



The Intersubjective Intention Between Human and Horse

Building Relational Consciousness through Intersubjectivity

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A hand is shown holding a glowing, interconnected network of nodes and lines, symbolizing interconnectedness and differentiation. The nodes are small spheres, some white and some yellow, connected by thin lines. The background is a blurred image of a hand holding a similar network, with a warm, golden glow emanating from the center of the network.

Intersubjectivity and Differentiation

“The boundaries between self and others remain clear but more permeable. In fact, a differentiated self is a condition of intersubjectivity. Without it there would be only fusion.” – Daniel N. Stern

Contributing Authors & Researchers

- Daniel N. Stern – Studied attachment within the field of developmental psychology and the intersubjective experience between infant and mother and wrote “The Interpersonal World of the Infant”.
- Edward Husserl – Established the school of phenomenology (the study of the structures and subjective experience and consciousness) and is known for his analyses of intentionality, perception, embodiment, and intersubjectivity.
- Heinz Kohut – Developed psychoanalytic self psychology for which the Training and Research Center in Intersubjective Self Psychology Foundation is based.
- Allan Schore – Pioneer of studying the neurobiology of attachment and integrating psychological and biological models of emotional and social development across the lifespan.
- Dan Siegel – Creator of Mindsight Institute and specializes in interpersonal neurobiology.

What is Intersubjectivity?



Moment captured during a demonstration. Photo used with permission.

A comprehensive emotional, intentional & motivational, attentional, reflective, and behavioral experience of the other.

It is the awareness of the context within the immediacy of the present moment.

It emerges from shared emotions, joint attention and attunement, resonance, and congruent intention.

Creates trust and sustains engaged connection between human and horse.

These co-created experiences heal relational ruptures and trauma, and rewires the brain due to sustained functional dual awareness of the present moment and parts frozen in the past.

Key Ingredients that Foster Intersubjectivity



The reading or attributing of intention is our primary guide to responding and initiating action

To make sense of things while they are happening

Must simultaneously attune to the explicit verbal content (and behavioral expression) and the implicit experience

- Daniel Stern

- Self-Presence: the ability to be aware of own internal system and the acknowledgement and attunement to the other's internal world
- Resonance: the sense of “feeling felt” in close relationships
- Relational Reciprocity: the mutual exchange of energy and support between partners
- Contingent Communication: reciprocal sending and receiving signals, and responding based upon those signals (D. Siegel)

Process of Building Relational Consciousness



- Relational Consciousness: an awareness of our interdependence with other beings, including god, animals and other humans.
- People often interact and relate to others through parts. Horses give **relational feedback** based upon the part-specific interaction.
- This creates an opportunity for the client to increase their **awareness** of relating from a part, and to get curious about this part's beliefs, emotions, and physical sensations related to the feedback they receive.
- This awareness leads to un-blending which **increases access to Self-Presence**.
- Self-Presence is the main ingredient for intersubjectivity and builds relational consciousness from the client's Self-Presence to the horse. This fosters **co-creating a relational corrective experience** that is good for both.

Guiding the Process

- Cultivated by slowing down the process and guiding client to notice internal responses from the horse's feedback.
- Using the 6F's to help client identify parts.
- Pendulating between client's own self-awareness and the horse's expressions and regulation states.
- Noticing the contingent reactions between human and horse.
- Guiding client to reflect on reactions from parts and Self-Presence and noticing the difference.
- Extending Self-Presence to the horse
- Noticing the horse's responses and/or physical changes.
- Building on the unfolding organic communication by:
 - Identifying needs and making requests
 - Fulfilling viable requests
 - Repairing rupture



Building Relational Consciousness Through Intersubjectivity

Is the bridge between IFS informed EMDR and Equine Engaged Psychotherapy for Mental Health Professionals and is the foundation for Self-Led Horsemanship™ for Equine Professionals.



Equid-Nexus

An Equine Engaged Parts Work Psychotherapy Model