



What are Equine Assisted Psychotherapy (EAP) and Equine Assisted Learning (EAL)?

Not all therapy using horses involves riding. Unlike therapeutic riding, EAGALA teaches Equine Assisted Psychotherapy (EAP) and Equine Assisted Learning (EAL) which instead focus on experiential, ground-based activities. The EAGALA treatment team (a Mental Health Professional and Equine Specialist) works with the client in creative horse-centered activities designed to address specific treatment goals, producing spectacular results. Often during a session, the horse or experience can initiate an “Aha” moment that impacts that client’s way of thinking or behaving. After the session, the client takes away key experiences and can begin to make lifelong changes.

Equine Assisted Psychotherapy (EAP)	Equine Assisted Learning (EAL)
<ul style="list-style-type: none"> • Addresses the client or group’s treatment goals • Focuses on setting up ground activities involving the horses which will require the client or group to apply certain skills, as defined by their treatment plan or goals • Examples of skills applied in an EAP session: Improved behaviors and social skills Depression and anxiety reduction Relationship development Coping resources 	<ul style="list-style-type: none"> • Addresses the individual or group’s learning or educational goals • Focuses on setting up ground activities involving horses to help learn specific skills or achieve educational goals, as defined by that individual or group • Examples of skills applied in an EAL session: Improved product sales for a company Leadership skills for a school group Resiliency training for the military

The EAGALA Model is unique because it utilizes a team approach and focuses on ground-based activities. In addition, EAGALA’s approach is solution-oriented and adheres to a professional code of ethics. The EAGALA Model 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, trauma, depression, anxiety, relationship problems and communication challenges.

Other Common Types of Equine Therapy

Therapeutic Riding: Mounted therapy in which people with disabilities ride horses to relax, and to develop muscle tone, coordination, confidence, and well-being.

Hippotherapy: Physical, occupational and speech therapy treatment strategy that utilizes equine movement. It is provided by a specially trained physical therapist, physical therapy assistant, occupational therapist, certified occupational therapy assistant or speech and language pathologist.

Therapeutic Horsemanship: A program where students learn horsemanship skills, such as riding or caring for horses. Horsemanship skills are the primary objective, however life lessons and other therapeutic benefits may be gained through learning the skills of being with horses.