

The Missing Piece to Better Success Rates in Teaching:

- ◆ **Anger Management**
- ◆ **Conflict Resolution**
- ◆ **Communication**
- ◆ **Responsibility**
- ◆ **Self-Confidence**



Just may be...

...a horse!

As strange as it may seem, adding a horse to the psychotherapy equation may be the missing piece you've been looking for.

Those who are familiar with horses recognize and understand the power of horses to influence people in incredibly powerful ways. The benefits of work ethic, responsibility, assertiveness, communication, and healthy relationships has long been recognized. Horses naturally provide these benefits. The use of horses is growing and gaining popularity with the rise of *new* approaches in working with the horses, including Equine Assisted Psychotherapy.

Equine Assisted Psychotherapy



Challenges clients in a non-threatening manner



Rapidly breaks down defense barriers



Provides immediate cause and effect situations



Captivates and holds attention



Promotes change from dysfunctional patterns to successful ones

Equine Assisted Psychotherapy (EAP) incorporates horses experientially for emotional growth and learning. It is a collaborative effort between a licensed therapist and a horse professional working with the clients and horses to address treatment goals.

EAP is an *experiential* modality. This means that participants learn about themselves and others by participating in activities with the horses, and then processing (or discussing) thoughts, beliefs, behaviors, and patterns. While experiential approaches can be conducted in a variety of settings, using unlimited tools, EAP has the added advantage of utilizing horses, dynamic and powerful living beings who enhance the experiential process.

The focus of EAP is not riding or horsemanship. Sessions involve setting up ground activities involving the horses which will require the client or group to apply certain skills. Non-verbal communication, assertiveness, creative thinking and problem-solving, leadership, work, taking responsibility, teamwork and relationships, confidence, and attitude are several examples of the tools utilized and developed by EAP.

EAP is a powerful and effective therapeutic approach that has an incredible impact on individuals, youth, families, and groups. EAP addresses a variety of mental health and human development needs including behavioral issues, attention deficit disorder, substance abuse, eating disorders, abuse issues, depression, anxiety, relationship problems and communication needs.

EAGALA Certification Program

EAGALA Certification involves completing *Fundamentals of EAGALA Model Practice Part 1 and Part 2* trainings. These are two separate training courses where Part 1 provides the foundation in how to do this work, and Part 2 provides opportunity to practice the application of the work. Completion of these trainings will provide you with the tools necessary to effectively incorporate horses experientially in mental health treatment. Certification provides you and your program additional credibility, professionalism, and association with the EAGALA name and reputation. With EAGALA's Ethics Committee serving to uphold our standards, certification indicates to your clients and funding sources your high standards of care and ethical practice.

Through EAGALA, you also receive continuous support, help, and training. Advanced levels and trainings, as well as involvement with a great network of professionals working in this field, are also available. Change lives through the rewarding and exciting field of Equine Assisted Psychotherapy!

Fundamentals of EAGALA Model Practice Trainings

Training Manual included!

Continuing Education available—check www.eagala.org for additional information.

PART 1 AGENDA

3 Days - 8:30 am to 5:00 pm each day (end by 4:00 pm on day 3)

Pre-requisites:

- ✓ No pre-requisites required - open to anyone who wishes to attend

(Note: EAGALA model does have minimum requirements to practice in either role of the EAGALA team—horse professional and clinical professional. See the certification program write-up for information on those standards.)

The Fundamentals of EAGALA Model Practice Part 1 training of the EAGALA certification process establishes the foundation for EAGALA model practice of Equine Assisted Psychotherapy.

Day 1: Day 1 introduces the EAGALA model and safety philosophies using EAGALA activities. Equine Assisted Psychotherapy activities include:

- Observation activity—Framework for experiential observations
- Introduction to Model—Select a Horse
- Individual Sessions and the EAGALA Model process (treatment planning/session progression/creativity)
- Structuring Sessions/Activities—Life’s Obstacles v1

Day 2: Day 2 focuses on structuring and processing skills of EAGALA work in individual, family, and group therapy sessions.

- Structuring Sessions/Activities—Life’s Obstacles v2
- Facilitation skills, the team approach, use of metaphor, and maximizing role of horses
- Examples of Individual, Group, Family, and Couples sessions

Day 3: Practicing EAP - participants are given case scenarios, develop treatment plans, and role play a session – a chance to practice and apply what was learned the first two days and receive feedback.



PART 2 AGENDA

3 Days - 8:30 am to 5:00 pm each day (end by 4:00 pm on day 3)

Pre-requisites:

- ✓ Fundamentals of EAGALA Model Practice Part 1 training
- ✓ Bring completed Professional Development Portfolio (see write-up in the Certification Program document on website or in training manual) to Part 2 training

The Fundamentals of EAGALA Model Practice Part 2 training of the EAGALA certification process is designed to build on Part 1 and focus on the application of the EAGALA model. The training takes EAGALA model skills to a deeper level. Part 2 involves giving and receiving feedback necessitating a willingness to look at oneself honestly and openly within an atmosphere of growth and learning.

Day 1: Educational and experiential activities take concepts learned in Part 1 to a deeper understanding

Days 2 and 3: Role playing practice and feedback to develop practical skills in actually doing the work!

Topics covered in the Part 2 training include: Self-reflection and how your “apostrophe-S” impacts sessions, advanced understanding of the team approach and roles, maximizing use of the horses, confidence in safety and its part in EAGALA work, observation and processing skills, structuring effective sessions, treatment planning and session progression, and skills in evaluation of self and others in EAGALA model ethics and practice.

"Now that I've started to do horse sessions, it's hard to think of doing talk therapy in an office with adolescents. In that setting, their real patterns emerge and the student can not cover up or manipulate. I have learned more about a teen in one horse session than in a month of individual work." -Barbara Lester, L.C.S.W.

"Not only did I have fun, but I will be able to take home some great new skills, some very important insights, and lots of creative experiential processes to recruit into my practice of psychotherapy!" -Laura Forest, LCSW

"Presented in an easy to understand, safe, and fun environment that kept everyone interested and intrigued. Thank you for opening our eyes." -Lisa Moosmueller, Equine Studies Instructor, Virginia Intermont College

"This was one of the most powerful yet brief techniques I've seen that gets to the issues and promotes resolution and insight in treating individuals and families." -Carrie Siddiqi, LPC, M.Ed., M.S.

"I felt the training was an excellent opportunity to showcase the powerful effect of experiential therapy. It's amazing how closely the behaviors of the horses can parallel and be analogous with our own lives. The results are visible to all, especially the layperson." -Kelly A. Beach

"The EAGALA workshop and instructional materials are outstanding. I recommend anyone interested in expanding experiential treatment modalities to explore this unique combination of horse professional and therapist." -David J. Currie, Jr., LMFT, Classic Equestrian Assisted Family Services, Inc.

"This weekend has provided a powerful experience for me. Not only has it provided new ideas and tools for my new business adventure, but it has opened my eyes to understanding issues within myself." -Deborah Caldwell

"This is the only workshop I've taken in 10 years of therapeutic trainings that I look forward to taking again." -Frances Goode, MFT

"It was one of the best "hands-on" useable trainings I have been to in several years." -Lillian Kramer, Psy.D.



**Equine Assisted
Growth and Learning
Association**

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