



# EQUUVATION

THErapy + EDUCATION CENTER

## 2024 PROGRAM CATALOG





## Equine-facilitated Psychotherapy |EFP|

EFP is a form of experiential therapy that includes horses and donkeys (equines), and provides clients with opportunities to enhance self-awareness and re-pattern maladaptive behaviors and feelings. Activities within EFP sessions are designed to meet the client's individual goals and may include, but are not limited to: herd observation, grooming, leading, roundpen, obstacles and introduction to advanced horsemanship skills. EFP has proven beneficial for those impacted by trauma and abuse; experiencing symptoms of anxiety, depression, PTSD, autism; or managing a chronic illness or pain.

### Goals:

- Clinical, personalized for each client

### Session length:

- 60 minutes, unless otherwise requested

### Frequency:

- Weekly, bi-weekly or monthly
- For new clients, we like to start with a weekly schedule for at least 6 sessions so we can establish relationships and cadence.

### Client profile(s):

- Ages 8-adult
- EFP is not suitable for children under age 8.

### Client team includes:

- Licensed Clinician (i.e. LCSW, LCMHC, PsyD., EdD., PhD., LCMFT)
- Certified Equine Specialist(s) (ES)
- Equine Staff (horses, donkeys)

### Fees:

- Intake session: *Starting at \$165*
- Experiential sessions: *Starting at \$165*
- Clinicians paneled with insurance companies may be available; most of our clinicians do not currently accept insurance. *Inquire for more info.*
- Scholarships may be available. *Inquire for more info.*
- We do not want finances or schedule to be a barrier for any individual or family to receive services. *Please contact us if you need assistance.*

### Notes:

- If acute trauma is present or a participant was recently hospitalized, we do require a primary therapist in addition to our sessions. EFP is best suited as an adjunct therapy in most cases because we are not available during acute crisis.





## Nature-based Talk Therapy / EcoTherapy |NBT|

NBT is a form of experiential talk therapy that is focused on a connection with nature. Referring to a wide range of treatment programs which aim to improve one's mental and physical wellbeing, NBT may include hiking and moving through the woods, observing wildlife, outdoor yoga, creative projects, breath work, mindfulness or simply just being present out in nature. For children, NBT encompasses play therapy philosophies through art, music, sensory exploration and more. NBT has proven beneficial for those impacted by trauma and abuse; experiencing symptoms of anxiety, depression, PTSD, autism; or managing a chronic illness or pain.

NBT does not involve working directly with animals. If you are seeking a hands-on, experiential therapy program that involves partnering with horses or donkeys, please see Equine-facilitated Psychotherapy or Therapeutic Horsemanship (for youth).

### Goals:

- Clinical, personalized for each client

### Session length:

- 50 minutes, unless otherwise requested

### Frequency:

- Weekly, bi-weekly or monthly
- For new clients, we like to start with a weekly schedule for at least 6 sessions so we can establish relationships and cadence.

### Client profile(s):

- Ages 5-adult

### Client team includes:

- Licensed Clinician (i.e. LCSW, LCMHC, PsyD., EdD., PhD., LCMFT)

### Fees:

- Intake session: *Starting at \$100*
- Experiential sessions: *Starting at \$100*
- Clinicians paneled with insurance companies may be available; most of our clinicians do not currently accept insurance. *Inquire for more info.*
- Scholarships may be available. *Inquire for more info.*
- We do not want finances or schedule to be a barrier for any individual or family to receive services. *Please contact us if you need assistance.*

### Notes:

- If acute trauma is present or a participant was recently hospitalized, we do require a primary therapist in addition to our sessions. EFP is best suited as an adjunct therapy in most cases because we are not available during acute crisis.





## Nature-based Occupational Therapy |NBOT|

NBOT helps children who are navigating physical, sensory, or cognitive challenges develop skills for everyday living and regain and/or maintain independence in all areas of their lives while immersed in the natural “office” of the farm.

NBOT sessions are designed to meet a client’s goals as it relates to: fine and gross motor skills, visual motor skill, sensory integration and processing, basic life skills and self-care, positive behaviors and social skills and age-appropriate risk-taking and play.

NBOT does not involve working directly with animals. If you are seeking a hands-on, experiential therapy program that involves partnering with horses or donkeys, please see Equine-facilitated Psychotherapy (ages 8 and up) or Therapeutic Horsemanship (for ages 3-17).

**Goals:**

- Clinical, personalized for each client

**Session length:**

- 50 minutes, unless otherwise requested

**Frequency:**

- Bi-weekly or monthly

**Client profile(s):**

- Ages 2-17
- Rx or recommendation for OT services

**Client team includes:**

- Licensed Occupational Therapist (OT)
- Volunteers

**Fees:**

- Intake session: *Starting at \$75*
- Experiential sessions: *Starting at \$75*
- Clinicians paneled with insurance companies may be available; most of our clinicians do not currently accept insurance. *Inquire for more info.*
- Scholarships may be available. *Inquire for more info.*
- We do not want finances or schedule to be a barrier for any individual or family to receive services. *Please contact us if you need assistance.*





## Therapeutic Horsemanship |TH| RhythmicRiding |RR|

TH is a holistic approach to developing a relationship with horses, and combines elements of equine-assisted learning {groundwork} and therapeutic riding {mounted}. Participants benefit from an innovative curriculum, beginning with appropriate introduction and communication skills; continuing through daily horse care, grooming, tacking and foundational vaulting and riding skills.

RR is a philosophy that combines music with independent riding skills to achieve self-regulation and open the mind-body connection. Elements of RR may be used during TH or EFP sessions when it will benefit the client.

TH sessions are tailored to the physical, cognitive and social-emotional needs of individual participants. TH sessions are led by credentialed staff who have experience working with individuals who have disabilities.

TH is not a clinical mental health/behavioral health program. If you are seeking an experiential clinical therapy program, please see Equine-facilitated Psychotherapy or Nature-based Talk Therapy/EcoTherapy.

### Goals:

- Non-clinical, personalized for each client
- Focus is development of physical, cognitive and social-emotional skills

### Session length:

- 50-60 minutes, unless otherwise requested

### Frequency:

- Weekly, bi-weekly or monthly

### Client profile(s):

- Ages 3-17

### Client team includes:

- Certified Therapeutic Riding Instructor (CTRI)
- Certified Equine Specialist(s) (ES)
- Volunteers
- Equine Staff (horses, donkeys)

### Fees:

- Semi-private sessions: *Starting at \$40*
- Private sessions: *Starting at \$60*
- Insurance coverage is not available for this program.
- Scholarships may be available. *Inquire for more info.*
- We do not want finances or schedule to be a barrier for any individual or family to receive services. *Please contact us if you need assistance.*





## Equine-assisted Learning |EAL|

EAL is an experiential approach that includes horses and donkeys (equines), and provides clients with opportunities to build muscle memory around essential life skills and qualities of healthy relationships such as effective communication, empathy, boundaries, problem-solving, self-regulation, self-advocacy and more by way of connecting with equines.

EAL is not a riding program nor is it a clinical mental health/behavioral health program. If you are seeking an experiential clinical therapy program, please see Equine-facilitated Psychotherapy or Nature-based Talk Therapy/EcoTherapy. If you are seeking a therapeutic program that includes development of riding skills, please see Therapeutic Horsemanship (available for youth only).

### Goals:

- Non-clinical, personalized for each client
- Focus is development of relationship and life skills

### Session length:

- 50-60 minutes, unless otherwise requested

### Frequency:

- Weekly, bi-weekly or monthly

### Client profile(s):

- Ages 5-adult
- Individual and group sessions
- Half-day and full-day workshops

### Client team includes:

- Certified Equine Specialist(s) (ES)
- Volunteers
- Equine Staff (horses, donkeys)

### Fees:

- Semi-private sessions: *Starting at \$35*
- Private sessions: *Starting at \$50*
- *Workshop fees are customized on an individual basis.*
- Insurance coverage is not available for this program.
- Scholarships may be available. *Inquire for more info.*
- We do not want finances or schedule to be a barrier for any individual, family or group to receive services. *Please contact us if you need assistance.*



## Additional Programs

### Leadership Programs for Businesses

Equine-assisted and nature-based workshops are a proven, highly effective and rewarding way to hone or discover the skills critical to being an influential leader and collaborative team member. Customize a program for your team or business that provide a unique experience to: growing leadership skills, explore a team's dynamic, build relationship competencies and much more.

➔ Request our full Leadership Programs packet by email: [info@equuvation.org](mailto:info@equuvation.org)

### MIND/FULL Workshops for Tweens/Teens

Our MIND/FULL workshops are nature-based and equine-facilitated experiences intentionally designed to hold space for full minds in trying times. Promoting self-care, self-discovery, self-awareness and more, MIND/FULL workshops offer unique, safe, inclusive and non-judgmental opportunities for tweens and teens to find the support they need and want. These workshops are led by a skilled and credentialed team with experience in helping individuals and families navigate anxiety, depression, trauma, grief, chronic illness and more.

### MIND/FULL Workshops for Parents and Caregivers

Our MIND/FULL workshops for parents and caregivers are nature-based and equine-facilitated experiences intentionally designed to hold space for those in parenting and caregiving roles of all kinds (biological, kinship, guardianship, adoptive, foster, grandparents, etc). Promoting communication, healthy relationships, boundaries, conflict resolution, self-care, self-awareness and more, MIND/FULL offers a unique, safe, inclusive and non-judgmental opportunity to find support, community and tools. Led by our compassionate clinical team, MIND/FULL provides a safe space for those who have experienced trauma, DV, separation/divorce, custody challenges, grief, loss, adoption, parenting neurodivergent and/or disabled children, and more.

### Group Sessions, Workshops + Retreats

A selection of extended sessions, mini-workshops and retreats are available each calendar year, including but not limited to:

- **Group Therapy Sessions and Retreats** {on topics such as grief and loss, anxiety and stress, family dynamics, cancer survivorship and much more}
- **Self-care and Wellness EAL and Nature-based Retreats**
- **Support Programs for Survivors** {In partnership with Carmen's Cause, Equuvation offers support and services—including free and confidential wellness retreats—for victims and survivors of abuse, assault, stalking and domestic violence. To provide safety for the participants of this program, details are not publicly listed. Inquire to learn more.}



carmen's cause

### The Nature Reset Workshops

Full of self-care experiences, The Nature Reset Workshops share golden hour at the farm with a variety of activities including, but not limited to: somatic practices, yoga, journaling, exploring and fellowship around the campfire!

### Reading-at-the-Ranch Literacy Program

Part of our Outdoor Educational program, Reading-at-the-Ranch is open to students of all ages and aims to encourage reading and communication skills, public speaking and community literacy, as well as foster a connection with animals.





## Why does it work?

There is a large body of research exploring the motivating and therapeutic effect of animals— which has more recently come to include specific data on the benefits of working with **horses**. Mounting evidence to support the notion that horses can help individuals develop **emotional growth, increase self-efficacy and improve quality of life**, supports the increase in demand for equine-assisted services.

Researchers have found that equine activities allow individuals to:

- **Test and improve self-management abilities, motor coordination and executive functioning;**
- **Recognize maladaptive behaviors, feelings, and attitudes; and**
- **Explore and practice alternatives to break maladaptive patterns,** which is vital for positive long-term outcomes.

Researchers also noted that one of the ways in which horses impact individuals is through the **emphasis on nonverbal communication**. Horses are wise mentors in this unique type of work. As prey animals, horses are nonverbal experts and pick up all of our ‘whole body’ communication. The necessity of nonverbal communication when working with horses calls attention to the process and allows for an in-depth conversation on how we use our bodies to communicate and understand ourselves (“listening to our gut feelings”). This conversation can be motivated by the individual’s desire to interact with the horse and does not rely on a preexisting motivation to communicate with other people.

Additionally, through observation of **herd dynamics and one-on-one interaction with horses**, participants learn new relationship-building skills. Through experiencing a horse’s response to a participant’s requests and directions, each person learns how to **communicate more effectively, face fears, overcome behaviors that resulted from traumatic experiences and manage emotions for effectively**. Sessions with horses are highly interactive and provide an **‘in the moment discoveries’**—later providing competencies and congruence for clients— which can be difficult to acquire in more traditional settings.

### THE EXPERIENTIAL LEARNING CYCLE

Equine-assisted services are based on the foundation of **experiential learning**. An evidence-based model first attributed to educational theorist David Kolb, the **experiential learning cycle** is a four-step learning process that is applied multiple times in every interaction and experience: **Experience – Reflect – Think – Act**. According to the Institute for Experiential Learning - “...it’s a learning process initiated by a concrete experience, which demands reflection, review and perspective-taking about the experience; then abstract thinking to reach conclusions and conceptualize the meaning of the experience; leading to a decision to act, engaging in active experimentation or trying out what you’ve learned.”

Since its introduction, this model has been foundational for many successful programs (such as 4-H), and has been incorporated into countless schools and corporations. Learn more: [experientiallearninginstitute.org](http://experientiallearninginstitute.org)

### SOURCES

The Institute of Experiential Learning  
[experientiallearninginstitute.org](http://experientiallearninginstitute.org)

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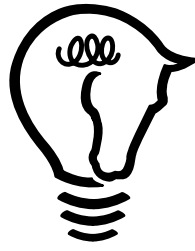
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# EQUUVATION

THERAPY + EDUCATION CENTER






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LGBTQ+ Friendly  
Transgender Safe Space

Platinum  
Transparency  
2023

**Candid.**

For a full list of  
credentials, trainings  
and partnerships that  
we pursue, please visit  
equuvation.org.



Warning: Under North Carolina Law, an equine activity sponsor or equine professional is not liable for an injury to or the death of a participant in equine activities resulting exclusively from the inherent risks of equine activities. Chapter 99E of the North Carolina General Statutes.