

A woman with long dark hair, wearing a purple top, is gently touching the face of a brown horse. The horse's head is in the foreground, and the woman is behind it, looking down at it with a calm expression. The background is a bright, outdoor setting, possibly a stable or farm, with a white building visible in the distance.

Transforming the Therapy Process through Horses

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Transforming the Therapy Process through Horses Presentation Objectives

- ✓ Incorporating Horses: A Revolutionary Approach
- ✓ Presenting Issues: Why Horses?
- ✓ Research & Resources



Who is Eagala for?

Learn & grow professionally, and personally



Mental Health Professionals who want to...

- expand your awareness of treatment options
- facilitate breakthrough for your clients
- make a bigger impact

Eagala is uniquely positioned to be on the front lines of mental health care



Who is Eagala?

The global standard for psychotherapy
incorporating horses

- Global, in 40 countries
- Over 2500 certified members
- Over 500 credentialed programs





What Eagala is Not

Types of Equine-Assisted Services



Hippotherapy - treatment strategy used by physical therapists, occupational therapists, and speech and language pathologists



Therapeutic Riding / Horsemanship



What Eagala Is

Types of Equine-Assisted Services

**Psychotherapy
&
Counseling**





Why a Model?

- Foundation of key values, beliefs and common language
- Basis of good practice and professionalism
- Educational framework
- Replicability
- Research

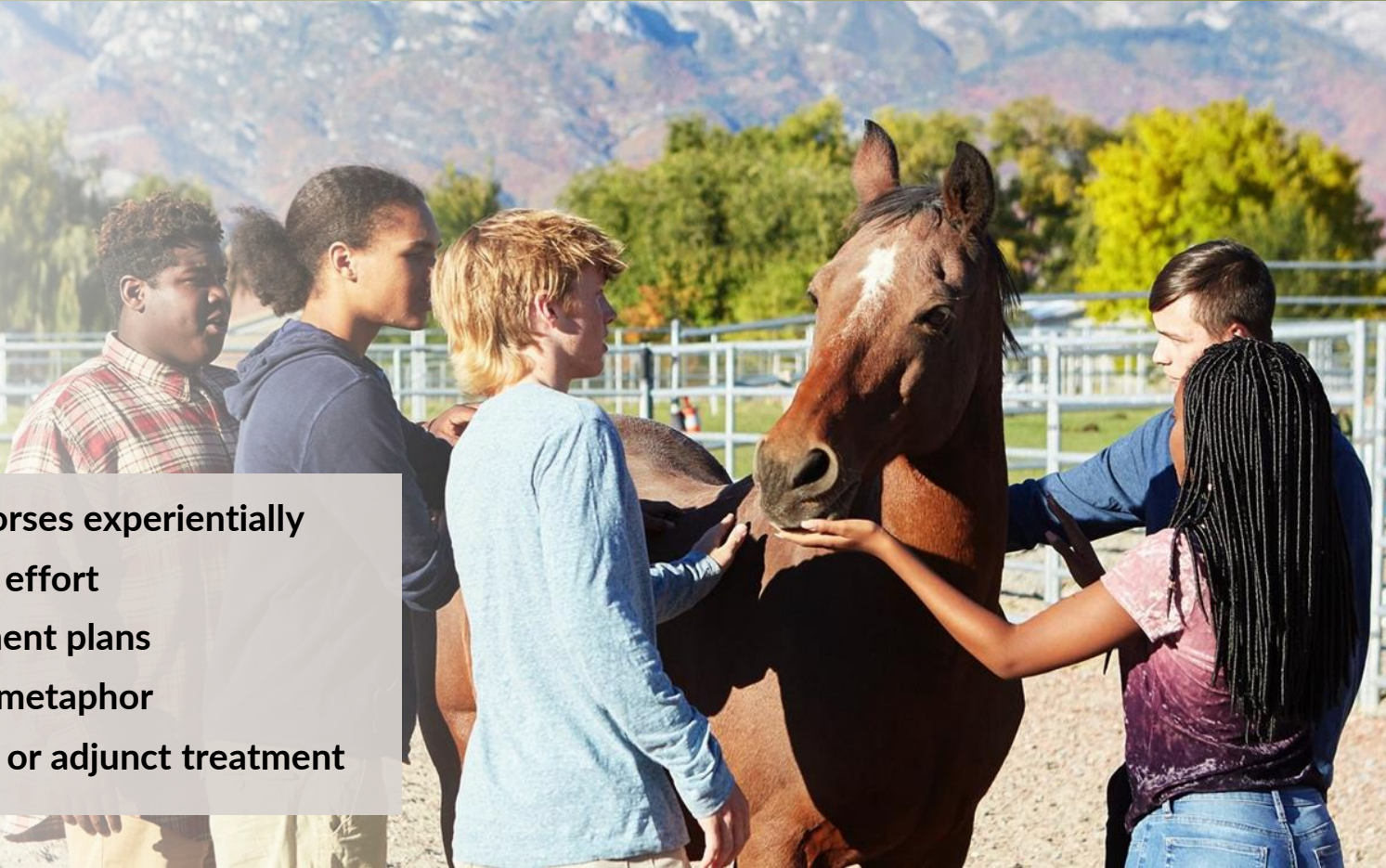




What is Eagala?

Psychotherapy & Counseling Incorporating Horses

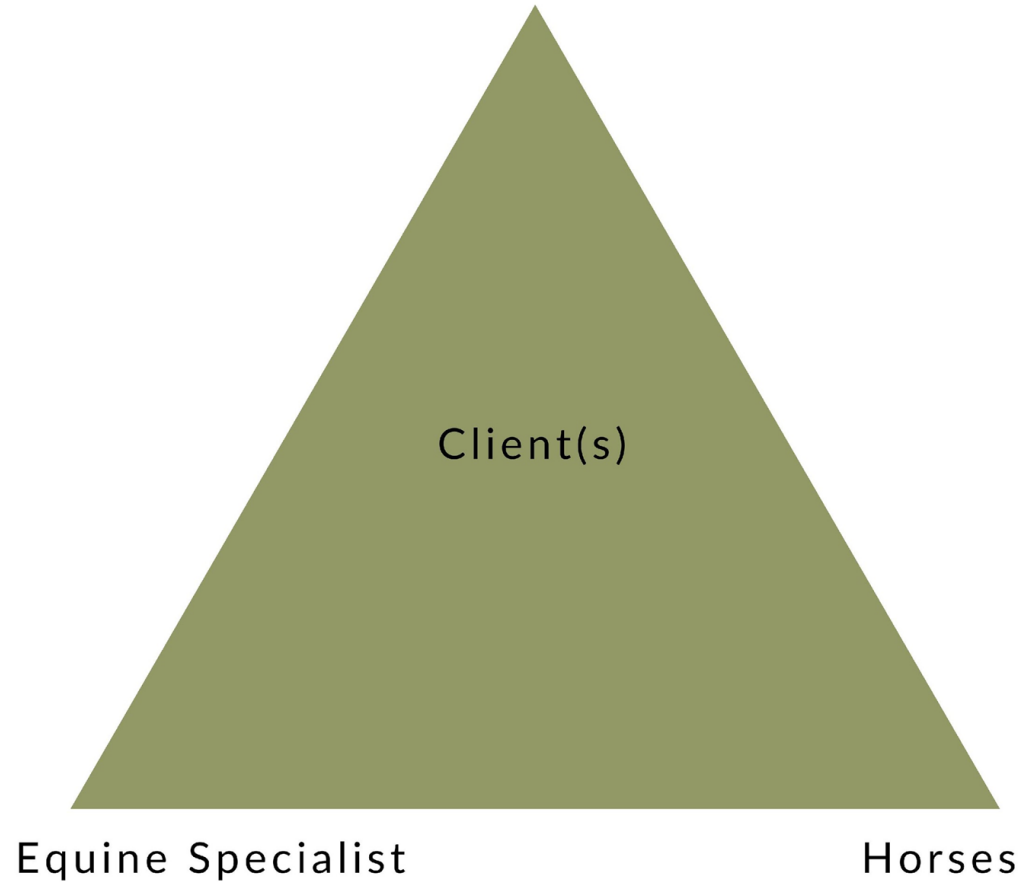
- **Incorporates horses experientially**
- **A collaborative effort**
- **Tailored treatment plans**
- **Uses narrative metaphor**
- **Can be primary or adjunct treatment**





The Eagala Model

Mental Health Professional





The Eagala Model: Standards & Skill Sets



Four Standards

- Team Approach (licensed/registered mental health professional, equine specialist, horses, and client)
- Ground-based
- Solution-Oriented
- Code of Ethics

Facilitation Skill Sets

- An innovative style of facilitation – focusing on an accepting, collaborative relationship with your client, without judgment or interpretation.



Presenting Issues



- Co-Occurring Disorders
 - Depression, Anxiety, Trauma, Abuse
- Shame/Guilt
- Grief and Loss
- Disconnected from feelings, self
- Multiple times in treatment
- Experiencing Judgment: self and others
- Expectations of Self:
 - ‘Shoulding all over self’
 - Not asking for help
- Little to no HOPE



Why Horses?

- Horses have been a part of human culture: transportation, agriculture, war, sport
- Engaging
- Size: Big and powerful
- Prey animal
 - Sensitive
 - Hyper-vigilant
 - Herd behavior
 - Flight instinct





Why Horses?



- Emotionally Safe
- Relationship: present, embodied connection
- Immediate, candid, nonjudgmental feedback



Why Horses?

- Social herds and distinct personalities, they become living symbols of other relationships
- Puts the abstract into the physical, external space which can be touched and changed
- The horses create shifts and “re-write” the clients’ stories





Benefits of the Eagala Model



- Practice and experience new life skills and perspectives in an emotionally safe environment
- Work in the here & now
- Nonjudgmental feedback on relationships
- Feel shifts in the body and heart, not just intellectually
- Develop self-awareness and connect with emotions and self
- Practice setting and holding healthy boundaries
- Explore risk factors and protective factors
- Reclaim strengths and practice accessing resources
- Does not require verbal processing
- Engage in and complete treatment



Evidence and Case Stories

- [Research](#) and [program evaluations](#):
Eagala.org/research
- View videos: Eagala on You Tube and Vimeo



Eagala can serve as a resource...



- Identification of best practices
- Referrals – Eagala Certified
- Standards & accountability
- Replicable programs
- Training & continuing education
- Research & evaluation
- More information -
www.eagala.org



Evidence and Case Stories

[Link to our
Veteran Video](#)

Eagala, professional experiential therapy that drives change



Certification and Resources

Thank you for joining us!

Please come to our booth
for more Q&A!

We look forward to
connecting with you!





Certification and Resources

See you at our booth!

We have live demos, videos, resources, & surprises!

You can also download our *complimentary*
informational brochure:

[“Meeting Mental Health Challenges
In a Powerful Way”](#)

