



IN THE COMPANY OF HORSES

Frequently Asked Questions

- **How is Equine Assisted Psychotherapy (EAP) different than traditional therapy?**
EAP is a brief solution oriented therapy. As opposed to talk therapy, this is an experiential therapy, you will learn by doing. When you find a solution in the arena, you will be able to pull that solution forward into your life and apply it to one of your challenges just like you do in the arena.
- **What is the difference between EAP and EAL (Equine Assisted Learning)?**
All sessions are facilitated by a qualified Equine Specialist and a Licensed Mental Health Professional and a horse or horses. EAL is a learning session EAP is a psychotherapy session.
- **What if I'm afraid of horses or just don't like them?**
Familiarity and/or affection for horses is not necessary for this therapy to have lasting effects and quickly. Body language is a universal language. Every EAP/EAL session is facilitated by a Licensed Professional Counselor and a Qualified Equine Specialist both Advance Certified by EAGALA (The Equine Assisted Growth and Learning Association.)
- **Will the horses know if I'm afraid of them?**
Horses are prey animals and humans are predators. Prey animals lives depend on reading the intention of predators. Just be yourself, let your emotions just be.
- **Can I ride the horses?**
There is no riding in Equine Assisted Psychotherapy/Learning sessions. You may inquire about riding programs.
- **If we are not riding the horses what will we do?**
EAP (Equine Assisted Psychotherapy) is solution oriented brief therapy, in the arena with horses you will set up and solve problems in the areas of your life that are important to you. EAP uses metaphor to relate these activities to your life.

- **What is a metaphor?**
A metaphor is a word or phrase we use to represent something else. For example she is an early bird, I am a night owl. She is neither a bird nor I an owl but we can understand she gets up early and I stay up late by use of this metaphor.
- **What should I wear to my EAP/EAL Session?**
You'll want to wear old clothes and shoes with closed toes. Dress in layers appropriate for the weather outside.
- **Do you take Insurance?**
No, and Insurance companies will pay for CBT (cognitive behavioral therapy) we put CBT into motion. You will pay for your session and submit to your insurance company for reimbursement to you.
- **Why Horses?**
Like humans, horses are social animals, with defined roles within their herd. They have distinct personalities, attitudes and moods; an approach that works with one horse won't necessarily work with another. Naturally intimidating to many, horses are large and powerful. This creates a natural opportunity for some to overcome fear and develop confidence. Working alongside a horse in spite of those fears, creates confidence and provides wonderful insight when dealing with other intimidating and challenging situations in life. Horses require us to work, whether in caring for them or working with them. In an era when immediate gratification and the easy way are the norm, horses require people to be engaged in physical and mental work to be successful. A valuable lesson in all aspects of life.
- **What can I get from Equine Assisted Psychotherapy/Learning?**

<ul style="list-style-type: none"> ○ Increasing confidence ○ Self awareness ○ Problem solving skills ○ Self control ○ Real communication ○ Focus and being present ○ Increase coping skills ○ Increase Tolerance ○ Stronger sense of self ○ Creative thinking 	<ul style="list-style-type: none"> • Team work • Leadership • Embracing Diversity • Social Intelligence • New awareness of patterns of behavior • Ability to change • Overcoming fear and self doubt
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