



**COMPARISON OF HUMAN BILATERAL EYE MOVEMENT AND BODY TAPPING AND EQUINE STRESS CONTROL THERAPY (ESCT)**

Horse Sanctuary in the Colorado Front Range  
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Sample Human Methodology	ESCT Methodology
Subjective Unit of Disturbance: SUD # is obtained further along in the process in human therapy.	Subjective Unit of Disturbance: Obtain SUD scores with the horse owner, one for the horse and one for the owner.
Image: Have client bring up image that brings up the most traumatic part of the event.	Present stressor: Introduce stressor or stressful situation to horse so that it shows distinct fear reaction.
Negative cognition: Client develops a self-statement using “I am” that reflects the limiting self-belief.	Language not applicable. Use the reaction of the horse to determine how badly this makes him feel.
Positive cognition: Client creates a positive self-statement using “I am or I wish or I want” to reflect problem resolution.	Language not applicable. Use the responses of the horse during previous groundwork and join-up to assess its treatability.
Validity of cognition: (VOC) Determine how true or false the aforementioned positive cognition statement is.	VOC cannot be obtained from horse, so ask owner to give you verbal evaluation of the change in the horse.
Emotion: Identify the name of the emotion that arises when imagining the traumatic disturbance.	Emotion: In equines, this usually stems from fear of (insert stressor). Human disturbances also arise from a base of fear. We have more words for it.
Subjective Unit of Disturbance: Client gives a SUD score on scale of 0 to 10 for the disturbing situation overall.	Already done as first step.
Location of body sensation: Client reports where the fear is located in the body.	Location of body sensation: If the fear is being touched somewhere, the horse will demonstrate this with body language. Otherwise, assume it is high generalized anxiety.
Desensitization: Do the therapy until SUD becomes 0 or 1.	Desensitization: Do a body tap down and complete eye movement routine. Introduce and remove stressor or situation as many times as needed with rest breaks to bring SUD down to acceptable level for the owner.
Installation: Check VOC against original number. Obtain one 7 or higher on scale of 1 to 10.	VOC cannot be obtained from horse, so ask owner to give you verbal evaluation of the change in the horse.
Body scan: Client checks for any residual physical sensation.	Body scan: Horse will show integration through licking and chewing, sighing, soft neck, relaxed stance on hind legs, soft eyes, dozing and soft overall demeanor.

Closure: Sessions ends giving client feeling of accomplishment.	Closure: Therapist and owner discuss the progress horse has made in the session.
Visualization: Use guided imagery to rid client of remaining disturbances.	Visualization: Skip. Instead, walk horse on lead rope for a few minutes, allowing him to relax and move next to you and a leisurely pace to help integrate the therapy session.
Debriefing: Client receives post-session advice and relaxation techniques.	Debriefing: Owner receives post-session advice and instructions on administering ESCT to horse.
Follow up: More sessions schedule as needed.	Follow up: 2 to 4 more sessions scheduled as needed for complete integration of fear issue. Can be done as soon as the next day.
NOTE: SUD stands for Subjective Unit of Disturbance, a way to measure a problem based on 1 being no disturbance and 10 being maximum disturbance.	



**ABOVE:** In ESCT, because we do not interact with horses using language, much of the communication takes place via the human observing the horse's body language, vocalization and behavior. Horses are among the most eloquent animals in this regard, displaying how they feel without dissembling and trickery. One of the hallmarks of a sensitive horseperson is being able to read the mood, mentality and physical condition of his horse. Here, Justin watches Vic decide to come in and hook on during join up. Their body language is very similar, soft and quiet.