

 Do you find that some of your clients are *continually* stuck in:

- Destructive patterns?
- Intellectualized defenses?
- Problematic relationships?
- Unhealthy boundaries?
- Talking about their issues and unable to put that awareness into action?



Our powerful, effective, and collaborative model of Equine Assisted Psychotherapy utilizes metaphorical, somatic engagement and combines the intuitive qualities of the horse with the client's desire to learn and grow. Through interaction with the horse(s), clients embody new behaviors and insights that enhance their lives and therapeutic work.

[www.StandInBalance.com](http://www.StandInBalance.com)

### Can I attend sessions with my client?

Yes, we encourage therapists to come and learn first hand about their client's experience. We actively work with you and your client(s) so they can bring their experiences into their therapy sessions to maximize insight and change.

### What happens in a session?

A typical session involves ground activities with the horses which provide opportunities for personal growth and learning. Our professionals help clients explore their interactions with the horses and the metaphors that emerge.

### Do my clients need to know about horses?

No, all work with the client and horse is done on the ground - there is no riding - with a focus on human skills rather than horse skills. At Stand InBalance, our program is not about horsemanship. It's about exploring partnership, communication, and authenticity; and having fun along the way.

### Why horses?

Horses have an instinctive, keen sense of smell, hearing, and body awareness. They are fully present, intensely sensitive, and highly vigilant, without agenda or judgement. These majestic animals are powerful messengers about who we are, how we carry ourselves, and how we relate to ourselves and others. It is in this engagement that the deepest and most powerful work occurs.

 Client results can include:

- Movement from intellectualizing to affective awareness
- Turning insight into behavioral change
- Improved affect regulation
- Embodied mindfulness
- Increased focus, intention, and commitment
- Capacity to set clear and effective boundaries
- Enhanced empowerment and resilience

 Equine Assisted Psychotherapy can help with:

- Trauma Recovery
- Destructive Family Dynamics
- Debilitating Depression
- Resistant Anxiety
- Anger Management
- Eating Disorders
- Fears and Phobias
- Addiction