



equine assisted psychotherapy can change your life



Horses Guiding Humans

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360.339.6084

8 Free Sessions Available!

Ages 10+

unless a parent/guardian is present

Equine-Assisted Psychotherapy is a non-riding, ground-based therapeutic modality involving a Mental Health Specialist and Equine Specialist team alongside clients. EAP often helps clients change and grow more effectively and quickly than traditional clinical and psycho-educational approaches.

That's because people typically learn best by doing. Life lessons take deeper root when individuals both understand them in their heads and experience them in their bodies. **Working with horses is engaging, real time and hands-on.** The experience is immediate and fully felt.

Absolutely no previous experience with horses is necessary.