

# Case Study

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## A 9-year-old boy with ADHD, hypermobility and learning difficulties

### Paid for by family

The sessions really helped the client to learn to control his emotions. He loved the horses and in order to groom and lead them it was necessary to remain calm and relaxed. Whenever his energy levels started to rise, the horses would provide instant feedback and the client learnt he had to immediately relax to remain in their company. Using these new skills at home helped him to control his emotions and improve his relationships with his parents and siblings.

