



Riding on the Autism Spectrum: How Horses Open New Doors for Children with ASD

Claudine Pelletier-Milet

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Taking on a group of developmental disorders whose prevalence rate is increasing each year, the ideas in this book show those with autism to gradually open up within a joyful and relaxed atmosphere. The study draws from a strong knowledge base of equine training, child psychoanalysis, and clinical psychology, contending that certain animals—specifically horses—have a way of communicating with individuals on the autism spectrum. The process of learning to ride is presented as a unique educational system, inviting the autistic individual to discover new sensations, gain a sense of independence, and learn to control their emotions and fears. Addressing the emotional needs of family and friends of those with autism, this emboldening guide encourages those on the spectrum to look up, speak out, and become stronger in mind and spirit.

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