

EQUINE ASSISTED PSYCHOTHERAPY CAN CHANGE YOUR LIFE



eagala

The Global Standard for Equine Assisted
Psychotherapy & Personal Development

Why Horses?

INTELLIGENT PREY ANIMALS

To evade predators, horses have evolved to be extremely sensitive to their environment. They instinctively analyze and react to our body language and other nonverbal cues providing us with valuable feedback and insights for other areas of our lives.

LARGE AND POWERFUL

It's hard to ignore a horse with their size and presence. We can't just control a powerful horse. Approaching horses helps us reflect how we approach our relationships and how we can face other big or overwhelming things in our lives.

HERD ANIMALS WITH DISTINCT PERSONALITIES

Horses are social animals with defined roles within a herd. They have distinct personalities, attitudes, and moods. They could be stubborn or they could be playful. In other words, horses are a lot like us.

How it Works

THE EAGALA MODEL is a team approach that includes a licensed, credentialed Mental Health Professional, a qualified Equine Specialist, and horses working together with the client in an arena at all times.

When inside the arena, all the work is done on the ground with the horses front and center, deliberately unhindered and never ridden, and allowed to interact with the client as they wish. This creates the space for the client, with the support of the professional facilitators, to reflect, project, and make deep connections.

Where to Find Us

FOR THERAPY OR PERSONAL DEVELOPMENT

FOR ANY PROBLEM. Addictions, trauma, social and behavioral disorders, depression and more, there are Eagala Certified practitioners all over the world ready to help you.

Visit us at www.eagala.org to find yours.



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