



EQUINE-ASSISTED PSYCHOTHERAPY (EAP)



Research References

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Find healing and
growth through
the power of
horses.

What is Equine Assisted Psychotherapy?

EAP is a form of therapy that incorporates horses into the therapeutic process. This form of therapy is conducted by a licensed mental health professional who has undergone specialized training in equine therapy.



EAP can help individuals struggling with a wide range of mental health issues, including depression, anxiety, trauma, addiction, and relationship issues.

The benefits can include:

- Improved self-esteem and self-awareness
- Increased ability to manage emotions and stress
- Improved communication and interpersonal skills
- Increased sense of connection and trust with others
- Greater sense of empowerment and resilience



What to Expect

During an EAP session, you will work with a licensed mental health professional and an equine partner. It will take place in a safe and controlled environment. You will have the opportunity to engage with the horse through various activities. Your therapist will guide you through the session, providing support and feedback as you work through your emotions and experiences with the help of the horse.

No prior horse experience is necessary, and you do not need to ride the horse to participate in equine therapy.