



Gentle Giants Draft Rescue, Maryland

WHY HORSES?

Horses are very much like humans in that they are social animals.

Horses are sensitive to non-verbal communication and respond to what messages the clients give them in the moment. As a result, their responses begin to feel very familiar to the clients, namely just like how their spouses, children, and co-workers respond, or how their addictions, fear, dreams, etc. play out in their lives. The horse become very real symbols of these relationships and allow clients the opportunity to work through how to change these aspects of their lives in an experiential, in-the-moment and emotionally safe method.

Want to Schedule an EAP/EAL Session? Here's how.....

Talk to your current therapist, counselor, or social worker about finding a local EAGALA certified facilitator. Most EAGALA certified Equine Specialists are able to work with any licensed Mental Health Professional, including yours!

You can also visit the EAGALA website for more information.



The Global Standard for
Equine Assisted Psychotherapy
& Personal Development™

www.eagala.org



Photo Credit: EAGALA program at Reins of Hope, Ca

**EQUINE ASSISTED
PSYCHOTHERAPY
&
EQUINE ASSISTED
LEARNING**

*EAGALA: The Equine Assisted
Growth & Learning
Association Model*



What is EAP & EAL?

The EAGALA model Equine Assisted Psychotherapy (EAP) and Equine Assisted Learning (EAL) are very nearly the same thing; the difference being that in EAP the client goal is therapy orientated and in EAL the client goal could be any personal development goal (i.e. educational, social skills, and team building).

No matter your goal, EAGALA EAP & EAL are structured the same. You will experience an experiential session (self-exploratory) that allows you to interact with the horses and use them as tools to grow and move towards your goals.

The EAGALA model is always facilitated by a professionally certified Equine Specialist (ES), a Mental Health Professional (MHP), and one, two, or three horses! Sometimes a third professional can be a part of the team as well. There is NO riding involved, it's all on the ground, and each goal is always focused around YOU; the client. The EAGALA model has a high code of standards and ethics and believes that every client has their own best solutions.

What Does a Typical EAP/EAL Session Look Like?

A typical EAP/EAL session is about 45 minutes long. You arrive at the equine facility and are greeted by your treatment team; your ES, MHP, and the horses of course!

After a brief check in, you begin to explore and interact with the horses. Sometimes the Equine Specialist and Mental Health Professional will suggest a task to accomplish with the horses. Sometimes just being with the horses is enough to facilitate movement towards your intended goal.

Overall, sessions are what YOU want them to be. You'll notice that the horses seem stay curious and engaged in some manner no matter how things unfold.

At the end of your session your treatment team allows you time to process or reflect. The ES & MHP will help facilitate this processing and reflection by helping to connect the horses to your goals and everyday life.

“There is something about the outside of a horse that is good for the inside of a man” – Winston Churchill

