

EQUINE ASSISTED PSYCHOTHERAPY

- EAP is an emerging field in which horses are used as a tool for emotional growth and learning. EAP is a collaborative effort between a licensed mental health therapist and a horse professional.
- EAP is a combination of Experiential Therapy and Cognitive Behavioral Therapy. It is Experiential in nature because participants learn about themselves and their families by participating in therapy with horses, and then process feelings (cognitions), behaviors and patterns. EAP has been compared to the experiential therapeutic process of the ropes courses, but with much more success.
- EAP has been found to be successful with various populations including: adults, youth, families, with groups, and even for marital counseling. It has been particularly useful in the treatment of at-risk youth.



The Honorable Kevin W. Dunn is one of four Common Pleas Court Judges in Medina County. Judge Dunn was appointed in 2013.

The Medina County Juvenile Court has jurisdiction over all cases involving persons under age 18, including those categorized as unruly, delinquent, abused, neglected or dependent.

In addition to serving as our county's Juvenile Judge, Judge Dunn is the Probate Judge.



KEVIN W. DUNN

**MEDINA COUNTY
JUVENILE COURT JUDGE**



EQUINE ASSISTED PSYCHOTHERAPY

**Medina County Juvenile Court
93 Public Square
Medina, OH 44256**

Phone: (330) 725-9709

**Monday—Friday
8:00 AM—4:30 PM**

www.MedinaJuvenile.org

WHY HORSES?

Horses are social animals that have distinct personalities, attitudes and moods, and because of their size and power, this creates the natural opportunity for families to gain much insight. Horses require time and patience in a time of immediate gratification. Youth and families must be engaged both physically and mentally, which is a valuable characteristic in all aspects of life, especially when there is a substance abuse diagnosis.

100% OF EAP SESSIONS TAKE PLACE ON THE GROUND

The horses act as a “live biofeedback instrument”. This means that they mirror exactly what human body language is telling them. Horses are experts at nonverbal communication and sensitive to human emotions. Youth and their families can learn about signals they are sending by observing how the horse reacts to them.

The key concept in EAP is that the expression of true feelings and interaction with a living being facilitate a development of a true self-awareness. In traditional therapy, especially with youth, clients may tell the therapist what they want to hear, thus attempting to create a façade. A horse’s natural instincts cannot be deceived with falsely portrayed feelings. The horse, through its senses, can read the true human emotions even when they are well disguised, because in some small inconspicuous manner we display our true feelings.

FOCUS OF EAP TREATMENT

Working with Families to Enhance:

- Relationships
- Trust
- Communication
- Respect
- Boundaries
- Expression of Feelings
- Problem Solving
- Listening Skills
- Empowerment
- Cooperation

All EAP Clinicians are Certified by EAGALA:

The Equine Assisted Growth and Learning
Association
www.eagala.org



eagala

The Global Standard for Equine Assisted
Psychotherapy & Personal Development

CANCELLATION POLICY

If you need to cancel a session, **please call 24 hours in advance.**

For more information contact
Krystal DeVore, LISW
Phone: (330) 722-1970

PROPER ATTIRE

All Equine Assisted Psychotherapy sessions take place at a farm. Please dress appropriately.



STABLE DIRECTIONS

EAP Sessions will take place with an EAGALA certified therapist and equine specialist, in a barn or outdoor equine facility. All sessions will be scheduled through a Alternative Paths, Inc. Drug Court staff member, as are other Drug Court Program Treatment sessions. The Equine Assisted Services are provided in conjunction with Creative Therapy Ranch.

*Sessions will be held at Creative Therapy
Ranch located at
5200 Lake Road, Medina, OH 44256*

