

WHAT IS EAP?

-HEALTH PROFESSIONALS & ORGANIZATIONS-

Equine Assisted Psychotherapy (EAP)

1

HARNESSING HERD DYNAMICS



Equine-assisted psychotherapy (EAP) taps into the natural behavior of horses, leveraging their herd mentality to facilitate client understanding of social dynamics and personal interactions.

2

IMMEDIATE FEEDBACK LOOP

Horses, as prey animals, offer honest and immediate feedback during EAP sessions, aiding clients in recognizing and addressing emotions and behaviors in real-time.

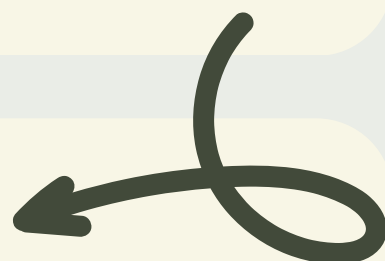


3

MINDFULNESS MASTERS



With their innate mindfulness, horses excel at observing and responding to their environment. In EAP, they help clients cultivate awareness of their thoughts, feelings, and surroundings.



4

EXPERIENTIAL LEARNING



EAP emphasizes hands-on activities with horses, fostering experiential learning where clients engage in problem-solving tasks and communication exercises, promoting self-discovery.

5

PERSONAL INTERPRETATION

There's no "right answer" in EAP; instead, clients derive benefits from their personal experiences with the horses, connecting these insights to their daily lives and broader experiences.

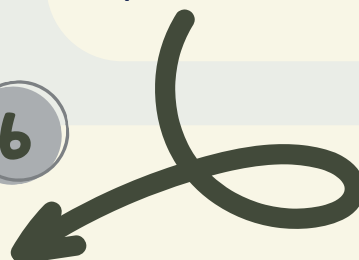


6

EMPOWERING SOLUTIONS



By embracing a hands-on approach, EAP empowers clients to project, analyze, and find solutions to their challenges. This experiential understanding fosters deeper, more profound, and enduring transformations in individuals.



(WWW.EAGALA.ORG/MODEL)



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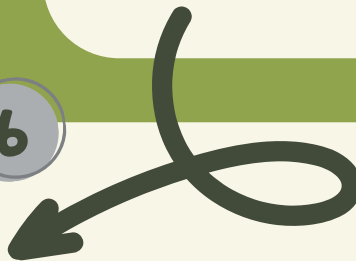
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WHAT IS EAP?

-TEENS AND FAMILIES-

Equine Assisted Psychotherapy (EAP)

1

UNDERSTANDING HORSE HERDS



Ever noticed how horses stick together in groups? In equine-assisted therapy (EAP), we use their natural behavior to help you understand how you fit in with others.

2

INSTANT HORSE FEEDBACK

Horses don't hold back! They'll let you know how they feel right away. This helps you figure out your own emotions and actions during therapy.



3

ZEN HORSE MINDS



Horses are like meditation masters! They're super good at staying calm and paying attention to what's going on. In EAP, they'll help you become more aware of your thoughts and feelings.

4

LEARNING BY DOING



In EAP, you get to do hands-on activities with the horses. It's like solving puzzles together, but with hooves!

5

NO RIGHT ANSWERS

There's no such thing as being wrong in EAP. It's all about how you feel and what you learn from interacting with the horses.



6

FINDING YOUR OWN FIXES



EAP helps you come up with your own solutions to problems. By getting your hands dirty (literally, sometimes!), you'll discover stronger, longer-lasting ways to handle stuff.

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