



Pastures of Hope Participant Handbook

Our Programs

Equine Assisted Psychotherapy

In this team-approach therapy, participants work with horses inside the safety of a quiet arena, and all activity is done on the ground with the horses who are each intentionally 'at liberty' without halters or reins, and not ridden. The horses are allowed to interact with the client as they choose. This freedom of choice creates a non judgmental space for the participant to reflect, project, and discover meaningful solutions for themselves. These sessions are offered individually, in groups, or with your family.

Benefits of Equine Assisted Psychotherapy

Equine assisted activities interwoven with traditional cognitive therapy allow participants to heal through experiential learning as they engage in an equine environment. Humans learn best by doing. Each of our programs gives participants the space to project and analyze their situations, make connections, and find their own solutions as they move among these most empathic and intuitive creatures.

Horses act as a mirror and provide motivation and support. A special relationship is developed between the participant and the horse, aiding in emotional regulation, increased self-esteem, establishing boundaries, and self-worth.

Policies & Procedures

Non-Discrimination Policy

Pastures of Hope accepts participants regardless of race, color, nationality, gender, sexual orientation, ethnic origin, religious preference, or economic status.

Fees

All sessions require a \$25.00 deposit two days prior to your appointment.

Group Sessions	(120 minutes) \$85.00
Individual/ Couple/ Family (3 or less)	(60 minutes) \$175.00
Family Sessions (4 or more)	(90 minutes) \$200

Fees are evaluated periodically for any changes that might need to be made. Payments are due before services are performed, and can be made via cash, check, or Venmo @Julie-Ponder-2.

Phone calls, letters, written correspondence, e-mail, etc. – charged per provider based on hourly rate.

Cancellations and Missed Appointments

As we have reserved a time for you, any missed appointments and appointments that are not canceled within 24 hours in advance, will result in the cost of the sessions. Reasons such as illness, emergencies, and bad weather are exceptions. Any charges obtained due to missed appointments are required to be paid prior to your next appointment. If you are unsure in this regard, please discuss this with our office staff and/or the clinician involved.

Scholarship

At Pastures of Hope, we believe every person should have the opportunity to participate in EAP, which is why we have designed a scholarship program to assist with a portion of the cost of the standard fee. Because our scholarships are funded through donations, they are available on a limited basis, and we ask that individuals pay as much as they can toward the standard fee.

For more information about scholarship requirements and application, please contact Julie Ponder.

Attire

All participants should dress for the weather. Layers work great, as the barn may be cooler than the outside temperature. Boots are highly recommended, but not required. Participants MUST wear closed-toe shoes; horses are large animals and can occasionally step on participants' feet. No sandals, slip-ons, or Crocs. Long pants are highly recommended.

Safety Rules

Safety of our participants, volunteers, and staff are of our utmost concern. Though our horses are trained to work with participants and distractions, they are still animals with a strong flight instinct. Working around horses can be a risky activity, which is why it is important to follow our safety rules.

During your session, an Equine Specialist will be in the arena to continually assess the safety of participants and horses. If at any time this individual directs you to move or disengage from the horses, it is important that you do so.

Additionally, the following rules **MUST** be followed at all times:

- No smoking anywhere on the property.
- No weapons allowed on the property.
- No alcohol or substances allowed on the property.
- Driveway speed limit is 10 mph.
- Picture taking must be cleared with the instructor.
- Never enter a pasture or arena without an instructor.

Weather Policy

In the event of extreme weather, we reserve the right to cancel your appointment for your safety. Your payment will be refunded, or you may reschedule your appointment for a later date.

Participant Records

Participants are required to complete and submit initial forms prior to their first session. These forms are stored in a safe and secure location, ensuring client right to privacy and confidentiality. Additionally, any notes taken by the therapist are kept in a secured and locked location. .

Photography Use

During your session, we may photograph you with the horses. These photos are taken to share with you after your session. We find that participants benefit from these photos, as they assist the participant in remembering the lessons and key takeaway points from the session.

We may ask your permission to use your photo for advertising. You have the right to decline.