

# Equine Assisted **MENTAL HEALTH THERAPY** Treatment

Equine Assisted Therapy - effective, active & engaging treatment

## Equine Assisted Therapy

**Equine Assisted MENTAL HEALTH THERAPY (EAMHT)** ... brings horses together with a mental health professional, a professional horseman and a client (individuals, couples & groups) for a collaborative effort directed toward emotional growth, learning and to address treatment goals.

The focus of EAMHT is not riding. It involves working on the ground doing activities with the horses, which will require the client to apply certain skills. Activities with the horses are designed to reflect real life issues. This allows the client and therapist to "see" where the problems are and find solutions that work. Clients quickly recognize unhealthy patterns and enact new behaviors. The horses don't accept "talk" -clients have to make sincere, life-long changes. People learn about themselves and others by participating in activities with the horses, and then discussing feelings, behaviors, and patterns.



### **The horses are outstanding teachers!**

Working with individuals and groups, the horses provide powerful opportunities to address social skills, communication issues and other dynamics necessary for healthy, meaningful relationships.

The interactive sessions with the horses allow clients and therapists to see where there are problems and through the experiential activities immediately see how clients (individuals & couples) react to different situations.

Working with live horses provides an exhilarating and meaningful experience.  
It will make you feel like you have ... "Come Alive."

For more information call:

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**Devoted to teaching advanced human development skills through working with horses!**



An Equine Assisted  
Therapy Program

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