

## **Horses for Healers**

Horses4Healers is an ambulatory care elective offered biannually to students at Rutgers Robert Wood Johnson Medical School to learn aspects of non-verbal communication. The 2-week elective includes a didactic component on Mondays, as well as an experiential component. Mondays are spent at Spring Reins of Hope, where our didactic focuses on equine-assisted learning. Through various horsemanship maneuvers (the workshop is titled "The Horse Medicine Wheel<sup>2</sup>"), students learn of their non-verbal cues under the supervision of Dr. Maria Katsamanis, psychologist and equestrian. Students then practice the application of what they learned at the farm at their assigned outpatient site from Tuesday-Friday.