



# Healing Hoof Steps



[www.HealingHoofSteps.org](http://www.HealingHoofSteps.org)  
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A 501(c)3 organization



The Global Standard for Equine Assisted  
Psychotherapy & Personal Development™

# Equine Assisted Psychotherapy/Learning

- Tri-team approach
- Horse as partner for emotional growth
- Experiential ground activities
- Not horsemanship or riding
- Solution focused or short term approach
- Works with metaphors
- Process feelings, behaviors and patterns



# Why Northwest Florida?

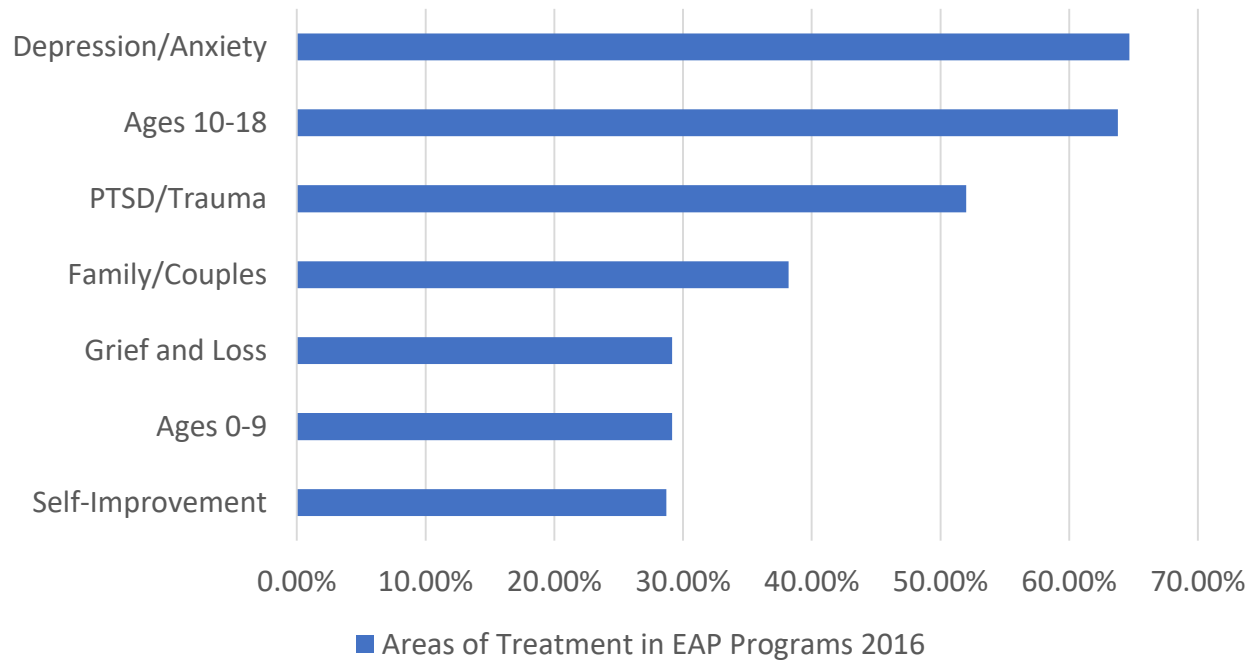
- Non-existence of this type of facility/modality of ground-based therapy
- State of Florida reports an average of 17% of Adults report a Major Depressive Disorder/Okaloosa County average is 20% of the approximately 198,000 residents= 39,600 impacted by a Major Depressive Disorder in Okaloosa County.
- On-going research programs continue to show positive results for P.T.S.D. victims and their families
- Active duty military operations: Pensacola Naval Air Station, Hurlburt Field, Duke Field, Eglin AFB, Tyndall AFB
- One of the largest concentrated veterans populations in the United States; over 106,000



*\*Source: Okaloosa County Health Assessment 2017  
Equine Assisted Growth And Learning Association [www.eagala.org](http://www.eagala.org),  
NWF Daily News Article, L. Reinlie ,Top Story/Military 6/11/2014*

# What Populations Benefit Most from Equine Assisted Therapy?

Areas of Treatment Performed in EAP Programs  
2016



2016 EAGALA Impact Study  
Results

*\*Source: Equine Assisted Growth And Learning Association  
[www.eagala.org](http://www.eagala.org) 2016 Impact Study Results*

# ***Our Solution***

## **Healing Hoof Steps would provide a:**

- Convenient facility
- Horses
- Equine Assisted Psychotherapy service programs supporting the efforts of area mental/behavioral health professionals.



# Equine Assisted Psychotherapy/Learning

A problem solving model of change utilizing therapeutic metaphor to:

- Look at expanding perceived limitations
- Allow behavioral practice
- Facilitate cognitive restructuring



# Reasons to use Experiential Therapy

- More oriented in the present
- Able to live in the moment, rather than focusing on the past
- Able to face the future with less fear
- More independent
- With horses, they can sense something is off
- Clients are forced to lower their anxiety to work with the horses, without even knowing it





# Equine Assisted Therapies: In the arena with Veterans

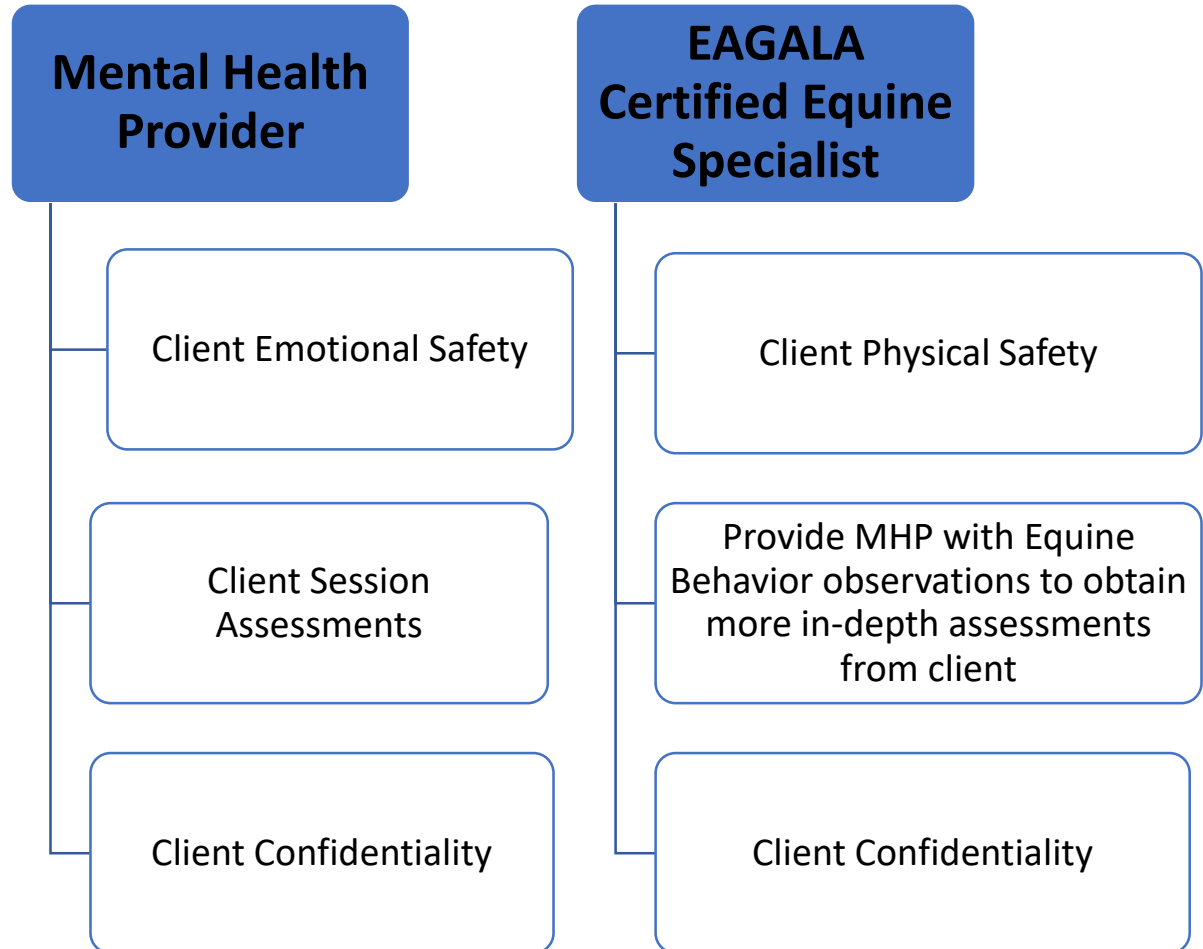
- Invisible Wounds:
  - PTSD, TBI, Chronic Pain, MST
- Treatment of Trauma
  - PTSD
  - Complex Trauma
  - Moral Injury
- Help build Resilience
- Not talk therapy
- Additional options available for Treatment





# The EAGALA Method

## Tandem Approach Responsibilities



# Reasons we use the Horse

- Like humans, horses are social animals, with defined roles within their herds
- They would rather be with their peers
- They have distinct personalities, attitudes and moods
- They like to have fun
- Naturally intimidating to many, horses are large and powerful
- This creates an opportunity for some to overcome fear and develop confidence
- Most importantly, horses mirror human body language
- Horses are honest, which makes them especially powerful messengers



# Reasons we use the Horse

- An approach that works with one horse won't necessarily work with another
- At times, they seem stubborn and defiant
- Horses require us to work, whether in caring for them or working with them
- Working alongside a horse, in spite of those fears, creates confidence and provides wonderful insight when dealing with other intimidating and challenging situations in life
- In an era when immediate gratification and the "easy way" are the norm, horses require people to be engaged in physical and mental work to be successful, a valuable lesson in all aspects of life.

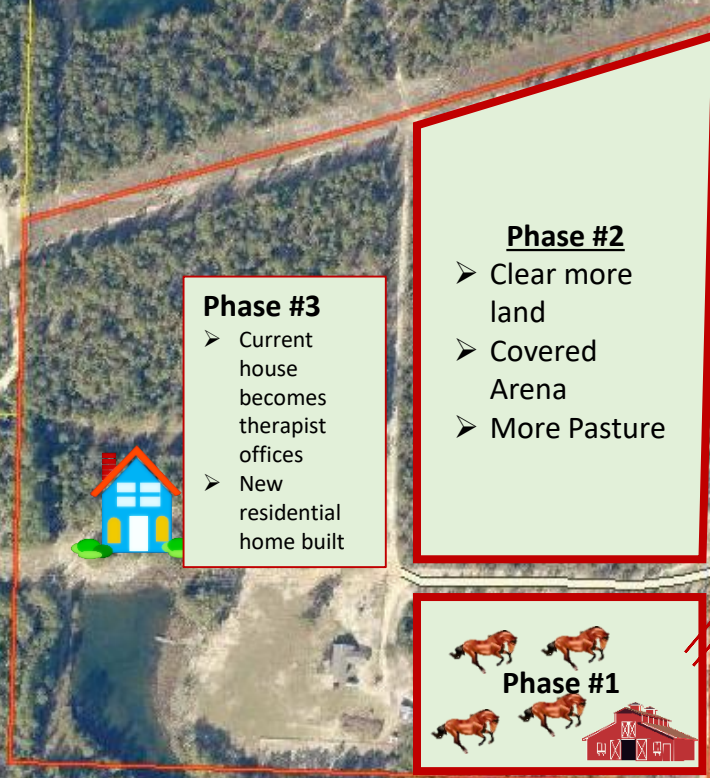


# Benefits of Equine Therapy

- ✓ Confidence
- ✓ Self efficacy
- ✓ Communication
- ✓ Impulse modulation
- ✓ Social skills
- ✓ Assertiveness
- ✓ Anxiety reduction
- ✓ Boundaries
- ✓ Creative freedom







**Phase #2**

- Clear more land
- Covered Arena
- More Pasture

**Phase #3**

- Current house becomes therapist offices
- New residential home built

**Phase #1**





# Research

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