

# Equine Assisted Healing®

Equine Assisted Healing® (EAH) is an experiential form of therapy designed to help you **integrate the tools you are learning in recovery** and prepare to use them in daily life. **Just like riding a bike, old habits are stored in our bodies and NEW action takes practice.** In the **EAH® experience** you'll get immediate, non-judgmental feedback to help you **gain insights and let go of old behavior patterns as you embody new ones.**

No prior horse experience is necessary. All exercises are conducted on the ground and involve interacting with horses through a variety of activities, such as grooming, leading, and obstacle courses. EAH® can help you:

- **Reduce Stress & Anxiety**
- **Gain Confidence**
- **Improve Relationships**
- **Increase Self-Awareness**
- **Practice Setting Boundaries**
- **Boost Focus, Intention and Commitment - key skills for a healthy & happy life**
- **Build Patience**
- **Have Fun**



## Why Horses?

Instinctively, as prey animals, **horses' survival depends on their ability to sense underlying energetic and emotional currents in their environment.** This keen awareness of, and ability to, interpret the body language and emotions of animals around them not only makes them successful herd animals but enables them to be steadfast interpreters of our underlying, true feelings. **They become powerful messengers that mirror back their direct experience of our emotions and behaviors.** And, they do so **without the judgment or biases** typically associated with human beings. Because they are fully present and without agenda or judgment, **they invite us to be the same, and this is where the deepest and most effective work transpires.**

## What do I need to know?

- Temperatures vary, so wear comfortable clothes in layers.
- You must wear closed toe shoes - such as tennis shoes.
- A hat is recommended.
- There is no smoking at the Ranch.
- You might fall in love with a horse....

# Equine Assisted Healing®

## Frequently Asked Questions

### **Aren't we just petting horses - how is that going to help me?**

No - this is actually psychotherapy. Although just being around animals can help reduce stress and lower blood pressure, our goal is to help you gain further insights about yourself and your behaviors through interaction with these intuitive, biofeedback beings. The arena serves as a microcosm for life and you'll be able to learn and practice new strategies to assist you in recovery and help you achieve your goals.

### **What happens in a session?**

A typical session involves ground activities with our horses and donkeys which provide opportunities for personal growth and development. Our professionals will help you explore your interactions with the equines and the metaphors that emerge so that you can integrate the learning into your life. We encourage you to take your experience back to your individual and group therapy so you can maximize the benefits.

### **How come we aren't riding?**

Our focus is on people skills not horsemanship. Interacting with horses "eye to eye" can actually be more challenging than riding and provides an opportunity for you to gain new insights about your behaviors as you work on issues around relationships, trust, emotional blocks, and being present here and now.

### **Do I need to know about horses?**

No, all work is done on the ground with a focus on human skills not horse skills. Our program is not about horsemanship — it's about gaining tools for recovery and having fun along the way.

### **What if I am afraid of horses?**

No problem - our supportive therapists will help you address your fear and won't force you to do anything. Navigating fear is part of life and working through your fear can help you break out of old patterns, gain important insights, and increase your confidence.

### **I've already had a lot of horse experience, will I get anything out of this?**

Definitely - you may already be familiar with some of the feedback horses have to offer; however, Equine Assisted Psychotherapy is not about horsemanship and it doesn't matter if you've had tons of horse experience or none. This experience focuses on connecting in new ways and gaining new tools for change.

### **What if I don't have the right shoes and I don't want to get dirty?**

Don't worry - we have shoes here on site that you can borrow for your experience. Research has found that just being out in nature has significant healing effects - both physically and emotionally. It is only in recent times that we humans have lost touch with our connection to the natural world. We can't promise that you won't get dirty, but you can always wash off! Reconnecting to nature and other beings can help us become more grounded and moving out of our comfort zone helps increase emotional agility.