?
11. Are there any smells that you remember?
12. What does the horse feel like?
13. What can you sense in that moment?
14. Now I want you to let yourself connect to a word, phrase, or image that describes your horse or that moment. It doesn't have to make sense, just let it come to you.
15. How well does that fit your experience?
16. Are there any changes or expansions that this word/phrase/image brings to your description of that moment?
17. Are there any memories or new feelings that this experience brings up for you?
18. (Repeat with other memories/moments of interaction with the horses if participant is open to this)
19. Is there anything else about these experiences that you think is important?

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GUIDELINE FOR INTERVIEW #2

1. Thanks again for your help in this project. During our last interview we focused a lot on the horses that you worked with. Today I'd like to change the focus just a bit and explore more about your relationship to the horses at Healing Hooves and what this has meant for you. In my experience with horses, I've found that it's kind of like a dance and that the horse and the person need to coordinate their movements and let the dance evolve. I'm wondering about what your experience of this has been, what your interactions with the horses have been like, and how you coordinate this dance. Do you have any questions or concerns before we begin?
2. I'd like you to shift your focus back to your experiences with the horses at Healing Hooves and pick one memory that sticks with you for some reason. I'd like to take a moment to reflect on this memory. Just breathe and relax, imagining yourself back in that time and place. Think about what you can sense in that moment, what you can see ... hear ... smell ... feel. This is not about evaluating or judging the moment, but just being in it. How did you experience that moment?
3. What did you sense in the moment? (Reflect on bodily sensations, thoughts, and feelings if participant is comfortable doing so).
4. Now I want you to let yourself connect to a word, phrase, or image that describes that memory. It doesn't have to make sense, just let it come to you.
5. How well does that fit your experience?
6. Are there any changes or expansions that this word/phrase/image brings to your description of that moment?
7. Are you aware of anything in the situation that you haven't experienced before or that has changed?
8. What was it about that moment that was important for you?
9. How did your horse respond in that moment? What did you notice about his response?
10. How might this moment affect your relationship with your horse?
11. How do you make sense of that moment in the larger context of your life?
12. How might this moment affect your relationship with yourself?
13. How might this moment affect your relationship with others?
14. How might that moment make a difference for you in the future?
15. How are you feeling about the interview so far?
16. (Repeat exploration process with other moments if participant is open to doing so)
17. Is there anything in our conversation that helped you to make sense of your experiences?
18. Is there anything that you'd like to add or explore further?

INTERVIEW QUESTIONS

GUIDELINE FOR INTERVIEW #3 (GROUP INTERVIEW)

1. Thank you for your continued participation in this research. During our individual interviews I hope you were able to explore and make some sense of your experiences with the horses and perhaps how these have impacted you. This interview is going to be a little different because I'd like us to deepen this understanding together. Perhaps your experiences are similar to other group members, or perhaps they're quite different. There are no right or wrong answers in this discussion. What has been your experience of participating in this research so far?
2. Have any new understandings or descriptions come up for you since our last interview?
3. What has your relationship with the horses been like?
4. Was there anything that surprised you?
5. Was there anything that confused you?
6. Now I'd like to explore some of the significant moments that might have happened during your time here. Maybe you lost yourself in what was happening between you and your horse, or maybe you became aware of a different bodily sensation. These moments are often difficult to put into words, so just take your time and reflect on one or two that really stick out for you. Maybe this is one of the moments that we spoke about last time, or maybe it's something new.
7. I'd like to take a moment to explore some of these memories within the group if you're comfortable doing that. Just breathe and relax, imagining yourself back in that time and place. Think about what you can sense in that moment, what you can see.....hear..... smell.....feel. This is not about evaluating or judging the moment, but just being in it. How did you experience the situation?
8. What did you sense in the situation? (Reflect on bodily sensations, thoughts, and feelings. Try to elicit at least a few responses from different participants. Explore similarities and differences in experiences)
9. Now I want you to let yourself connect to a word, phrase, or image that describes that bodily memory. It doesn't have to make sense, just let it come to you. Try to elicit at least a few responses from different participants. (Explore what these words/phrases/images mean for participants)
10. What was it about these moments that stuck with you?
11. Does the word "transformational" fit, or is there another word that describes the importance of this experience for you?
12. How do you make sense of that moment in the larger context of your life?
13. How might this moment affect your relationship with yourself?
14. How might this moment affect your relationship with others?
15. How might this moment make a difference for you in the future?

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16. (Repeat exploration process with other moments/memories. As participants become more comfortable introduce more body-focused questions: How has that affected how you feel in your body? Has your experience of your body shifted or changed at all throughout the sessions?)
17. Is there anything else that you'd like to add or go back to before we end the discussion?

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