ELIADA
HELPING CHILDREN SUCCEED

Equine Assisted Therapy



What is Equine Assisted Therapy at Eliada?

Participants in this program learn about themselves and others by participating in physical activities involving horses and processing thoughts, beliefs, behaviors, and patterns that arise during the experience.

How does it work?

This program is a collaboration between horses, a licensed therapist and a certified equine specialist who are trained to address specific treatment issues presented by a client at the start of the experience.



The horse's interactions with each other, the participants, and the environment become a symbolic reflection of what is happening in a client's life. If a participant is looking for a different response from a horse, they will have to try something different.

The participant will have to make a genuine transformation within themselves. Horses naturally provide opportunities for people to make change happen. There is not a "right way" to have a session. Every session is different for every person.

The Model



Eliada practices the EAGALA (Equine Assisted Growth and Learning Association) model. The basis of this model is that all participants can discover the best solutions for themselves when given the opportunity. Therapy goals combined with experiences with the horses allow the participant to explore, overcome challenges and discover strengths. All EAGALA staff abide by a code of ethics.

Want to sign up for Equine Therapy?

We are honored that you are considering us to help you along your journey. We are happy to speak with you over the phone to determine if we will be a good match for your needs.

Please feel free to give us a call at (828) 254-5356 and visit Eliada.org to learn more.