



# Equine Assisted Psychotherapy AT STABLE MINDS

## **What is Equine Assisted Psychotherapy (EAP)?**

Similar to working with other animals in a therapeutic setting, it is a type of experiential therapy with horses that helps clients work through concerns related to depression, anxiety, trauma, stress, and relationships.

## **Who can partake?**

Equine Assisted Psychotherapy will be offered to our clients ages 6 and over, who may be experiencing anxiety, depression, mood issues and trauma history.

## **Location?**

Sessions will be offered at our farm: Stable Minds, 43W043 Campton Hills Road, Elburn, IL.

## **Cost?**

Equine Assisted Psychotherapy can be billed the same as individual therapy, and we require a barn fee of an additional \$30/session.

## **What to consider & wear?**

EAP will occur mostly outdoors in an outdoor round pen/arena area. But we also offer indoor arena sessions due to weather. Long pants and closed-toed shoes (boots or sneakers ideally) are required for safety. There will be a restroom on site. Water bottles, hats, and sunscreen are also encouraged.

## **Am I riding the horse?**

Short answer: yes and no. Long answer: the majority of sessions are spent on the ground working alongside the horse. There is a potential for riding bareback after a handful of sessions are completed and agreed upon by the therapist, the client/guardian, and the horse :)

## **Do I need experience with horses?**

Not at all!

## **What Medical or Liability concerns should be considered?**

If you have allergies to horses or hay, or being outdoors for 50- 60 minutes causes any significant medical/physical/mental health issues, then this may not be the best therapeutic option for you.

For more information or to  
schedule an appointment, email  
[Angel@anchorcounseling.org](mailto:Angel@anchorcounseling.org)  
or call 630-765-3214

