



Equine Assisted Growth and Learning Association



Please join us Friday, April 24, 2020 at 10:00am for a spring lunch and demonstration of our Equine Assisted Therapy Program



This program demonstrates how truly healing horses can be for everyone!



LOOKING FOR THERAPY OR PERSONAL DEVELOPMENT?

The Eagala Model (Equine Assisted Growth and Learning Association) was one of the first to develop a concrete model of professional standards for incorporating horses into mental health treatment.

HOW IT WORKS

The Eagala Model is a team approach that includes a licensed, credentialed Mental Health Professional, a qualified Equine Specialist, and horses working together with the client. All the work is done on the ground with the horses front and center, deliberately unhindered and never ridden, and allowed to interact with the client as they wish. This creates the space for the client, with the support of the professional facilitators, to reflect, project, and make deep connections.

CLIENT CENTERED. SOLUTION ORIENTED. EVIDENCE DRIVEN.

The Eagala Model is so effective because it embraces the science that humans learn best by doing. The model prescribes a hands-on approach where clients are given the space to project and analyze their situations, make connections, and find their own solutions. Since the solutions are personally experienced in conjunction with intellectual understanding, they tend to be deeper, more profound, and longer lasting.



WHY



HORSES?



Intelligent Prey Animals

To evade predators, horses have evolved to be extremely sensitive to their environment. They instinctively analyze and react to our body language and other nonverbal cues providing us with valuable feedback and insights for other areas of our lives.

Large and Powerful

It's hard to ignore a horse with their size and presence. We can't just control a powerful horse. Approaching horses helps us reflect how we approach our relationships and how we can face other big or overwhelming things in our lives.

Herd Animals

Horses are social animals with defined roles within a herd. They have distinct personalities, attitudes, and moods. They could be stubborn or they could be playful. In other words, horses are a lot like us.

Please RSVP to skybluestable52@gmail.com or 914-879-5841 by April 17, 2020