

Equine Therapy



Lone Star
Behavioral Health

*Utilizing Horses
In Treatment*



The discipline known as Equine Assisted Psychotherapy (EAP) has been emerging as a very effective therapeutic approach. It is not a horsemanship program but rather a guided exercise in Cognitive Behavioral Therapy utilizing experiential exercises with horses. Skill with horses is not required but honesty, respect, non-verbal communication and assertiveness are.

In this experience, the horse serves as a powerful psychological catalyst for change. A team comprised of the client, a therapist and a horse professional form the basis of EAP. Many of our clients' problems and their connective solutions are

revealed through interaction with the horses. First, the clients learn to identify horse behaviors through the horse's reactions to the clients. Eventually, through working on themselves, the clients learn to work in harmony with the horses.

EAP requires both classroom training and hands-on work. Combining the two is more effective than talk therapy alone. During this process, the clients' character traits and methods of dealing with situations become starkly evident. They learn to recognize and control their faulty thinking patterns, actions and reactions. They get more skillfull at communicating with others and are

better able to pin-point unhealthy living habits. These positive changes result in a deep sense of responsibility and empowerment which ultimately gives them back their lives.

Our EAP program is an important component of an overall treatment philosophy that we have developed in nearly thirty years of study and practice. Mental health problems affect all areas of life, so treatment should do the same. The EAP program combines spiritual sensitivity training (with a strong 12-step emphasis), physical health and wellness, and emotional hardiness training.

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