

What is Equine-Assisted Psychotherapy?

Equine-assisted psychotherapy (EAP) is a **therapeutic approach that incorporates horses** to help individuals address **emotional, behavioral, and psychological challenges**. Sessions are client-centered, and may include **interacting with horses to build trust, improve self-awareness, and develop or strengthen coping skills**. EAP aims to promote personal growth and healing.



What To Expect:

- All of our clients complete an assessment **with a licensed mental health professional**
- Sessions are held with the client and therapist **in the presence of horses**
- Sessions may be in the barn, arena, or pasture, **encouraging freedom of movement for the client and horses**
- EAP may help the client **feel more mentally and physically balanced** by releasing natural chemicals and hormones in the brain (dopamine, serotonin, oxytocin)

Who Benefits?

- Anyone who may not have the **language to express their thoughts and feelings** EAP
- can help **unlock trauma** stored in the body since most of the **exchanges between horse and human are nonverbal**
- Conditions we treat include: **Trauma & PTSD, Depression & Anxiety, Grief & Loss, Substance Use & Addictions, Emotional & Behavioral Disorders & ADHD**
- Populations we serve include (not limited to): **Children & Adolescents, LGBTQIA+, Healthcare Workers & Caregivers, Police & First Responders & Veterans**. We offer Individual, Family, Couple and Group therapies
-



Learn More About Us!

Web: www.instepwithhorses.org
Email: info@instepwithhorses.org
Instagram: @instepwithhorses
Facebook: In Step With Horses
Phone: 440-688-1810

7212 Wilson Mills Rd, Chesterland, OH 44026

