

# FIVE REASONS TO USE A H.O.R.S.E AS YOUR THERAPIST!

Winning Strides most often uses the Eagala Model: a mental health professional, an equine specialist, a horse(s), and a client

## **H: High Standards**

**The Eagala Model is a framework of standards and skill sets.** Believing the best solutions come from within, the Eagala Model allows you to discover, learn, and grow from the unique qualities of the horse-human relationship. The Eagala Model involves no riding and is ground-based. It does not require you to have any previous experience with horses. This creates a physically and emotionally safe environment and enhances the accessibility of the treatment, as the horses and clients are each free to interact. It requires nothing of the horse except to be a horse, and nothing from you except to be present to your experience. **The Eagala Model follows a standard of facilitation that creates lasting solutions to life's obstacles.**





## **O: Outcomes**

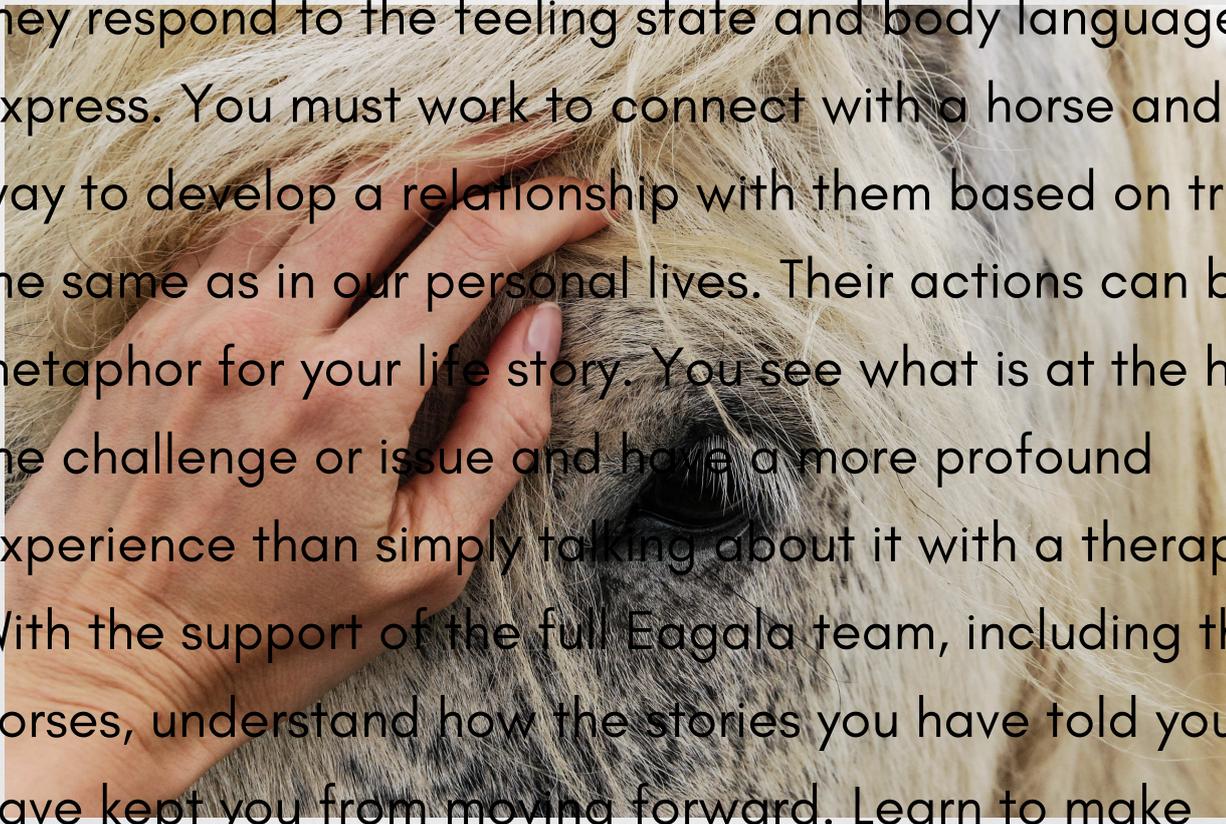
**Find the answers you seek to change behaviors and make your life better.** Explore, problem-solve, and overcome challenges by being the expert in your own life.

Find meaning and solutions to the problems that trouble you. Cultivate positive feelings, thoughts, and actions to enhance your well-being. Equine Assisted Therapy delivers life-changing outcomes.

**You already have all the answers you're looking for.**

## **R: Revolutionary Approach**

**Horses offer unique opportunities for you to discover inner strength, beyond traditional talk therapy.** Horses are large and powerful and it's hard to ignore their presence, much like a seemingly impossible life issue you may have experienced. Because horses are highly sensitive, and survive by paying close attention to their environment, they respond to the feeling state and body language we express. You must work to connect with a horse and find a way to develop a relationship with them based on trust – the same as in our personal lives. Their actions can be a metaphor for your life story. You see what is at the heart of the challenge or issue and have a more profound experience than simply talking about it with a therapist. With the support of the full Eagala team, including the horses, understand how the stories you have told yourself have kept you from moving forward. Learn to make decisions that lead to changing your behaviors. **Horses can transform your life so you can build a brighter future for yourself.**



## **S: Safety**

**Feel emotionally safer with horses and overcome perceived obstacles to change.**

Horses do not judge, which helps create the space of emotional safety during sessions. The horses' unique sensitivities and special capacity to read and respond to peoples' non-verbal cues can lead to powerful emotional breakthroughs and life-changing insights. When we feel safe, we have a chance to see ourselves. **Serving you at the highest level, cultivating safety.**



## **E: Empowerment**

**Holding space means to be with someone without judgment.** The role of the Mental Health Professional and Equine Specialist is to hold space for you – to observe, to put their personal opinions aside and allow you to just be to explore whatever experiences come up for you. It is the art of being present with you. They listen and observe with their ears and hearts, practicing compassion and empathy. They accept your truth, no matter what. Likewise, by nature, horses do not judge or interpret. They provide a naturally judgment-free experience. With horses serving as equal partners of the treatment team, simply being in the presence of the horses can open avenues to deeper healing, as you open to insights and new behaviors. **When we feel seen and understood, without threat of judgment, we become empowered to look at our challenges in a healthy way.**



**If you would like to schedule an Equine  
Assisted Therapy Session call us at  
770-776-8446**