

# What is Equine Assisted Psychotherapy (EAP)

## and How Will it Help My Child?

Equine Therapy has proven to be a powerful and effective approach that impacts individuals, families, and groups.

Today, more than ever, our children face conflict, uncertainty, and personal challenges in their day-to-day lives. Programs offered through Straightening Reins assist in promoting self awareness through positive choices, accepting consequences, and behavior modification--all things that lead to living to one's full potential.



At Samantha Rocha Dyer-SRD, our horses serve as a critical component of the communication between client and therapist. Many people, especially children, are unable to articulate or even recognize their feelings and they are often unaware of the connections that are made between their feelings and their behaviors.

Our horses provide a nonthreatening intermediary for spontaneous and unconscious communication thus allowing observation by the trained eyes and ears of a therapist who specializes in behavioral issues. Participants learn about themselves and others by participating in activities with the horses and then processing and discussing feelings, behaviors, and patterns.

Straightening Reins uses a combination of recognized equine psychotherapy (EAP) which combines observation and interaction (but no riding) with horses to facilitate communication and demonstrate useful metaphors for behavioral issues along with traditional office therapy.

The goal of our trained staff and volunteers is to offer equine centered activities for children and teens that facilitate cooperation, confidence, and communication in a tranquil and nurturing environment.



SRD's Art Contest Winner, Leila G.



## Individual, Family, and Group Counseling Available For:

- Facing Peer Pressure
- Target of Bullying
- Eating Disorders
- Overcoming Obstacles
- Grief and Loss
- Feeling Undervalued by Peers
- Drug/Alcohol Use
- Underachieving
- Recognizing Boundaries

Straightening Reins is a 501(c)(3) charitable organization. SRD works year round to raise funds for families dealing with economic hardships, giving them the opportunity to participate in our vital programs on a sliding scale.



For more information regarding fees and scholarships, please call:

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Samantha Rocha-Dyer Foundation

## Equine Based Activities That Promote Mental Well-Being

