

Equine Assisted Psychotherapy FAQs

What is Equine Assisted Psychotherapy?

Equine Assisted Psychotherapy (EAP) is an experiential therapeutic approach that addresses treatment goals using the collaborative efforts of a horse professional, a licensed therapist, horses, and the client. Each client-driven session includes hands-on, non-riding activities with the horses, along with processing and discussion of feelings, behaviors, and patterns. These activities provide a context for you to learn about yourself and connect to your story in a way that is often not possible in the office. The meanings that you'll give to particular activities or interactions with the horses can yield insights into patterns of behavior and relationships.

How is working with horses helpful?

Despite their domestication, horses are prey animals. Because of that they are extremely intuitive, and sensitive to their environments and to what is going on with the humans around them. During EAP sessions horses will provide honest and non-judgmental feedback to whatever is going on for you emotionally. Horses are honest communicators—they do best when the humans with them are honest about what they're feeling and express what's going on internally. This sometimes facilitates people being able to connect more deeply with what's happening inside of them. Horses are very much in the moment. So a big part of EAP is learning to be present to the moment, to the horse, and to your experience of the process.

What happens in an EAP session?

Similar to an office session, you'll usually come to an EAP session with an idea of what you want to work on. The session itself though may look different than a session in the office. In an EAP session, the primary "therapist" is the horse, not me. So often I won't say as much or give as much direction as I might in an office session. Sometimes an EAP session may involve simply being with a horse while working through part of your story, other times it may be an activity that you do with a horse in the arena. Regardless of how an EAP session unfolds, the most important part of it is what you make of what is happening in any given moment.

Where are the sessions held?

The EAP sessions are held at Bridle Paths (<http://bridlepathsva.org/>) with Katie Fallon, who is an EAGALA (Equine Growth and Learning Association) certified Equine Specialist. Bridle Paths is based at Stone Horse Farm, just north of Leesburg.

How much does it cost and how long are the sessions?

The sessions are typically 60 minutes and cost \$225. Payment is to be made to me either at the time of the equine session or at your next scheduled regular session.

What about insurance?

There is not a specific service code for EAP sessions because the same therapeutic modalities that are used in the office are used in EAP. So your EAP sessions will be coded the same as your in-office sessions.