

Equine Assisted Psychotherapy how it Works

Learn by doing.



Talk about what happened; what worked and what didn't; next time a more informed choice can be made when a similar issue comes up in life outside of the arena.



We have high standards
We follow the eagala model.



IN THE COMPANY OF HORSES

240 Pointville Rd. Pemberton, NJ
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609-330-2444

www.inthecompanyofhorses.com

info@inthecompanyofhorses.com

Have trailer – Will travel

In the Company of Horses Inc
"Explore What's Possible"

Equine Assisted
Psychotherapy
Services

Creative experiences
increasing confidence
awareness and trust
In the Real World!



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Learn By Doing..

We operate under the belief that our clients have their own answers. Together with horses, we assist clients to get to the heart of a matter quickly. The solutions found in the arena are easily recalled for use in life outside of the arena for years to come!



Affinity for or experience with horses is not necessary.
No Riding.

WHAT'S POSSIBLE?

Establish and question the rules/guidelines/patterns for your life; find ones that work for you. ♥ Increase Confidence ♥ self esteem ♥ ability to work within a group or as an individual ♥ learn to speak to be heard and to listen newly ♥ Creative problem solving that is retained! ♥ Identify self-imposed limitations ♥ Locate the resistance; Get to the heart of social and emotional intelligence and make changes in a non-predatory way ♥ Discover your own unique creativity and natural talents ♥

Find your freedom and self expression !

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.

It's hard to ignore a 1200 pound horse!



We have high standards – Every session is custom designed and facilitated by a Licensed Professional Counselor (LPC) and a Qualified Equine Specialist Advanced Certified by eagala (eagala.org)

In the Company of Horses Inc. is fully insured, licensed & qualified. We accept cash, checks, major credit cards and are registered with all major insurances.

All visits are by appointment only.

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Services We Offer

Groups:

Because life is a group activity!

Any group who desires empowerment through a unique and memorable experience.

Women's/Men's/Teens Recovery Groups:

drugs ♥ alcohol ♥ domestic violence survivors ♥ displaced workers ♥ grief ♥ effective parenting ♥ anger management ♥ Teens/adolescence at risk of failing in traditional learning settings ♥ Incarcerated youth.

Individuals and families :

problem solving ♥ strategic thinking ♥ citizenship ♥ self confidence ♥ self esteem ♥ positive body image ♥ depression ♥ anxiety ♥ PTSD ♥ issues of addiction ♥ transitions in life ♥ single parenting ♥

Located next to Joint Base MDL Military families – Special Needs dealing with deployment ♥ PTSD ♥ reunification ♥ help for the ones left behind.



Call for more information:

609-330-2444