

Introduction to Hope's Chariot, Inc. and the Services Offered

695 State Road 60, Cedarburg WI



Presentation by Kathy Stone Executive Director / Equine Specialist

Hope's Chariot, Inc.

Hope's Chariot is a Faith-based 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.



Hope's Chariot, Inc.

Equine Assisted Psychotherapy and Equine Assisted Learning

Our Team

Recreational Therapeutic Riding (RTR) Instructor

- Kathy Stone – CHA (Certified Horsemanship Association)

Wisconsin Licensed Mental Health Therapists

- Jamie O'Connor, LCSW
- Amy Schwabe, LPC
- Allison Lohman, LPC
- Danielle Bachman, OTR
- Maria Valentine, LPC-IT

Eagala Certified

- Lisa Docter – Equine Specialist
- Kathy Stone – Equine Specialist
- Tiffany Vitelli – Equine Specialist
- Tina Albinger – Equine Specialist
- Abigail Kramer – Equine Specialist



Hope's Chariot, Inc.
Solutions powered by the horse



Trooper



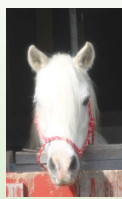
Tiara



Cookie



Cache



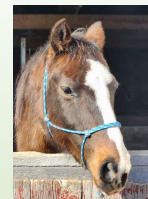
Pippin



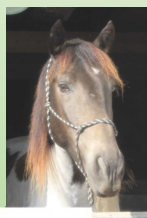
Wheeler



Skipper



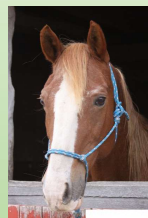
Josie



Ziggy



Slim



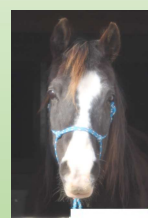
Sam



KeeCee



Sparkles



Farli



Shiva



Hope's Chariot, Inc.
Solutions powered by the horse

Our Equine Team

Equine Therapy with Dr. Bill Marchan at the VA in Utah.



Some of the therapists on his staff are Eagala certified and they have their own Eagala model equine therapy program.

This is the link to Dr. Bill Marchan's podcast about Equine therapy he is running out of his VA program in Utah.

<https://www.va.gov/salt-lake-city-health-care/stories/upholding-valor-podcast-equine-therapy/>



Introduction to Equine Assisted Psychotherapy (EAP) and Equine Assisted Learning (EAL)

Presentation by Kathy Stone ES

Experiential Therapy Equine Assisted Psychotherapy - EAP

uses horse-based activities and metaphors to create a whole body experience. In addition to the mind, it engages all senses in real time 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.



Initial Assessment - 90791
Individual Psychotherapy - 90837
Family Psychotherapy – 90846/90847
Group Psychotherapy – 90853

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.



The EAGALA Model is client-centered and solution-oriented.

- The work is built on the premise that it's the clients who best determine the kinds of life changes they need to make in order to improve their lives.
- The job of the EAGALA treatment team is to put the EAGALA Model to work to meet the clients' goals by engaging the unique intuitive power of horses to help them understand their process and practice the changes they want to make in a safe, supportive setting.



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
- Isolationism
- Suicide Ideation



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 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 by making goals
- Improve openness to communicate feelings and thoughts
- Removes barriers in order to bring emotional intimacy back into one's life.
- Increase skills in problem solving and sequential thinking
- Problem solving ability improves
- Recognition of triggers and develop effective coping skills



Measuring Outcomes

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



Sample of EAP Activities

- The Herd Walk
 - In pasture or arena with multiple horses
 - Stand back to allow the “connection”
- Walk With Me:
 - Create a connection
 - Is it resilient, on lead rope lead on neck... no lead
- Create Your World
 - What it is now / What you want it to be
 - Uncover buried/ undiscovered obstacles
 - Name them, change them!
- Temptation Alley
 - What tempts you?
 - What are your triggers?
 - How do you maneuver thru it?
- Over, Around & Through
 - Create an environment you will move your horse through



Why Horses?

Why? In two words: **STRONG OUTCOMES.** Equine-assisted work often helps clients change and grow more effectively and quickly than traditional clinical and psycho-educational approaches.

- People typically learn best by doing. Life lessons take deeper root when individuals both understand them in their heads and experience them in their bodies.
- Working with horses is engaging, real time and hands-on.
- The experience is immediate and fully felt.

So why horses and not other animals?

- Horses are large and powerful. This creates a natural opportunity for some to overcome fear and develop confidence.
- Working alongside a horse, in spite of those fears, creates confidence and provides wonderful insight when dealing with other intimidating and challenging situations in life.



Why Horses?

- Horses are social animals, with defined roles within their herds.
- They would rather be with their peers.
- They live in the moment.
- They are honest.
- They have distinct personalities, attitudes and moods; an approach that works with one horse won't necessarily work with another.
- At times, they seem stubborn and defiant.
- They like to have fun.
- In other words, horses are a lot like us socially - when we work on our relationships with them, we in turn are learning how to improve our relationships with others.



Why Horses?

- Horses respond with unique insight into exactly who we are in the moment. They are profoundly gifted reflectors of our true selves because their very survival depends on reading us right.
 - Because they can read and respond to the nonverbal messages we are always sending, they begin to act in ways that feel familiar to other relationships or dynamics in our lives.
 - They become our spouse, partner, colleague, children, dreams, fears, addictions, etc. and begin to act out these very dynamics in our lives.
- This gives us a chance to work through those relationships and issues in a safe and nonjudgmental environment.



Why Horses?

A client may say, "This horse is stubborn. That horse doesn't like me," etc. The lesson is that by changing ourselves, the horses respond differently.

- They provide this immediate feedback to real changes that we make - not what we just talk about.
- For some reason, even when we feel stuck or hopeless, the horses move and make changes in the space, which in turn helps us become "unstuck."
- Clients repeatedly report that the horses seem to act and be exactly what is needed in the moment.



EAGALA Videos

Introduction to EAGALA

<https://eagala.org/#>

EAGALA for Veterans

<https://youtu.be/boVatiz-55g>

Sample Session:

https://youtu.be/CQodonl_USs



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 53 minute sessions.
- We work with the client until therapy goals are met.



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.



