

## Counselling & EAP/EAL can assist with:

- Anxiety
- Depression and stress
- Loss & grief
- Anger
- Bullying—either having experienced bullying or perhaps bullying others
- Relational problems
- Issues related to having experienced sexual assault or domestic violence
- Social and behavioural problems /disorders—from problems at school / workplace to oppositional-defiant disorder and ADHD
- Post-traumatic stress syndrome
- Autism Spectrum Disorder

## Outcomes for clients may include...

- Increased confidence & self esteem
- Improved self efficacy
- Improved social skills
- Improved communication
- Improved boundaries
- Increased capacity for problem solving
- Improved assertiveness
- Decreased anxiety
- Improved resilience
- Increased capacity for self reflection

Research into the effectiveness of EAP/EAL is demonstrating its power to assist a wide range of people with a wide range of issues.

## Studies & Research have shown:

- EAP is equally or more effective than more traditional, talking interventions
- Treatment duration is lessened, as the equine sessions bring issues to the surface more quickly
- EAP is an effective way to engage even the more “resistant” clients fully in the treatment process

Further references to research & articles in relation to EAP/EAL may be found on the [Shine](#) website.

**Sessions are by appointment only, and can be arranged to suit client needs.  
Just phone to make an appointment.**



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Shine has professional membership with the following associations:



*Connect...  
Challenge...  
Inspire...  
Change...*

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**Shine** Equine Assisted Learning & Growth, provides both office based counselling as well as Equine Assisted Psychotherapy (EAP) and Equine Assisted Learning (EAL) sessions and programs for children, adolescents and adults.

Individual, family and group sessions can be catered for, and sessions are designed to suit the therapeutic, or learning goals identified by the client. No horse experience is required, & all of the sessions are “on the ground”



which means no riding takes place within the sessions. A combination of both office based counselling & EAP/EAL can be utilised.

The models subscribed to at **Shine** are:

- Experiential
- Team based with the horses as allies in the therapeutic process
- Solution focused brief therapy
- Believe that our clients hold the answers within themselves

### Why Horses?

### How does this work?

Horses are non judgmental, they have no hidden agendas, prejudices, or even expectations. They are not influenced by our appearance, our past, or our current life situation.

Horses are “in the moment”. They respond to any given situation honestly, effectively and immediately— providing the client with instant, honest feedback about their behaviour & choices when with them. The horses also hold people accountable for who they are in that relationship, at that point in time.

As in human relationships, equine relationships require trust, respect, effective communication & cooperation. They are “experts” in reading non verbal communication and body language, and human emotions.

Horses possess an innate ability to “mirror” what is happening for the client, and therefore respond very differently to each client— depending on the issues the client presents with—which again allows for immediate and accurate feedback for the client.

Then it is up to the “human” part of the team to facilitate activities which assist the client to experience, observe and contemplate the changes they require, to make a positive impact on their life.



### What would happen in a typical EAP/EAL session:

- During the first session, the client would meet with the Mental Health Professional to decide on suitability & therapeutic goals/learnings etc
- The second session would see the client being introduced to the EAP “team” - which is most often our Equine Specialist (ES), Mental Health Professional (MHP) and the horses. This takes place in a safe, enclosed space where the horses are free
- The client would then be asked to take part in a groundwork activity with the horses. This activity would be specifically chosen/created to reflect a situation or issue the client has identified
- The MHP & ES support the client to think about what is happening in the session, & challenge the client to think about how this may relate to their life and current situation
- After each session the client will debrief with the MHP, who assists the client to process the session with the horses — picking up on themes, and focusing on the responses and behaviour of the horses to the client
- After each session clients will be encouraged to write in a reflective journal