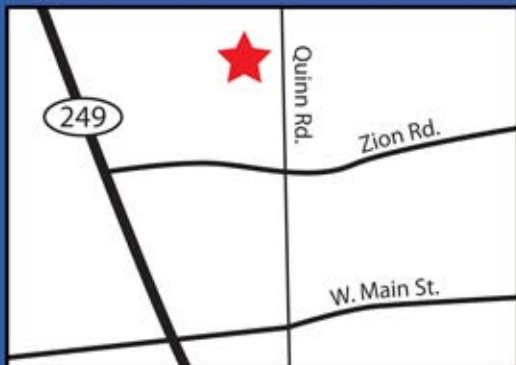


## 2 Locations



16303 Grant Rd.  
Cypress, TX 77429  
**(281) 516-6200**  
24 Hour Hotline



30903 Quinn Rd  
Tomball, TX 77375  
**(281) 351-6644**



## EQUINE Assisted Psychotherapy

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.



*Mental health problems affect  
all areas of life. . .so treatment  
should do the same*

For more information, contact us today!  
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[medical@lsbhealth.com](mailto:medical@lsbhealth.com)