

## Clothing and Footwear

Please note this is an outdoor activity and appropriate all-weather clothing must be worn. This list is not exhaustive but includes warm clothes, waterproofs, hats (riding hat provided), gloves, strong flat footwear such as wellingtons, walking or riding boots. Trainers, pumps, open toed shoes and high heels are not acceptable footwear. An EAP session can not be undertaken if inappropriate clothing or footwear is worn. In addition please do not wear your best clothes as clothes can become dirty due to the environment we are working in.

During hot weather it is the responsibility of the parent or client to apply sun cream and to bring appropriate sun protection.

## Food and Drink

We may not have facilities to provide any food or drink to clients. EAP sessions can be physical and refreshments may be required. It is recommended that a drink be brought to the sessions.

## Safeguarding

Safeguarding and protecting children is paramount. A safeguarding policy is in place should it be considered a child is at risk or harm. If it is apparent a parent is involved, Vicky will contact and pass on the relevant information to the appropriate authorities.

Should you require any further information or would like to have an informal discussion or meeting, please contact Vicky on **07821 480182** or email on either **vicky@chrysalispsychotherapy.co.uk** or **office@chrysalispsychotherapy.co.uk**



For further information please contact:



**Vicky Howden-Green**

*PG Diploma in Play Therapy  
PG Diploma in Counselling & Psychotherapy  
Advanced Diploma in Counselling  
Advanced Certificate in EAP EAGALA  
Certificate in Parent Child Relationship Therapy  
Certificate in Counselling Casework Supervision  
Certificate in Clinical Supervision for Play and Creative Arts Therapists  
Theraplay  
Certificate in Expressive Therapy  
MA in Practice-Based Play Therapy - ongoing  
MSc in Counselling & Psychotherapy - ongoing*

**07821 480182**

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**Equine Assisted  
Psychotherapy**



## What is Equine Assisted Psychotherapy (EAP)?

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**Equine Assisted Psychotherapy (EAP) is an intensive experience and is an innovative approach to therapeutic intervention. Clients experience emotions in the here and now, which provide an opportunity for them to gain insight into their behaviours and the impact of these behaviours on others.**

EAP is not talk therapy. It is experiential. The approach is solution orientated which allows the client to find their own solutions given the opportunity.

The result is, that it provides figurative and direct experiences thus allowing the client to reflect on the feelings raised. These experiences are facilitated by the Psychotherapist so that the client gains deeper understanding and insight.

All work done with the horses is ground work and, at no point, will clients be asked to ride the horses. A team approach is used and includes a Mental Health Professional (MHP), Horse Specialist (HS) and the horses. The MHP's role is to focus on the emotional safety and the nonverbal communication of the client and apply the intervention used to the treatment plan. The HS's role is to focus on the physical safety aspect and the nonverbal communication from the horses.

Intervention with clients can be self-directed in that the client uses equipment and the horses in whatever manner they wish to focus on their specific objectives. Alternatively the MHP will develop a bespoke plan of therapeutic intervention, incorporating particular activities and exercises to facilitate growth and learning in, and on, the issues or areas of concern for the client.

It is useful for:

- Individuals
- Businesses promoting team building
- Groups
- Families

An effective approach in improving behaviours and emotional difficulties associated with:

- Autism
- ADHD
- PTSD
- Relationships
- Challenging behaviour
- Substance abuse
- Trauma

## Why Horses?

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Working with horses can have a powerful and long lasting impact on emotional health and often, fewer sessions are required to gain results in comparison to conventional therapies.

Horses are social animals with distinct personalities, attitudes and moods, experiencing every emotion that we do. Horses are great masters of nonverbal communication and respond to the most subtle clues, distinguishing quickly between acting and true emotion, recognising if they are to be feared or withdrawn from. A horse is able to mirror exactly what human body language is telling it.

The horse is non-judgemental and doesn't care about your rate of success. It cares about who you are rather than basing its value on what you have done.

Some people feel intimidated by a horse because of its size and power. Therefore, accomplishing a task involving the horse, in spite of these fears, creates confidence and helps them to deal with challenging and intimidating situations in life.

## About Vicky

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Vicky is a qualified psychotherapist and has been practising for twelve years. In her work Vicky utilises Play Therapy, Theraplay, Creative and Expressive Arts Therapy and incorporates them into her skills as a psychotherapist.

Vicky has worked in and alongside various settings including prisons, schools, children's homes, fostering agencies and local authorities. Vicky has extensive experience of working with children who present with behavioural, emotional and social difficulties, children who have been involved in care proceedings and are living in foster care, children displaying attachment difficulties and/or oppositional behaviours or those who have been given diagnoses of ADHD and autism. Vicky has a wealth of experience in working with carers and parents supportively to help provide insight in to the reasons for the behaviours.

Vicky has now completed the Advanced Certificate Training with EAGALA and is involved in the EAGALA Mentoring Scheme. This is a process in which an EAGALA mentor provides individual support and feedback for professional development and good practice to the mentee. It is maintaining the integrity of the certification process in which Advanced Certification accomplishment represents a level of professionalism, skills and knowledge where the practitioner serves as a leader and role model to others doing the work.

## About EAGALA

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EAGALA was founded in 1999 and the approach is used in over 40 countries.

