

Equine-Assisted Psychotherapy



What is EAP?

EAP is a groundwork-based, individual therapy for children (6+) and adults, led by a licensed therapist and PATH Equine Specialist, utilizing horse interactions to achieve mental health goals through therapeutic metaphors and emotional connection.

What does it help with?

EAP can assist with various mental health challenges, including anxiety, depression, PTSD, trauma, boundary setting, developing coping skills, and building trust and rapport. Horses' ability to mirror human emotions and demonstrate social interactions provides valuable opportunities for therapeutic metaphors and personal growth.



DISCOVER HOW

TRINITY CHANGE LIVES

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