



Who Benefits from EFP

An alternative to more traditional 'talk therapy', this program is specially designed to help adolescents and adults deal with a wide variety of mental health issues including: behavioural concerns, anxiety, stress, burnout, substance abuse/addiction, depression, eating disorders, post traumatic stress disorder (PTSD), and sexual/physical abuse issues.

Benefits of Horse Therapy

In partnership with horses people can:

- learn non-verbal and verbal communication skills
- experience emotional fitness
- create healthy boundaries with others
- improve self-esteem and self-awareness
- develop trust and respect
- manage experiences and memories related to trauma



Horse Spirit Connections is dedicated to helping people through the wisdom of the horse. This not-for-profit corporation is located 45 minutes north of Toronto. In the peaceful farm setting horses are valued for their wisdom and heart. In partnership with humans, they are committed to helping people heal and grow.

The serene facilities include an indoor arena that shelters people from the elements and makes sessions possible in all but extremely cold weather. The comfortable meeting room is perfect for one-on-one discussions as well as larger gatherings.



To Learn More

Appointments can be made by calling **905 936 4450**
or by emailing wendy@HorseSpiritConnections.com

More information about EFP can be found at:
www.horsespiritconnections.com

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EQUINE FACILITATED PSYCHOTHERAPY
Horses Helping People Reconnect

How Can People Reconnect with their Lives?

Equine Facilitated Psychotherapy (EFP) is a powerful and effective therapeutic approach maximizing the partnerships of the therapist and facilitator with the horse as teacher.

This dynamic, experiential therapy engages people in experiences with horses resulting in profound growth during their personal journeys to wholeness.



Most of the specially designed horse activities are done on the ground and no traditional riding is involved.



How the Therapy works

The wisdom of the horse as teacher and the skills and experience of the therapist and facilitator come together with the hopes and challenges of the person. This process reconnects them with their natural ability to heal.

Engaging with horses allows people to experience pure, authentic relationship, often for the first time. They feel safe exploring 'relationship' with a horse who offers unconditional support and love without judgment. This starts the process of trusting self and others.

Being in the presence of a horse brings feelings to the surface. This creates an opportunity for emotional learning as people identify their feelings with greater ease and clarity, opening the door to new choices for relationship and emotional growth.

The horse-human experience also lays the foundation for safe physical affection. For some, it's a rare opportunity to feel the healing benefits of non-threatening touch.

In the end, people better understand their own behaviour when they see it reflected from the horse. They begin to see themselves and the world in new ways, and add new skills to help them have a more fulfilling role in society.



Why horses are good facilitators

Horses have ensured their species survival through highly sensitive observational skills and intuitive responses to their environment. Unlike humans who rely mainly on intellect, horses access the wisdom of their entire bodies, allowing them to read and respond to the energy around them.

Horses, as mirrors, respond to the physical state and emotional expression of an individual. People can respond to the insightful reflections of the horse, change their behaviour and experience the positive impact of that change. The horse provides a non-judgmental view of the person they interact with, bringing people closer to their instinctual and authentic self.



What horses teach us

Intuition: Horses teach about connecting with the intelligence of the heart, leading to intuition, insights and social sensitivity.

Reflection: Horses mirror what the human body and emotions tell them. This mirror guides people to change their behaviour and experience the positive impact of that change.

Self Confidence: The large physical presence of horses provides a means for people to confront fear and gain more courage and confidence. Performance accomplishment is the single most effective method to increase self confidence.

Communication: Horses communicate through body language, movement, and posture. They teach people self awareness of all the levels of communication and its impact on others.

Mutual Trust: Learning how and when to trust is a challenge for many. The open, non-judgemental nature of horses invites people to connect from a place of trust. People learn to open up to, and recognize, mutual trust and loving communication.

Release: To release trauma, it has to be discharged from the nervous system. Horses do this naturally and help humans experience this same release in their bodies.

