



WHAT ARE THE BENEFITS OF EQUINE ASSISTED PSYCHOTHERAPY (EAP)?

IMPROVES OVERALL MENTAL AND EMOTIONAL HEALTH

INCREASES SELF-ESTEEM AND BUILDS SOCIAL SKILLS

INCREASES EMOTIONAL AWARENESS AND REGULATION

BUILDS TRUST AND DEVELOPS EMPATHY

EMPOWERS INDIVIDUALS TO CREATE BOUNDARIES AND HEAL RELATIONSHIP WOUNDS

CAN BE USED IN TRAUMA RECOVERY