
Rethinking Therapy

09/29/2020

Rethinking Therapy

More interventions for emotional, mental, and physical health.

How do you provide general mental health and well-being treatment for individuals when people need different things? Researchers from multiple colleges at Utah State University are seeking to answer this question with evidence-based research and successful clinical programs. In this Blue Plate Research presentation, we highlighted three of these fields of research:

- Equine-assisted therapy for both physical and psychological treatments
- Music therapy interventions for exceptional individuals, older adults, and psychiatric populations
- Online and self-guided therapy that's as effective as in-person sessions

Watch the Presentation

Watch the Q&A Session

Featured Presenters