

the power of the herd linda kohanov

The Power of the Herd Linda Kohanov: Unlocking the Wisdom of Horses and Human Connection

the power of the herd linda kohanov is more than just a book title; it represents a profound exploration of the intricate relationships between humans and horses, and how these majestic animals can teach us about connection, leadership, and emotional intelligence. Linda Kohanov, an acclaimed author and equine facilitator, delves deep into the ways horses reflect our inner world and help us discover strengths we might not even realize we possess. If you've ever been curious about how animals, especially horses, can guide personal growth and healing, this concept offers rich insights that go far beyond traditional horsemanship.

Understanding The Power of the Herd Linda Kohanov Approach

Linda Kohanov's work centers on the idea that horses are not just animals we ride or care for—they are mirrors to our soul and teachers of emotional awareness. The power of the herd, as she describes, is rooted in the natural social structures of horses and how they interact with each other. Horses live in herds with complex communication systems based on subtle body language, energy, and emotional cues. This dynamic offers a unique lens for humans to understand their own social and emotional behaviors.

The Herd Mentality and Human Emotional Intelligence

One of the key themes in Linda Kohanov's teachings is how observing and engaging with the herd mentality of horses can enhance human emotional intelligence. Horses are exquisitely sensitive to emotions—they can detect fear, confidence, calmness, and tension almost instantly. When we interact with horses, we are invited to become more present and authentic. This heightened awareness encourages self-reflection and emotional regulation, which are crucial skills in both personal and professional relationships.

Horses do not respond to verbal commands alone; they respond to the energy behind those commands. This means that leadership in the equine world is about trust and consistency rather than dominance. By learning to lead a horse through presence and emotional clarity, people can translate these lessons into better leadership styles in their own lives.

How Horses Teach Us About Leadership and Connection

Leadership is a recurring topic in Linda Kohanov's work, particularly the kind of leadership

based on connection rather than control. The power of the herd linda kohanov reveals how horses, through their herd dynamics, model leadership qualities that can inspire humans.

Leading with Presence and Authenticity

In a horse herd, the leader is not necessarily the biggest or the strongest but the one who commands respect through calm confidence and clear communication. Horses follow leaders who are predictable, grounded, and emotionally balanced. This natural leadership style encourages humans to cultivate similar attributes—being present, consistent, and emotionally intelligent.

Building Trust Through Emotional Honesty

Trust is the cornerstone of any successful relationship, whether between humans or between humans and horses. Horses require honesty and emotional transparency to build trust. They quickly pick up on mixed messages or hidden fears. This teaches us that authentic connection demands we show up as our true selves, vulnerabilities and all.

Practical Applications of The Power of the Herd Linda Kohanov Philosophy

Beyond theory, Linda Kohanov's insights have practical applications that extend into therapy, coaching, and personal development. Her work has contributed to the growing field of equine-assisted therapy, where horses help people heal trauma, overcome anxiety, and develop stronger social skills.

Equine-Assisted Therapy and Emotional Healing

In equine-assisted therapy, clients engage with horses in ways that promote awareness and healing. The horses provide immediate, honest feedback about the client's emotional state. For example, if a person is anxious or defensive, the horse might withdraw or become restless. This reflection helps clients recognize and work through their emotional blocks in a safe, nonverbal way.

Coaching and Personal Growth

Many coaches incorporate the power of the herd linda kohanov principles to help clients develop leadership skills, improve communication, and increase self-awareness. Working with horses challenges people to step outside their comfort zones, confront limiting beliefs, and practice mindfulness. These experiences often lead to breakthroughs that traditional talk therapy or coaching might not reach as effectively.

Why Horses Are Unique Teachers

Understanding why horses are such effective teachers helps clarify the impact of Kohanov's work. Unlike many animals, horses live in highly social environments that require constant communication and cooperation. Their survival depends on reading subtle signals and responding appropriately. This makes them uniquely attuned to emotional energy.

The Role of Nonverbal Communication

Horses communicate almost entirely through body language—ear position, posture, eye contact, and movement. Humans, on the other hand, often rely heavily on words, which can sometimes mask true feelings. When working with horses, people must tune into nonverbal cues, which enhances their overall communication skills.

Reflection of Inner States

Because horses are so sensitive, they often act as a barometer for a person's emotional state. This "mirroring" effect is a powerful tool for self-discovery. When a horse reacts to tension or calmness, it helps the person become more aware of their inner emotional landscape, making it easier to adjust and find balance.

Integrating The Power of the Herd Linda Kohanov Into Daily Life

You don't need to own a horse or attend workshops to benefit from the power of the herd Linda Kohanov philosophy. Many of the principles can be integrated into everyday life to improve relationships and personal well-being.

- **Practice Emotional Awareness:** Like horses, try to become more aware of your own emotions and how they influence your interactions.
- **Lead with Presence:** Whether at work or home, focus on being fully present and authentic in your communication.
- **Build Trust Through Consistency:** Just as horses respond to predictability, people thrive when they can rely on your honesty and steadiness.
- **Observe Nonverbal Cues:** Pay attention to body language in yourself and others to deepen understanding beyond words.
- **Embrace Vulnerability:** Understand that showing your true self can foster stronger connections, much like the trust horses require.

By embracing these lessons, you can harness the transformative power that Linda Kohanov highlights through her work with horses and human relationships.

The power of the herd Linda Kohanov is a testament to the profound wisdom found in nature and how animals, particularly horses, can serve as guides toward a more connected, emotionally intelligent life. Whether you're drawn to equine therapy, personal growth, or simply curious about the intersection between human and animal worlds, exploring these concepts can open doors to new ways of understanding yourself and others. Through the lens of the herd, we are reminded that connection, trust, and leadership are not just human constructs—they are shared, living experiences that unite us all.

Frequently Asked Questions

What is the main theme of 'The Power of the Herd' by Linda Kohanov?

The main theme of 'The Power of the Herd' is the exploration of how horses can serve as mirrors for human emotions and behavior, offering profound lessons in leadership, empathy, and personal transformation.

How does Linda Kohanov describe the relationship between humans and horses in 'The Power of the Herd'?

Linda Kohanov describes the human-horse relationship as a powerful, non-verbal connection that helps people develop emotional intelligence, self-awareness, and authentic leadership skills through observing and interacting with horses.

What role do horses play in personal growth according to 'The Power of the Herd'?

According to 'The Power of the Herd,' horses act as catalysts for personal growth by reflecting our true emotions and encouraging us to be present, authentic, and emotionally balanced.

Does 'The Power of the Herd' offer practical exercises or techniques?

Yes, the book offers practical exercises and techniques that help readers apply the lessons learned from horses to improve communication, leadership, and emotional well-being in their everyday lives.

Who can benefit from reading 'The Power of the Herd'?

Leaders, therapists, coaches, and anyone interested in personal development and emotional intelligence can benefit from reading 'The Power of the Herd'.

How does Linda Kohanov integrate psychology and horsemanship in the book?

Linda Kohanov integrates psychology and horsemanship by combining her expertise in both fields to demonstrate how horses can reveal subconscious patterns and help people heal emotional wounds and develop leadership qualities.

What makes 'The Power of the Herd' different from other books about horses?

'The Power of the Herd' stands out because it focuses not just on horse training but on the transformational human-horse relationship and its impact on emotional and psychological growth.

Can 'The Power of the Herd' help with leadership development?

Yes, the book provides insights into authentic leadership by showing how leaders can learn from horses to foster trust, intuition, and effective communication within teams.

Is 'The Power of the Herd' suitable for beginners with no horse experience?

Absolutely, the book is written to be accessible to readers with no prior horse experience, emphasizing universal lessons about emotional awareness and leadership that apply beyond the equine context.

Additional Resources

The Power of the Herd Linda Kohanov: Exploring Equine Wisdom and Human Connection

the power of the herd linda kohanov is a phrase that resonates deeply within the realms of psychology, equine therapy, and personal development. Linda Kohanov, an influential author and horse whisperer, has significantly contributed to the understanding of how horses serve as mirrors to human emotions, facilitating profound healing and growth. Her seminal work, "The Power of the Herd," delves into the intricate dynamics between horses and humans, offering insights into leadership, emotional intelligence, and the transformative potential of interspecies relationships.

In an era where traditional therapeutic models are increasingly complemented by alternative approaches, Kohanov's exploration of equine-facilitated learning stands out. This article investigates the core themes of "The Power of the Herd Linda Kohanov," analyzing its impact on emotional healing, leadership paradigms, and the growing field of equine-assisted therapy. By unpacking the principles Kohanov presents, we gain a clearer picture of how the ancient wisdom of herd animals can inform modern human challenges.

Understanding "The Power of the Herd" by Linda Kohanov

At its core, "The Power of the Herd" is not merely a book about horses; it is a study of social dynamics, emotional awareness, and nonverbal communication. Kohanov's approach bridges the gap between human psychology and animal behavior, presenting horses as sentient beings capable of teaching humans about presence, vulnerability, and authentic leadership.

Horses, by nature, live in complex social groups or herds where survival depends on subtle cues and mutual trust. Kohanov emphasizes that these animals are highly attuned to emotional states, making them exceptional facilitators in revealing unconscious patterns in people. This sensitivity allows horses to act as catalysts for self-discovery and emotional regulation.

Equine-Assisted Therapy and Emotional Intelligence

One of the most notable contributions of Linda Kohanov's work is the integration of equine therapy into emotional intelligence development. Emotional intelligence, the ability to perceive, manage, and respond to emotions effectively, is crucial in both personal and professional contexts. Horses, through their intuitive responses, provide immediate feedback that helps individuals become aware of their emotional state and behavioral tendencies.

Research in equine-assisted therapy highlights measurable benefits, including reduced anxiety, improved self-confidence, and enhanced empathy. Kohanov's insights reinforce these findings by contextualizing the horse-human relationship within the framework of herd psychology. The horse's natural behavior teaches humans not only to lead with authenticity but also to engage cooperatively within their social "herds," whether family, workplace, or community.

Leadership Lessons from the Herd

Linda Kohanov's analysis extends beyond therapy into leadership theory. In "The Power of the Herd," she challenges traditional hierarchical leadership models by advocating for a more relational and emotionally intelligent approach. Drawing from herd dynamics, she illustrates how leadership is less about control and more about connection.

Key leadership qualities emerge from observing horses: presence, calm assertiveness, and responsiveness. These attributes foster trust and cohesion within groups. Kohanov argues that leaders who embody these traits create environments where individuals feel safe, valued, and motivated. This paradigm shift has influenced executive coaching and organizational development programs, where equine-assisted leadership training is gaining traction.

Key Features and Applications of Kohanov's Approach

The power of the herd Linda Kohanov encapsulates several core features that make her methodology unique and effective:

- **Nonverbal Communication:** Horses communicate primarily through body language, which helps humans become more aware of their nonverbal cues and emotional authenticity.
- **Emotional Mirroring:** Horses reflect the emotional states of individuals, serving as a mirror to unconscious feelings and behaviors.
- **Presence and Mindfulness:** Interaction with horses demands full attention and presence, fostering mindfulness and reducing stress.
- **Herd Dynamics Insight:** Understanding social roles and relationships within the herd offers parallels to human social structures and leadership.
- **Therapeutic Transformation:** The experiential nature of working with horses promotes healing in trauma, anxiety, and self-esteem issues.

These features make Kohanov's work applicable in diverse settings, from therapeutic clinics and rehabilitation centers to corporate leadership retreats. The experiential learning model encourages participants to internalize lessons through direct engagement rather than theoretical instruction.

The Role of Vulnerability and Trust

A recurring theme in "The Power of the Herd Linda Kohanov" is the role of vulnerability in establishing trust. Horses, as prey animals, instinctively sense fear and insecurity, often reacting by testing boundaries or withdrawing. Kohanov highlights that genuine connection requires individuals to lower defenses and embrace vulnerability.

This dynamic has profound implications for human relationships, especially in leadership and therapy. Trust built on authentic vulnerability leads to deeper bonds and more resilient social structures. Kohanov's work prompts readers to reconsider societal stigmas around vulnerability, framing it as a source of strength rather than weakness.

Comparative Perspectives: Equine Wisdom

Versus Traditional Methods

Compared to traditional talk therapies or leadership training programs, Kohanov's equine-centered approach offers a distinctive experiential dimension. While conventional methods rely heavily on verbal communication and cognitive processing, equine-assisted work engages the body, emotions, and intuition more holistically.

Studies comparing equine therapy to other modalities reveal faster emotional breakthroughs and increased participant engagement. However, some critiques note the accessibility challenges, such as the need for specialized facilities and trained practitioners. Additionally, equine therapy may not replace traditional methods but rather complements them, offering an integrative path to growth.

Potential Limitations and Considerations

While the power of the herd Linda Kohanov promotes many benefits, it is important to acknowledge certain limitations:

- **Accessibility:** Not all individuals have access to equine therapy due to geographic, financial, or physical constraints.
- **Safety Concerns:** Working with large animals requires strict safety protocols to prevent injury.
- **Individual Differences:** Some people may not resonate with or respond positively to animal-assisted approaches.
- **Scientific Rigor:** Though growing, empirical research on equine therapy is still developing and requires further validation.

These factors suggest that while Kohanov's model is powerful, it should be integrated thoughtfully within broader therapeutic or leadership frameworks.

Impact on Contemporary Wellness and Leadership Practices

Linda Kohanov's "The Power of the Herd" has influenced a growing number of wellness programs and leadership initiatives worldwide. The emphasis on emotional connectivity, mindfulness, and relational leadership aligns well with contemporary trends toward holistic well-being and authentic management styles.

Organizations increasingly recognize the value of emotional intelligence and seek innovative ways to cultivate it among employees and leaders. Equine-assisted workshops

inspired by Kohanov's principles offer immersive experiences that foster empathy, communication, and confidence.

Moreover, the rising interest in animal-assisted interventions underlines a cultural shift toward integrative healing. Kohanov's work remains a seminal reference for practitioners aiming to harness the innate wisdom of horses to unlock human potential.

The power of the herd Linda Kohanov encapsulates a unique fusion of ancient animal behavior and modern psychological insight. Through her pioneering work, horses emerge not just as companions or tools but as profound teachers that challenge humans to reconnect with their emotions, lead with heart, and build communities rooted in trust and presence. This enduring legacy continues to inspire and transform lives across therapeutic and leadership domains.

[The Power Of The Herd Linda Kohanov](#)

the power of the herd linda kohanov: *The Power of the Herd* Linda Kohanov, 2013-02-15 Lessons on leadership and teamwork to help develop assertiveness, foster creativity, address conflict, and master emotional intelligence. Author draws on the nonverbal skills and experiential wisdom she teaches in equine-facilitated training. Illustrative examples include leaders such as George Washington and Andrew Jackson--Provided by publisher.

the power of the herd linda kohanov: *The Five Roles of a Master Herder* Linda Kohanov, 2017-11-05 Includes Assessment Tool for Analyzing Your Leadership Style and Becoming a Better Leader In *The Five Roles of a Master Herder*, Linda Kohanov adapts horse-inspired insights into powerful tools for developing collaborative leadership and managing change. Over thousands of years, Kohanov writes, “master herders” of nomadic herding cultures developed a multi-faceted, socially intelligent form of leadership combining the five roles of Dominant, Leader, Sentinel, Nurturer / Companion, and Predator. The fluid interplay of these roles allowed interspecies communities to move across vast landscapes, dealing with predators and changing climates, protecting and nurturing the herd while keeping massive, gregarious, often aggressive animals together — without the benefit of fences and with very little reliance on restraints. She includes an innovative assessment tool to help you determine which roles you currently overemphasize and which roles you may be ignoring — or even actively avoiding. Through this powerful and surprising book, Kohanov will show you how to recognize, cultivate, and utilize all five roles in the modern tribes of your workplace, family, and other social organizations.

the power of the herd linda kohanov: *Sitting with the Within Masters* Kris A. Kramer, 2019-12-31 No one said spiritual studies and awakening and personal evolution couldn't be enjoyable or fun. Becoming better acquainted with the Beings who are here to teach, guide, and serve one will allow one to truly know they have never, not even once been alone. Masters within are purely waiting to be asked and accessed. This book does not explain how to receive messages from Masters or inner resources; instead, it constructs and structures experiences by which the phenomenon occurs. Instead of stark information, this book works its magic by experiential activity, the effective ingredient for long-lasting and impactful changes. Enjoy the succinct yet powerful narratives, concepts to comprehend and collect, metaphors to imagine, what-if scenarios to try on, and mental processes to walk one's Self through. Engage your heart and gut by calling up emotions, stepping into states of being, being suddenly attentive to what's happening internally, tuning into your physical body, searching for answers to open-ended questions, recalling past experiences, and resolving recurring memories.

the power of the herd linda kohanov: Light a Fire in Their Hearts Lisa Anna Palmer, 2021-05-04 A guide to being the best leader possible in business, or anywhere. Are you a manager or director climbing the ranks, a founder who's busy growing your army, or a formal leader in any field? If yes, you need to retain talented employees and inspire them to contribute their very best at work using methods that go beyond command-and-control leadership. So, how do you get the competitive edge in today's rapidly evolving workplace? In Light a Fire in Their Hearts, leadership expert Lisa Anna Palmer guides you through the leadership journey. She shares powerful stories and techniques drawn from over thirty great leaders—a team of virtual mentors who impart their wisdom how to: Understand the impact of leaders on people, the planet, and the bottom line Raise your self-awareness and shift to a great people leader mindset Overcome challenges not typically taught in business school Use the Light Your Leadership approach to tap into the top competitive advantage in twenty-first century business Using a fun-to-read, conversational style, this book provides modern leaders with a guide for lighting a fire in the hearts of employees, igniting engagement, and helping you and your company succeed. Wonderful leadership book with a premise I love. To ignite employees' passions and inspire them to be and do their best at work, you need to light a fire in their hearts. The world needs more of this right now. —Marci Shimoff, #1 New York Times–bestselling author of *Happy for No Reason*

the power of the herd linda kohanov: Rise of the DEO Maria Giudice, Christopher Ireland, 2014 Place of publication transcribed from publisher's website.

the power of the herd linda kohanov: Leadership Coaching with Horses Michele Damone, 2024-12-20 Leadership Coaching with Horses offers a transformative approach to leadership development, combining the intuitive power of equine-assisted learning with the precision of biometric technology and psychometric profiling. This book introduces a pioneering method that harnesses the unique sensitivities of horses alongside advanced biofeedback mechanisms like heart-rate variability (HRV), providing a comprehensive pathway to enhance personal and professional growth. Delving into the synergistic relationship between humans and horses, this guide details how such interactions foster heightened self-awareness and emotional intelligence. It presents a structured framework for leadership sessions that merge feedback from horses with robust data from biometric and psychometric assessments, enabling a detailed exploration of leadership traits and behaviours and offering measurable outcomes for development. Distinguished by its novel integration of biometrics and psychometrics into leadership coaching with horses, this book is designed to deepen understanding and enable leaders to make real-time, impactful enhancements to their leadership styles. With practical applications, case studies, and a clear articulation of benefits, it is an essential resource for coaches, HR professionals, and leaders seeking innovative, evidence-based tools for advancement.

the power of the herd linda kohanov: Gracious Wild Stacey L.L. Couch, 2013-11-01 Gracious Wild is the story of Stacey Couch's incredible journey out of the mundane world of science and reason into the vast shamanic realms of creativity and inspiration. Readers will travel on this intimate exploration of what happens when one woman allows the messengers of nature to guide her. These winged guides wrap her mind up in the mysteries they present, leading her to a richer, more fulfilling life. Stacey's tale begins on an isolated island where, as a scientist, her main responsibility is to care for a couple dozen foxes in captivity. As a result of a series of ecological tragedies, the fox population is on the verge of extinction and a novel hawk species begins nesting on the island for the first time in recorded history. It is during her time watching the nesting hawks alone in nature that her real quest begins—a series of hawks become her guides; rousing life's biggest questions like "why am I here?" Gracious Wild weaves Stacey's relationship with the hawks alongside her study of shamanism with a good deal of information included for those seeking more details about this spiritual path. Stacey's belief is, "that wild animals are trying to speak and interact with us every day. To listen to them is to listen to that which is divine within each of us. Their calls mirror our own inner calling to a greater purpose." Gracious Wild offers a vivid and candid tale of a woman who loses then rewrites the meaning of her life at the same time showing readers their own

humanity; how being open to spirit messages from animals can provide important and beneficial (life-changing) guidance.

the power of the herd linda kohanov: Spirit of the Horse William Shatner, Jeff Rovin, 2017-05-23 “Shatner (and some other pretty great writers!) share some of the greatest horse tales ever told.” —Carson Kressley, Emmy-winning TV personality, New York Times–bestselling author, and World Champion Horseman From his first time riding as a child, William Shatner has felt a deep love for horses. Whether seated in the saddle, communicating with them, or simply appreciating their beauty, his bond with these majestic animals is deep. For decades he has sought to share his joy—with children, veterans, those with disabilities, and many more—through his annual Hollywood Charity Horse Show. And here, he brings that same joy to his fans and readers. In *Spirit of the Horse*, the Star Trek and Boston Legal legend speaks from the heart about the remarkable effect horses have had on his life and on the lives of others. From his first horse, bought impulsively on the advice of a twelve-year-old, to his favorite horses, acquired after many years of learning what to look for, this book draws from Shatner’s own experience and pairs it with a wealth of classic horse stories, including unique retellings of the Pegasus myth and the feats of the most famous war horses throughout history. The result is a celebration that captures the unparalleled connection between humans and horses—and the power, courage, mindfulness, and healing that they can inspire in us. Many fans have heard about Shatner’s passion for horses; few have seen it revealed as completely as it is here. “From the first words of *Spirit of the Horse*, it’s clear that this is a man who is wonderfully, hopelessly in love with the creatures.” —NPR

the power of the herd linda kohanov: The Business of Coaching with Horses Schelli Whitehouse, 2018-09-04 *The Business of Coaching with Horses* is the definitive business guide for equine-assisted professionals to reach more clients so they can feed their horses and change the world! Horse coaching and therapy benefits are unique and sometimes ‘mysterious’. In *The Business of Coaching with Horses*, Equine Alchemy Certified Coach and Facilitator Schelli Whitehouse illustrates exactly what it takes to experience balance, abundance, and a sustainable equine-assisted coaching practice. Schelli’s own life journey and work with horses has become an integrated celebration of purpose and prosperity as she works to see equine-assisted coaching and therapy become a valuable ‘go-to’ modality for personal and professional transformation—as popular as yoga and Starbucks! Through colorful personal stories, client case studies, and advice from industry experts, *The Business of Coaching with Horses* guides equine-assisted practitioners through 7 essential skills for building a thriving business with horsepower. Complete with an online companion workbook, Schelli helps readers establish and build upon their own foundation of personal core principles and unique expertise in order to provide value, structure, and transformation for their ideal clients. Part business branding, part money mindset mastery, and part service design, *The Business of Coaching with Horses* is a loving kick-in-the-pants and a journey to the heart of success for any Horse and Soul Business.

the power of the herd linda kohanov: Le cheval coach - L'équicoaching : une expérience transformante Guillaume Antoine, Laure Soulage, Stéphane Wattinne, 2020-09-09 Et si vous vous laissiez coacher par un cheval? Doué d'une sensibilité hors du commun, celui-ci est capable de ressentir votre réalité émotionnelle et de vous la renvoyer comme dans un miroir grossissant mais sans aucun jugement, dans l'instant présent. Et avec quelque 500 kg à vos côtés, cette réalité, la vôtre, se trouvera soudainement « augmentée » ! De la fonction utilitaire qui lui était jusqu'alors dévolue, le cheval est devenu un guide pour permettre à l'homme de s'interroger sur ses propres modes de fonctionnement. Serait-ce là une de ses nouvelles missions sociétales ? Par ses qualités intrinsèques et ses compétences d'organisation sociale, le cheval est un concentré d'intelligence émotionnelle et de leadership. À ses côtés, partez à la recherche de vos talents insoupçonnés et encore inexploités. Tout comme ce livre a été écrit à trois plumes, l'équicoaching est un processus à trois : le cheval, le client et l'équicoach. Entrez dans les arcanes de la triade pour en comprendre les enjeux, les règles et les secrets. Que vous soyez dirigeant, manager, DRH, coach ou curieux de vous-même, vous découvrirez cette pratique innovante et ce qu'elle peut vous apporter, grâce aux

nombreux témoignages des auteurs.

the power of the herd linda kohanov: Fiducia sostantivo plurale Sergio Sorgi, Francesca Bertè, 2022-11-08T00:00:00+01:00 La fiducia è il pavimento che accelera oppure frena tutto quello che sentiamo e facciamo; senza fiducia non potremmo nemmeno alzarci dal letto la mattina e usciremmo con la pistola invece che con lo smartphone. Non tutto ciò che ci circonda e succede può però essere vagliato in modo meticoloso: abbiamo energie e tempo limitati e non ne verremmo a capo. Quanto c'è dunque di oggettivo nel fidarsi e quanto di soggettivo? Perché alcuni di noi si fidano anche in contesti apparentemente minaccianti e altri sviluppano forti diffidenze in situazioni che sembrerebbero prive di rischi? La fiducia è un interruttore che ci porta ad accogliere o rifiutare gli altri e che attiva le relazioni affettive, professionali, personali. Analizzando tre grandi famiglie di oggetti a cui la fiducia può essere applicata – le organizzazioni (e in particolare le istituzioni), il mondo professionale, le persone (gli altri e noi stessi) – gli autori individuano trentuno forme di fiducia e ci forniscono una raccolta di spunti teorici e pratici per esercitarla consapevolmente. La fiducia può essere offerta, negata, richiesta o restituita e dobbiamo decidere se e come fidarsi del passato, orientarci nel presente e posizionarci rispetto al futuro. Perché la fiducia ha un valore economico, sociale e temporale inestimabile e senza di essa non possiamo affrontare la complessità del mondo.

the power of the herd linda kohanov: The Tao of Equus Linda Kohanov, 2024-06-18 After more than 20 years in print, an updated edition of the evocative and transformational classic about the powerful bond between women and horses When Linda Kohanov wrote The Tao of Equus over twenty years ago, she posed questions that few were asking: Do horses make choices? How do they seem to know what people are thinking and feeling? Are horses spiritual beings? What do they have to teach people? Why are women so attracted to horses? The answers, detailed in this extraordinary chronicle that synthesizes science, behavioral research, and personal insight, transformed how we think about one of humanity's oldest companions and established Kohanov at the vanguard of the emerging field of animal-assisted learning/therapy. In this updated edition, Kohanov weaves new developments in neurological science and scholarship into her original exploration of spiritual awakening, cultural history, and mythology. The Tao of Equus delves into the mental and spiritual processes behind the magical connections that people often experience with horses. It remains a powerful exploration of the feminine wisdom horses model, subtleties that women riders have intuited for centuries.

the power of the herd linda kohanov: Pferde Heilen Menschen Ariana Strozzi Mazzucchi, 2022-10-26 Ariana Strozzi Mazzucchis Werk ist eine wichtige und wertvolle Grundlage für die Arbeit mit Menschen. Equine Guided Education kommt auf vielfältige Weise in der Heilkunde zur Anwendung und wird derzeit im Coaching, bei Psychotherapien, Rehabilitation bei Erkrankungen, in Behandlung Posttraumatischer Belastungsstörungen, in der Hospizarbeit und in zahlreichen anderen therapeutischen Verfahren einbezogen.

the power of the herd linda kohanov: Beyond Words: the Healing Power of Horses Alita H. Buzel, PhD, 2016-05-06 Excerpts from Beyond Words: The Healing Power of Horses The space between words is where we live with horses. In the silence we are truly heard. ***** So much of our sadness, our discontent, our addictions and compulsions are driven by the emptiness we experience when, without being aware of it, we detach from our emotional selves. We often mistake this emptiness as boredom, anxiety, hunger, and/or loneliness. Horses, in their honesty and compassion, help us to reconnect to ourselves, to our humanness. ***** What I have come to believe is that no matter what orientation you bring to psychotherapy, or what equine certification you achieve, the one variable that has been shown to be critically important is the trusting, respectful, and compassionate relationship that develops between therapist and client; whether the therapist has two or four legs is irrelevant! ***** The goal of Beyond Words: The Healing Power of Horses is to connect the advances made in the treatment and understanding of mental health issues with the knowledge we have accrued through the years about the nature of horses. The key is to integrate the two professional worlds of equine specialists and psychotherapists, so that each can

appreciate, communicate, and work together to further enhance the practice of Equine Experiential Psychotherapy.

the power of the herd linda kohanov: The Sacred Path Beyond Trauma Ellen Macfarland, Ph.D., 2008-06-03 One of Graham Greene's characters famously said, "I suffer, therefore I am," suggesting that pain is an inescapable, and perhaps incurable, part of the human condition. But must this be so? Ellen Macfarland argues otherwise in *The Sacred Beyond Trauma*. Through the use of mythology, stories from film and fiction, real-life examples, and her personal history, Macfarland shows that healing trauma is indeed possible, using rich resources near at hand, in nature. The book explores major symbols of healing nature that can provide an impetus for personal transformation. One of the case studies profiles Monty Roberts, a well-known horse trainer who overcame significant childhood abuse by working with horses and eventually fostering some forty children alongside his own biological family. The key, says Macfarland, is using these and other natural symbols such as yin yang to balance the tension between trauma and numinosity (sacredness, transcendence), resulting in the creation of a new way of being in the world. Understanding this and the book's other nature-based symbols can turn the distressed mind into a fertile field of spiritual awareness, empowerment, and lifelong growth.

the power of the herd linda kohanov: On the Wings of Horses Ulrike Dietmann, 2015-10-02 Spiritueller Ratgeber What if we purposefully tap the horse's ability to make us better humans? Ulrike Dietmann offers a heartwarming, empowering program for doing just that. In this book, she uses the model of the hero's journey, developed by the late author and mythologist Joseph Campbell, helping us consciously, and thereby much more efficiently, access what horses have been silently teaching riders, heroes, pioneers, leaders, and artists for millennia. Her graceful, intelligent writing is also clear and easy to understand as she makes some normally complex personal development principles surprisingly accessible. Horses are incredible teachers, but they need good translators to bring their wisdom to a wider human audience. Ulrike is a great translator of horse wisdom. Read this book, follow the activities, and answer the poignant, perceptive questions she asks, and I promise you, your life will change. You will become the hero of your own unique story, and you will realize once and for all, that, even when you wander off the main trail and get lost in the woods, you're never alone in this world.

the power of the herd linda kohanov: On the Back of a Horse Claire Dorotik Ma, 2011-02 *On the Back of a Horse: Harnessing the Healing Power of the Human-Equine Bond* is an entrance into the spiritual world of horses, the devastation of raw human trauma, and the equine facilitated psychotherapy that can help heal it. Using narrative interviews and case studies of equine experts and psychology researchers, the reader is given entrance into the world of equine facilitated psychotherapy, and in doing so, taken on an epic journey to discover how it is that these magical creatures understand so much about human trauma than we ourselves do.

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