

Live Demonstration: The EAGALA Model: Horses Helping People

Resource Guide

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.



www.twoashstables.co.uk

What is Equine Assisted Psychotherapy?

EAP involves individuals, young people, couples, families or a group interacting with one to four of the herd, depending on personal choice, in ground based activities. This is followed by time to reflect, process and maybe talk about what happened. It is a short term experiential client led therapy. No experience of horses is necessary and no riding is involved.

Why specifically use horses?

Horses are one of the animals that people have had a close relationship with over thousands of years. Humanity made a great leap forward when the horse was domesticated, a discovery akin to that of fire. When the horse accepted us onto their backs we became faster and they could carry heavy loads for us for great distances.

Through our relationship with the horse, we humans altered our self-concept beyond measure. The horse came to represent power, sociability, strength, energy, loyalty, movement, respect, self-esteem and freedom of spirit. They still offer to teach us about these qualities.

Horses are social animals. They are very curious about everybody they meet. They want to engage in relationship, play and express their own distinct horseanalties.

Click [HERE](#) to find out more

Equine Assisted Growth and Learning Association (EAGALA)

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.

There are now over 600 EAGALA programs, with professionals trained and certified through EAGALA, providing services helping change the lives of people with a diverse range of struggles such as street children in Mexico and South Africa, those suffering from addictions, depression and trauma, and improving relationships in families and groups. EAGALA has over 4,500 members in 50 countries.



Click the images above to connect with EAGALA



eagala

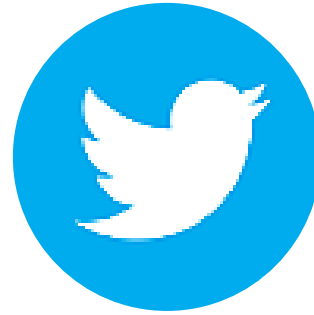
The Global Standard for Equine Assisted
Psychotherapy & Personal Development

Connect with Two Ash Stables

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