

Equine-assisted Activities + Therapies

which one is right for you?

The details within this guide explain the differences between the most commonly known equine-assisted activities and therapies {known as EAAT}. Use this information to determine which EAAT {or combination thereof} might be right for you. Reach out to us if you have questions or would like to get started!

EQUUVATION OFFERS:

equine-facilitated psychotherapy
nature-based therapy
equine-assisted learning
therapeutic horsemanship

Are you looking for hippotherapy
or therapeutic riding?
Read more inside!



Equine-facilitated Psychotherapy | EFP |

Equine-facilitated psychotherapy (EFP) is a form of experiential psychotherapy that includes horses; and a curated selection of any number of mutually beneficial equine activities such as handling, grooming, groundwork and more. EFP is a treatment approach within the classification of equine-assisted therapies that provides clients with the opportunity to enhance self-awareness and re-pattern maladaptive behaviors, feelings and attitudes.

- **Team:** Client + Licensed Clinician / Mental Health Professional + Certified Equine Specialist (ES) + Horse(s)
- **Goals:** Clinical; determined by client and clinician at intake
- **Frequency:** As desired by the client; weekly, bi-monthly, monthly or as intensive multi-day workshop
- **Length of Session:** Initial consultations/intakes may last up to 90 minutes; ongoing sessions will be approximately 60 minutes in length.
- **Activities:** Curated ground work activities with horses (or other animals) that help facilitate an experiential 'laboratory' for clients to gain tools in working towards their clinical goals. EFP is not mounted work with horses; riding is only included in EFP sessions if the team feels it would be a valuable activity in working towards achieving the client's goals.
- **Treatment Arc:** Based on a client's goals, a common treatment arc is 6-24 EFP sessions. At the end of the desired arc, the team will meet to evaluate how the client feels about graduating or continuing.
- **Cost:** \$135 per session**
{ \$100-therapist fee + \$35-facility/horse/ES fee }
- ****Coverage:** Sessions can be billed to insurance (if a paneled provider is available) or private pay. If insurance, the therapist's fee can be billed, but the facility fee cannot. In some instances, Equuvation can offer scholarship to cover the facility fee, but scholarships are not guaranteed and are based on a completed application. Some therapists offer a sliding scale to their fees, ranging from \$50-\$95/session.

www.equuvation.org

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Clients may request to create a customized plan that includes a combination of equine-facilitated psychotherapy [EFP] and nature-based [NBT] sessions.

Nature-based Therapy | NBT |

Nature-based therapy {or ecotherapy} is a form of psychotherapy that is focused on a connection with nature. Referring to a wide range of treatment programs which aim to improve your mental and physical wellbeing, ecotherapy may include “talk therapy” while hiking and moving through the woods, observing wildlife, outdoor yoga, creative projects or simply just being present out in nature.

- **Team:** Client + Licensed Clinician / Mental Health Professional
- **Goals:** Clinical; determined by client and clinician
- **Frequency:** As desired by the client; weekly, bi-monthly, monthly
- **Length of Session:** 45-60 minutes, depending on clinician
- **Activities:** NBT is ‘talk therapy’ that takes place out in nature around the farm; it does NOT include animal interaction but may include walking in the woods, observing animals from a distance, sitting at the lake and other nature-based activities along The Discovery Trail.
- **Treatment Arc:** Based on a client’s goals, a common treatment arc is 6-24 NBT sessions. At the end of the desired arc, the team will meet to evaluate how the client feels about graduating or continuing.
- **Cost:** Varies depending on the therapist’s fee structure – most of our therapists have a sliding scale from \$50-\$125 per session.
- **Coverage:** Sessions can be billed to insurance (if a paneled provider is available) or private pay.

Equine-assisted Learning | EAL |

- **Team:** Client + Equine Specialist (ES) + Horse(s)
- **Goals:** Non-clinical; determined by Equine Specialist for a well-rounded curriculum based on client’s needs/abilities
- **Frequency:** As desired by the client; weekly, bi-monthly, monthly
- **Length of Session:** 45-60 minutes, depending on client age and request
- **Activities:** Curated ground work activities with horses (or other animals) that help facilitate an experiential ‘laboratory’ that promotes human learning and development of life skills. Activities may include, but are not limited to: equine body language and non-verbal communication, herd dynamics, haltering and leading, working at liberty {round pen}, ground work exercises, horsemanship fundamentals, grooming, parts of the horse, feeding and nutrition, basic first aid and daily care. EAL does not include mounted work with horses. For a program that may include riding skills, please see information on our Therapeutic Horsemanship program.
- **Educational Arc:** Based on one’s goals, a client will always start with a package of 6 private EAL sessions. At the end of the 6 sessions, we will meet to see if the program is still a good fit for the client, and if so, we will continue on in our seasonal ‘semester’ format. We do not have sessions in December or January. Weather policies apply.
- **Cost:** \$35-\$50 per session, private pay or scholarship
- **Coverage:** We are not able to bill insurance for EAL, as it is not a ‘clinical’ service. In some instances, Equuvation can offer scholarship to cover EAL sessions. Scholarships are not guaranteed and are based on a completed application and available funds. Some EAL programs are the result of grants, non-profit partnerships and other fund-raising initiatives and provide scholarship up front.



FAQ

Will others be in my session?

EFP and NBT are private sessions, unless the client and clinician decide that bringing others (spouse, children, family, etc.) into the session is valuable in working towards the client's goals. Some clients may be asked if clinical interns can observe a session. EAL and TH may be private, semi-private or group sessions depending on scheduling, goals, and social group requests. Volunteers and interns may be present in sessions.

Do you offer Hippotherapy?

No, we do not offer Hippotherapy at this time. Hippotherapy is a form of physical, occupational and speech therapy in which a therapist uses the characteristic movements of a horse to provide carefully graded motor and sensory input. A Physical Therapist or Occupational Therapist must be present for Hippotherapy sessions. Hippotherapy is NOT Therapeutic Riding.

Do you offer Therapeutic Riding?

Our Therapeutic Horsemanship program includes mounted work that has a therapeutic focus, however we do not offer a program where riding is the ONLY activity a client would participate in.

Do you offer corporate group EAL for leadership or team-building?

Yes! We offer EAL workshops for groups with a personalized focus on leadership, team building, wellness, self-care and more. Also, pre-scheduled EAL workshops are offered throughout the year (i.e. for adoptive/foster parents, cancer survivors, grief and more).

How does your organization prioritize confidentiality?

All of Equuvation's staff and volunteers are screened and trained before joining our team. In addition, our organization completes background checks on all individuals who may be working directly with clients; and requires all persons to sign a confidentiality agreement.

How do I apply for scholarship?

For those interested in applying for program scholarship, please contact us for the application. Scholarships are not guaranteed. All applications are reviewed by our Scholarship Committee and are awarded based on need and availability of funds.



Therapeutic Horsemanship | TH |

- **Team:** Client + Certified Therapeutic Riding Instructor (CTRI) or ES + Horse(s)
- **Goals:** Non-clinical; determined by Riding Instructor for a well-rounded curriculum
- **Frequency:** As desired by the client; weekly, bi-monthly, monthly
- **Activities:** Participants benefit from an innovative curriculum which includes appropriate introduction and communication skills; daily horse care, grooming, tacking; and foundational vaulting and riding skills. A "sensory friendly" program, therapeutic horsemanship sessions are further tailored to the physical, cognitive and social-emotional needs of individual participants. Instructors are PATH Intl. Certified and sessions may utilize both The Discovery Trail and the Equicizer.
- **Educational Arc:** Based on one's goals, a client will always start with a package of 6 private TH sessions. At the end of the 6 sessions, we will meet to see if the TH program is still a good fit for the client, and if so, we will continue on in our seasonal 'semester' format. At this time, clients may be combined into semi-private sessions. We do not have sessions in December or January. Weather policies apply.
- **Cost:** \$50 per session, private pay or scholarship
- **Coverage:** We are not able to bill insurance for TH, as it is not a 'clinical' service. In some instances, Equuvation can offer scholarship or enrollment in our "Family Hours Exchange" program to cover TH sessions. Scholarships are not guaranteed and are based on a completed application and available funds. Some TH programs are the result of grants, non-profit partnerships and other fund-raising initiatives and provide scholarship up front.





EQUUVATION

THINK TANK · THERAPY + EDUCATION CENTER · SANCTUARY



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**We are a private facility, by appointment only.
NO DROP INS.**

Contact us directly for more information on getting started, or to learn more about any of the services listed in this document.

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