



Equine Assisted Psychotherapy:  
Inside a Session Part 4: Create  
Alexandra Graves, Keemar Keemar, Jonathan  
Browne, & John Wilson

Resource Guide

# About Alexandra Graves

After finishing my Honours Degree in History I moved to London and began training as a body therapist in 1991, studying aromatherapy, Swedish massage and holistic massage. A year later I started a full-time private practice in Surrey and Middlesex.

As my practice and experience developed I became interested in different therapies and in 1997 I trained as a Craniosacral therapist. The following year I started my Core Process psychotherapy MA which I completed in 2007. Currently I have a private practise in Chesterfield and Sheffield offering Craniosacral Therapy, psychotherapy, Equine Assisted Psychotherapy (EAP) and supervision.

I grew up with horses, as my family runs a very small stud farm. I began to learn to ride at the age of nine. When I moved to London I lost all contact with horses. This resumed when I returned to Chesterfield in 2003 as my father had begun breeding Traditional Cobs. My passion for horses returned. I began riding again. I bought my first horse in 2007, who now works in the Two Ash Stables EAP programme with me. We have also officially graduated Parelli Natural Horsemanship Level 2 and have two Level 3s.



I became interested in EAP around 2005 due to a colleague recommending 'The Tao of Equus' by Linda Kohanov. Since 2007 I have been in the process of setting up the collaborative EAP service, Two Ash Stables. I am trained in the EAGALA model. Horses' energetic sensitivity, present moment awareness, natural being nature and unconditional acceptance have been profoundly healing for me.

# About Keemar Keemar

Keemar Keemar has been part of Temenos for 14 years and is currently sole Director.

Keemar has over 20 years experience as a therapist, supervisor and trainer in private practice and large organisations, Keemar's specialism is in creating environments where the growth of the organism becomes inevitable. This is true whether the organism is an individual or an organisation.

Keemar has a passion for creating these environments through his understanding and implementing a fusion between philosophy, theory and practice of person-centred Psychotherapy.

Keemar is involved in all the Temenos courses and runs a private practice in Sheffield.



# About Jonathan Browne

I have been around horses for over 22 years, but my professional involvement started in 1999 when I joined the Royal Armouries (RA) as a Rider Interpreter. I demonstrated equestrian martial arts from the Romans through to World War 1.



I have taken part in over 1000 competitive passes along the tilt rail. I competed successfully in the jousting tournaments of the Golden Swan (2000), Silver Swan (2001), Sword of Honour (2002, 2003) and the Queens Golden Jubilee Horn (2002, 2003).

During my time at the RA I learnt to train horses using Natural Horsemanship techniques. I was strongly influenced by Monty Roberts, Pat and Linda Parelli, Brian Neubert, Mike Kevil, Chris Cox and Tony Smart. This natural approach helped me to train certain horses at the RA which had been labelled failures under the old cavalry style system. In 2004 I began training horses for private clients including problem solving, starting young horses and riding tuition. The horses I have worked with and are still working with are my teachers. They keep me on the path of truth and honesty with myself. The horses hold up a mirror to me and say look here first.

This mirroring ability became particularly clear after I had four sessions of Equine Assisted Psychotherapy. I was really struck by the power and potential of this model which showed me how to work with empathy and to see myself through the horses' eyes.

I am a serving member of the Royal Navy Reserve which gives me an affinity and understanding of some of the difficulties of being in the British Military in the Twenty First Century. I believe that EAP would be of great benefit to service personnel who suffer from the trauma of armed conflicts.

# About John Wilson

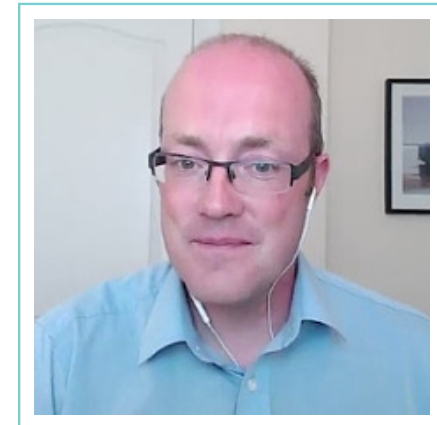
John Wilson has been on the Temenos Management Team since February 2010.

He initially joined Temenos in an operational capacity to guide the organisation through difficult economic times.

John is also a trainer in the Person Centred field and has brought this experience to Temenos, contributing to various year groups including Diploma and MSc cohorts, John is currently working with the Temenos Diploma group.

John's specialism is online counselling which has developed into offering online CPD for Partitioners via online events. This online environment has seen the growth and development of online group experience through the use of an unstructured chat room environment.

John runs a private Practice online and in Bathgate, West Lothian.



# Two Ash Stables

Two Ash Stables provides Equine Assisted Psychotherapy (EAP) in the beautiful Derbyshire countryside on the outskirts of Chesterfield. It is a collaborative venture between psychotherapists, equine specialists, three horses and a mule.

"We follow the EAGALA model of practise, an American charity and training organisation which sees the herd, an equine specialist and a psychotherapist hold the sessions together"

## Supervision

Individuals and groups may arrange individual or regular Equine Reflected supervision sessions on Tuesday mornings.

"It is our intention for the sessions to provide exploration, nourishment, support, expansion, refuelling, replenishment and inspiration" **[CLICK HERE FOR MORE DETAILS](#)**



# Resources

[www.eagala.org](http://www.eagala.org)

Founded in 1999, the Equine Assisted Growth and Learning Association (EAGALA) is the leading international nonprofit association for professionals incorporating horses to address mental health and personal development needs. Our vision is that every person worldwide will have access to these therapy services known as Equine Assisted Psychotherapy and Equine Assisted Learning.

[www.halter.org.uk](http://www.halter.org.uk)

"At H.A.L.T.E.R we offer Equine Assisted Learning E.A.L. Equine Assisted Learning is an educational programme to teach participant life and social skills"

[www.hoofbeat.co.uk](http://www.hoofbeat.co.uk)

An emerging social enterprise offering Equine Assisted Psychotherapy (EAP) and Equine Assisted Learning (EAL) across central Scotland.

# Contact Two Ash Stables

[www.twoashstables.co.uk](http://www.twoashstables.co.uk)

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