

The most effective work happens on the ground.

- The EAGALA Model involves no riding or horsemanship, making it both safe and effective.
- Clients work directly with horses face-to-face on the same footing. This ground level work enables clients to better perceive the horses' actions and reactions as they work to process and solve their life challenges.

Solution-oriented for all ages

- **EAGALA** sessions are facilitated by a certified *team of mental health professional and equine specialist who hold the space for clients and horses to interact.* Life stories begin unfolding symbolically in a safe and supportive setting.
- We believe that clients of all ages and needs truly have their own best solutions.
- As the horses play out scenarios, clients gain insights and begin to see and feel shifts in themselves as well.

EAP treats:

- Post-Traumatic Stress Disorder - PTSD
- Combat and Operational Stress Reactions - COSR
 - Expected reactions to unusual situations and circumstances that typically go away in time
- Traumatic Brain Injury - TBI
- Depression
- Addictions
- Grief & Guilt
- Panic Attacks & Anxiety
- Sleep Disorders
- Moral/Spiritual Injuries
- Aggression & Anger Issues
- Suicide Ideation

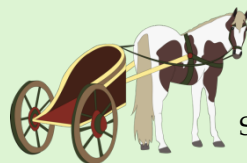
Recreational Therapeutic Riding and Horsemanship

is a mounted form of equine therapy compatible with individuals with compromised or impaired cognition, as well as fully functioning individuals.

- Using the size/physique of the horse and the rhythm of its walking gate to re-establish and strengthen neuropathways that affect behavior, language, coordination and much more
- Private or group horseback riding sessions for children and adults with varying levels of disabilities
- Physical
- Cognitive
- Emotional
- Trauma injury

Recreational Therapeutic Riding and Horsemanship

- Improves Joint mobility
- Strengthens muscle tone
- Improves communication & self-advocacy
- Develops self-discipline
- Improves balance, coordination and relaxation
- Provides learning and special awareness
- Improves concentration and motivation to set goals
- Improves cognitive and sequential thinking
- Development of large motor skills



Hope's Chariot, Inc.

Solutions powered by the horse

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www.hopeschariot.org

Hope's Chariot, Inc.

• Equine Assisted Psychotherapy and Equine Assisted Learning

• Recreational Therapeutic Riding and Horsemanship

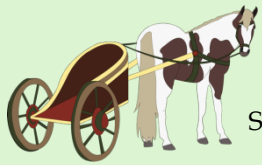
Hope's Chariot is a non-profit organization which provides therapeutic sessions utilizing horses; our program offers experiential therapy and learning via Equine Assisted Psychotherapy and other activities, providing the opportunity to improve mental health and well-being for individuals with special needs, empowering and building resiliency.



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Equine Assisted Psychotherapy (EAP)

is experiential therapy which uses horse-based activities and metaphors to create a mind and body experience. In addition to the mind, it engages all senses to help individuals reconnect with their emotions, determine their own needs, decide what motivates them and help change patterns of thinking / behaving that causes conflict.

The EAGALA Model

is a distinctive experiential framework designed to allow clients the latitude to discover, learn, and grow from the horse-human relationship, known as equine-assisted psychotherapy, or equine-assisted learning depending on the session objectives.



eagala

The Global Standard for Equine Assisted
Psychotherapy & Personal Development

The Outcomes

- Promote self-esteem, self-confidence and healthy self-image
- Reduce stress, anxiety and suicidal ideations
- Decrease the level and frequency of emotional outbursts and cycles of episodes
- Decrease of medications and dosages needed to maintain a stable level of behavior
- Reduce ongoing need of support services
- Reduce total days of unemployment
- Increase days of successful and satisfied employment
- Increase ability to identify stressors & develop coping skills to manage stress
- Increase ability and desire to make future plans and be motivated to make goals
- Improve openness to communicate feelings and thoughts
- Remove barriers in order to bring emotional intimacy back into one's life.
- Increase skills in problem solving and sequential thinking
- Improve problem solving ability
- Recognition of triggers and development of effective coping skills

Measuring Outcomes

- Pre, mid and post series surveys
- Family questionnaires
- Treatment team observations
- Client feedback
- The number, frequency and degree of treatment goal revisions
- Reduction of medication used to maintain desired behavior

Our Process

- It is based on the very critical progression of building CONNECTION RELATIONSHIP and TRUST, first with the horse, then with our team and ultimately with family, friends and community.
- Initial mental health assessment and suitability evaluation (to determine if our therapy model is a good fit).
- Establish a Treatment Plan and conduct weekly 50-minute sessions.
- We work with the client as long as we need to, typically 10 to 12 sessions.

The EAGALA Model is highly professional.

- EAGALA is the leading association offering a fully-developed, professionally endorsed treatment model for mental health professionals practicing equine-assisted psychotherapy.
- The EAGALA Model stands alone in the world of equine-assisted psychotherapy and personal development because of the model's standards, code of ethics, continuing education requirements, replicable framework, and team approach.
- Under the EAGALA Model, both a registered, credentialed Mental Health Professional and a certified Equine Specialist work together collaboratively at all times to assure clients get the therapeutic attention and support they need as they make life changes.