



# The EQUI-KIDS Champions

*A social and emotional skill building group for adolescents ages 12 to 16*

In this group, youth will learn and practice tools for effectively handling challenging situations in a positive manner as they develop emotional and social skills through equine-assisted psychotherapy. Equine-assisted psychotherapy (EAP) is an experiential form of therapy which we provide in accordance with the Eagala model. This model utilizes a team approach, consisting of a licensed therapist, an equine specialist and horse(s). The Eagala model is based on the belief that individuals have the ability to find the best solutions for themselves when given the opportunity to discover them. The therapy work is all ground-based, with no riding involved and no previous experience with horses required. Sessions for this group will cover topics such as problem-solving skills, creating healthy habits, accepting personal responsibility, resolving conflict, communicating feelings, respecting others and overcoming fear of failure or rejection.



## Why Horses?

- Horses are keen observers and are sensitive to movement and emotion.
- Often mirror a client's behavior or emotions, conveying understanding and connection that allows the client to feel safe.
- Horses ask people to be aware of their surroundings at all times. This prompts for clients to maintain a sense of self-awareness, using the horse's behavior and interactions for feedback so the client may better process what is happening in the moment.

Clients may participate in activities such as:

- Observing horses in the pasture to explore communication and behavior
- Catching and haltering a horse while learning about the characteristics of being a champion
- Relay races with the horses to build teamwork and accomplish a goal together

EAP brings clients outdoors, and offers an opportunity to use all senses while learning and processing through emotional challenges, which offers a much different experience than traditional talk therapy.







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## 2022 Fall EAP Program

Our fall EAP group will run for 4-weeks during the month of November from 4:30 pm to 6:30 pm with snack time. The group size will be up to 8 participants. This service will be provided by credentialed providers with years of equine and mental health experience.



### Group Dates:

November 7, 2022

November 14, 2022

November 21, 2022

November 28, 2022

**Registration Fees: \$400 per participant**

Spots will fill up quickly so be sure to get your application turned in as soon as possible.

***Registration deadline is October 24, 2022.***

### Contact Details

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Certified EMDR Therapist

EAGALA Certified Mental Health Professional

Certified PCIT Therapist

Board Certified Telemental Health Provider

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