

## BENEFITS OF EQUINE ASSISTED PSYCHOTHERAPY

- Promotes an overall sense of well-being
- Provides a reconnection with nature
- Teaches love of others and animals
- Assists in the development of a sense of identity
- Allows an unconditional environment for healing
- Promotes awareness of thoughts, feelings, words, and actions

Hours: *By appointment only*

Call today to schedule an appointment



*The Equine Healing Collaborative is a 501c3 non-profit organization. We rely primarily on donations to provide a variety of services including feeding and caring for our animals.*

## THE EQUINE HEALING COLLABORATIVE

Contact us to schedule your first appointment or learn more about our program.

831.293.4492

admin@equinehealing.org

8767 Carmel Valley Road

Carmel California

or

902 Monterey Salinas Hwy.

Salinas, CA 93908

or

DeerHorn Ranch

160 DeerHorn Lane

Felton, CA 95108



## THE EQUINE HEALING COLLABORATIVE

*Tapping into the  
Healing Power of Equines*



equinehealing.org

## PROGRAMS

The EHC offers a variety of programming including:

- Individual Psychotherapy
- Group Psychotherapy
- Eating Disorders
- Substance Abuse
- LGBTQ
- \* Family Therapy
- Couples Therapy
- Autism
- Developmental Disorders
- Veterans
- Active Duty Military
- Trauma
- Adults
- Adolescents



## SERVICES

*Equine Assisted Psychotherapy:* A treatment model that combines equine activities, the equine environment, and traditional therapy in order to address individual goals and needs. EAP has been shown to break barriers to treatment by reducing stigma and creating a safe environment for healing.

*Mindfulness:* A practice used to teach individuals to pay attention to the present moment with curiosity and willingness to be present without judgment. Mindfulness has been shown to cultivate a state of relaxation, open out minds to greater insight, and enhance our physical health and sense of well-being. It has been shown effective in the treatment of PTSD, mood related disorders, anxiety related disorders, learning disabilities, substance use and many other mental health conditions.

*Mindful Equine Massage:* A practice used to promote healing in both the equine and the individual. The combined practice of equine massage and mindfulness teaches individuals the benefit of offering pain relief to others in order to relieve ones own suffering.

## PURPOSE

The Equine Healing Collaborative was created to provide a path to recovery, self-discovery, personal growth, reconnection with the natural world, and emotional insight and health. The EHC offers more than just traditional talk therapy and utilizes interventions such as equine assisted psychotherapy, mindfulness, and mindful equine massage to promote health and quality of life for individuals seeking change.



*\*There is no horseback riding in our program.*



The Equine Healing Collaborative  
presents

# Mini Horses, Big Feelings



We all have lots of feelings.  
Some feel good. Some feel bad.

When you feel sick, get help.

Doctor



Dentist

When you feel bad, get help.

Therapist



Horses

Use this card to help show how you feel.

Share it with an adult.

Ask for help.



Horses are good listeners too.

I feel...



HAPPY



CALM



FOCUSED



SAD



BORED



TIRED



EXCITED



SILLY



FRUSTRATED



ANGRY



TERRIFIED



YELLING