



Equine Assisted Psychotherapy Sessions

Equine Assisted Psychotherapy (EAP) sessions are suitable for adults, adolescents, and children.

Clients are offered physically and emotionally safe experiences with horses for the purpose of exploring self-experience in relationship, building self-awareness, awareness of patterns or habits that are no longer serving them well, developing psychological and social skills and addressing therapeutic goals clients have identified.

1:1 session lasts for 60 minutes and may involve observation of horses, meeting horses at liberty, lead-line experiences including touching and grooming, liberty leading, led-mounted and creative activities with horses.

Within the sessions, horses can evoke strong feelings in clients or engage clients in the learning process. Horses can assist in co-regulating a client's nervous system, can model healthy living and expression of feelings, as well as offering non-judgemental safety and trust.

EAP can be an empowering process supporting a variety of mental health and developmental needs, including:

- anxiety
- depression
- trauma
- addictions
- grief, loss, and separation
- life transitions
- relationship breakdown
- behavioural problems
- life stage adjustment
- stress
- empathy and relationship skills
- social skills
- confidence and self esteem
- emotional awareness

‘A horse teaches you everything you need to know about yourself’