Spain horse whisperer’s animals mirror stress sufferers’ state of mind

西班牙馴馬師的動物反映了壓力患者的心理狀態

In the Guadalix mountains outside Madrid, Argentine horse whisperer Fernando Noailles uses his animals to help people suffering from stress and anxiety.

The 57-year-old, who spent many years in the Patagonian wilderness living with horses, uses the animals as a way for patients to **interpret** and control their emotions.

People who come to his sessions spend time with the horses and learn through the movement of the animal what mental state they themselves are in, says Noailles, who charges up to 120 euros per session.





"The horse is a mirror," he says. "They are **gregarious** creatures, born to live in herds."

The therapy consists in monitoring how the horse responds to the client’s moods. From watching the horse’s reaction, the client learns how to identify and control emotions, he says.

"People in the first session, when they are in a difficult state of mind, see a horse that doesn’t stop, that moves, that even **gallops**. The horse is showing you a mind that doesn’t stop, that is tormented," he says.（Reuters）

【Word Bank】

interpret：動詞，指理解、詮釋、體現、口譯。

gregarious：形容詞，指群居的、群居性的、愛社交的。

gallop：動詞，指馬飛奔、人騎馬奔馳、快速移動。名詞，指疾馳、飛奔。

取自《自由時報》

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