

Who Would Benefit?

The At Liberty EAP program helps those that face a variety of mental health and behavioral challenges including:

- Anxiety
- Depression
- PTS, abuse, and trauma
- Addiction
- Grief
- Eating disorders
- ADHD
- Bullying
- Low self-esteem
- Self-harm
- Anger management
- Boundary issues
- Relationship problems
- Family concerns
- Effective communication

The program can also help organizations improve effectiveness, build teamwork, and enhance performance.

At Liberty Military, First Responders and Their Families

Members of the At Liberty team are veterans themselves or have been specially credentialed through EAGALA with a deep understanding of military culture and life.

Active military, reserves, first responders, veterans and their families are given opportunities to rediscover their resources and strengths to overcome obstacles within their lives. They can apply this experience and gain in-the-moment feedback from the horses. Clients build on their resilience and learn through self-discovery the changes they need to make in order to be more successful in their lives. This program is offered FREE to military, first responders and their families.



To learn more and see if this program is right for you, contact:

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www.StableHandsTherapy.com

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Stable Hands, Inc. is a Wisconsin 501(c)(3) non-profit organization.



eagala

The Global Standard for Equine Assisted
Psychotherapy & Personal Development



At Liberty
Transforming Lives
Through Horses

**Equine Assisted Psychotherapy
& Personal Development**



Why Horses?

Horses are intuitive and sensitive with distinct personalities, attitudes and moods. By interacting with horses, clients can work through life struggles without judgment or interpretation by another person.

Horses are a comforting, social animal that can help individuals with their well-being. The nurturing interactions with horses allows humans to practice:

- Problem-solving skills
- Social skills
- Emotional regulation
- Empathy

What Can Clients Expect?

Clients entering this program will begin the process with a visit and tour of the indoor arena. The structure of a typical session will be reviewed, questions answered, and an informed consent will be explained and signed along with any needed releases of information.

The Mental Health Professional is responsible for providing for the client's emotional safety. The Equine Specialist oversees the physical and emotional safety of the horses and the therapeutic environment.

The basis of the At Liberty model is a belief that clients have the best solutions for themselves when given the opportunity to discover them. Therapy-focused, transformational experiences allow clients to explore, problem solve, overcome challenges, discover and process. Clients are then able to apply these learned techniques into their everyday life.

Individuals, families, and groups have benefited from being able to explore new ways of coping, problem-solving and increasing self-awareness.

What is Equine Assisted Psychotherapy?

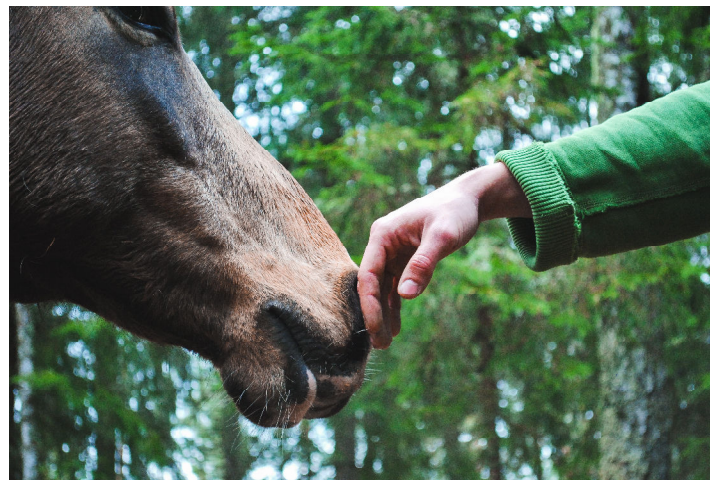
Equine Assisted Psychotherapy (EAP) is an experiential therapy. This unique approach incorporates horses, a mental health professional, an equine professional, and clients in a collaborative effort to facilitate emotional growth and learning.

All the work is done on the ground with no riding involved, which means no horse knowledge or riding experience is necessary.

Our Approach

The At Liberty EAP program incorporates both the Equine Assisted Growth and Learning Association (EAGALA) and Equine Assisted Learning (EAL) models. All At Liberty sessions involve teams of licensed, credentialed Mental Health Professionals (MH), qualified Equine Specialists (ES), horses and clients.

The role of the MH and ES team is to facilitate and pay attention to the ways the horses react and provide guidance that encourages clients to discover and choose for themselves lasting solutions. This low-pressure environment allows clients to open up should they choose to do so.



Horses are large and powerful. It's hard to ignore their presence—much like a seemingly impossible life issue. Horses instinctively analyze and react to body language and other nonverbal cues. They sense your emotions and mirror them back, offering clients a way to talk about their own emotions without feeling overwhelmed. Clients can gain valuable, metaphoric feedback and insights for other areas of their lives.

