



BENEFITS OF REFERRALS TO EQUINE ASSISTED THERAPY

For the referring clinician there are six ways equine therapy can help your practice:

➤ Effectiveness

The EAGALA model creates interactive sessions with horses that allow participants and therapists to “see” where the problems are and find ways to solve them. In the sessions we facilitate, the focus is on doing, being active in-the-moment, and finding solutions that provide faster, more permanent change. This increased effectiveness will assist your clients when you have follow-up sessions.



➤ Professionalism

The EAGALA model requires a licensed mental health care professional and an experienced horse professional working together as a team for the benefit of the participant. You can assure your clients that you are referring them to a researched and professional program, staffed by qualified personnel.

➤ Makes the Process More Engaging

Once a horse enters the equation, participants are instantly attentive and engaged in the process. This is helpful for a resistant client that may not be progressing. Equine sessions tend to dissipate most resistance quickly, helping to increase readiness in your sessions.

➤ Gets Participant Past the Sticking Points

Everyone can hit a wall in therapy where the client remains stuck in old patterns and attitudes. The EAGALA model can help your client get unstuck. This in turn will increase your session effectiveness, and overall change.

Hudson Valley HorsePlay: Equine Assisted Enrichment & Psychotherapy

➤ Great for Individuals and Groups

Whether working with individuals or groups, the horses provide powerful opportunities to address social skills, communication issues, and other dynamics necessary for healthy, meaningful relationships. Getting the individual or group out of the office or residential setting can make dramatic changes in group perception and motivation. Groups and individuals tend to be more excited about processing the equine events when returning.

➤ Provides Real Solutions

EAGALA offers a model of equine therapy where therapists and participants alike are excited by the process. Whether used for treating all forms of addiction, trauma, social and behavioral disorders etc, participants will find the sessions meaningful leading to real and long lasting changes. We all want our clients to be excited about growth and insight. Equine therapy can be fun, challenging and full of insights that most individuals and groups never anticipated.

[Contact HorsePlay](#) to discuss your client needs, or to schedule a farm visit or demo. A list of our current mental healthcare providers is on our [webpage](#). Help your practice come alive and increase your overall practice effectiveness.



ROSEY ROUHANA, LMCC, NCC, LEFT AND CORI NICHOLS, ES