



Equine Assisted Psychotherapy

Program Overview:

Equine Assisted Psychotherapy (EAP) is an alternative form of treatment which involves interacting with horses without riding them. The therapy team includes a licensed mental health professional and an equine specialist working with in tandem with clients and one or more horses. The focus is not on riding or horsemanship. EAP sessions are experiential in nature and participants are able to learn about themselves and others by interacting with the horses and discussing related feelings, behaviors and problems with the treatment team.

Service Philosophy and Approach:

The Crossroads program adheres to the standards of the Equine Assisted Growth and Learning Association (EAGALA) for providing EAP and Equine Assisted Learning (EAL). Practicing within this model establishes a foundation of key values and beliefs, and provides a sound basis of good practice and professionalism.

Our treatment team always consists of EAGALA certified and Independently Licensed Therapist(s) from Crossroads working alongside an Equine Specialist and a horse or horses at a local horse barn. Sessions are focused on ground work with horses; there is no mounted work. Treatment is solution orientated and developed according to individual treatment needs and goals.

Equine Assisted Psychotherapy:

EAP is about creating treatment team moderated activities with the horses which are designed to bring forward the client's therapeutic issues and to create opportunities for insight, discovery and resolution. EAP is a powerful and effective therapeutic approach that can be used with youth, families and groups.

It is appropriate for a variety of mental health problems and issues including Oppositional Defiance Disorder (ODD) and other behavioral problems, ADHD, depression, anxiety, social skills issues, grief, and low self-esteem. EAP promotes the exploration of feelings and behaviors and the development of healthy life skills, communication skills, self-awareness, problem solving and conflict resolution.

Outcomes:

EAP has been found to be highly effective for a variety of issues. Research indicates significant positive outcomes for 70-80% of participants.

Costs:

Health insurance may cover some of the cost of treatment. Crossroads will also assist clients in determining their eligibility for Medicaid or other reimbursement programs.

For further information, contact:

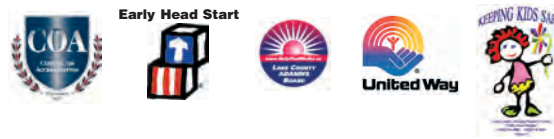
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Art by Bobbi, age 14



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