

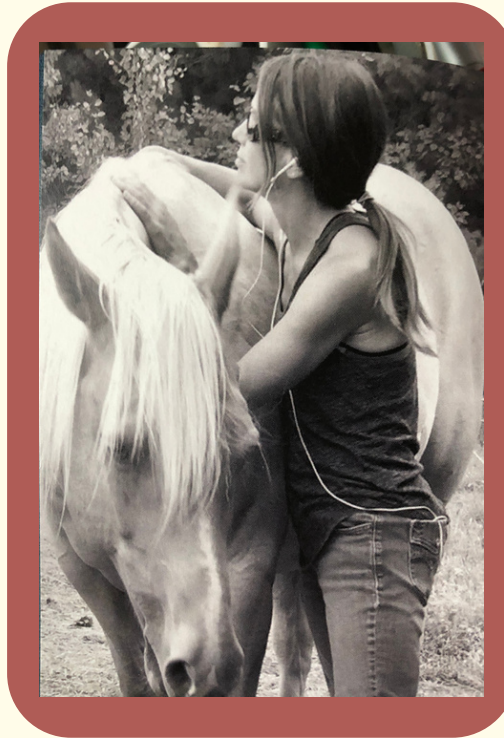


**TINA  
MICHALSKI**



Tina, a longtime equestrian, gained her EAGALA certification in 2019. She has witnessed firsthand how safe, meaningful interactions with horses can transform lives—from helping a veteran finally sleep through the night to uncovering emotions long buried. Her hope is to create a safe, healing space where people of all ages and backgrounds can work through the challenges life brings.

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*"Sonny"*



"Known for their great strength, beauty, grace, stamina and spirit, these magnificent creatures can cause your pulse to quicken as they gallop wild and free, yet can melt your heart with their gentleness and trust. Looking into the eyes of a horse can instantly lead to an unbreakable bond."



*and*



**eagala**

The Global Standard for Equine Assisted  
Psychotherapy & Personal Development



**Together, Palomino Hope and EAGALA unite the healing power of horses and human connection to bring peace, purpose, and joy to people's lives.**



### How Horses Help the Process

In the Eagala Model, horses are not tools or teaching props—they are active, responsive partners. Their natural reactions to a client's presence, energy, and body language reveal insights that may remain hidden in traditional therapy modalities.

Horses offer honest, immediate feedback. They mirror emotional states, respond to body language, and often bring to the surface relational dynamics that clients are working through. Because sessions are unmounted and untethered, horses are free to interact authentically, and clients are able to engage from a grounded, mindful place.

This dynamic creates rich therapeutic opportunities—where change is not instructed, but discovered.



**THE**  
**eagala**  
**MODEL**

**EQUINE ASSISTED GROWTH AND LEARNING ASSOC.**

### WHO is EAGALA for?

- veterans
- children
- families
- trauma survivors

**If you are, or know of  
someone who may benefit  
from this program please  
reach out to Tina at  
Palomino Hope Equine.**

**tinam@palominohope.org**

## A licensed Mental Health Professional and Equine Specialist Make Up the EAGALA Treatment Team.

**EAGALA Certification is The Global Standard for Professionals Who Want to Practice the Strongest Model of Equine-assisted Psychotherapy and Personal Development Available Today! Here's why:**

### • Highly professional

EAGALA is the ONLY association offering a fully-developed, professionally endorsed treatment model for mental health professionals practicing equine-assisted psychotherapy. The EAGALA Model stands alone in the world of equine-assisted psychotherapy because of its team approach. Under The EAGALA Model, both a licensed, certified Mental Health Professional and a certified Equine Specialist work together collaboratively at all times to assure clients get the therapeutic attention and support they need as they make life changes.

### • On the ground

The EAGALA Model involves no riding or horsemanship, making it both safe and effective. Clients work directly with horses face-to-face on the same footing. This ground level work enables clients to better perceive the horses' actions and reactions as they work to process and solve their life challenges. Under the trained eye of the EAGALA Treatment Team, horses offer clients honest feedback and usable information that helps them understand how their process and actions affect others and impacts their lives.

### • Client Centered

The work is built on the premise that it's the client who best determines the kinds of life changes they need to make in order to improve their life. The job of the EAGALA treatment team is to put The EAGALA Model to work to meet the client's goals by engaging the unique intuitive power of horses to help them understand their process and practice the changes they want to make in a safe, supportive setting.