

What is Equine Assisted Learning?

Equine Assisted Learning (EAL) is a non-therapeutic, experiential learning technique that facilitates personal growth by teaching social, emotional and life skills through equines in a mounted or unmounted environment.

Facilitators stay within a learning context and partner with equines to translate their wisdom for clients. Facilitators have a thorough understanding of the ways equine behavior affects human responses and evaluate the role of the equine during EAL sessions. The facilitation team of two or more trained and certified facilitators effectively manage horse wellbeing and the safety of both clients and horses.



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

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www.StableHandsTherapy.com

[f/stablehandstherapy](https://www.facebook.com/stablehandstherapy)

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



PATH Intl., is a federally registered 501(c)3 that leads the advancement of professional equine-assisted services by supporting members and stakeholders through rigorously developed standards, credentialing and education.

Equine Assisted Learning

*Empowering Yourself
with Skills and Confidence*



What Can Clients Expect?

Clients entering this program may begin the process with a visit, introduction to the equine herd and tour of the barn and indoor arena. The structure of a typical session will be reviewed, questions will be answered, along with any other needed information.

In the following sessions, the equine/human bond begins. In each session individuals will focus on the determined objectives, one skill at a time. Each skill builds on the one before.

There is no one standard approach to this work. These interactions, can simply be observing the horses from a distance, quietly interacting with them within their natural environment, or working alongside them in a structured way in the arena, round pen, barn hallway or stall.



The Stable Hands EAL Program

Stable Hands EAL programs primarily work in an unmounted environment to help build confidence and self-esteem, enhance focus, reduce stress and anxiety, foster self-development and awareness, and provide physical activity through the equine/human bond.

Individuals interact with equines using natural horsemanship ground skill methods to help them reach their goals.

Unmounted, ground activities provide opportunities for hands-on learning, physical activity, development of fine motor skills (in the small muscles of the fingers, toes, wrists, etc.) and gross motor skills (large muscles in the legs, arms and torso), building of confidence and fosters trust, safety and comfort for both the individual and the equine.

Stable Hands year-round programming provides opportunities to develop personal (both mental and physical) as well as professional skills. Stable Hands provides EAL programs for youth and adults, groups and organizations. Prices differ depending on how many participants are in the session and how long the program runs.



Benefits of Equine Assisted Learning

Learning with equines can occur in many contexts. One does not need to be a “horse person” or have experiences with equines to benefit from what they have to offer.

For Education:

- ⇒ A Focus on Academic Skills
- ⇒ Character Development
- ⇒ Problem Solving
- ⇒ Critical Thinking

For Personal Growth:

- ⇒ Problem Solving
- ⇒ Decision Making
- ⇒ Critical Thinking
- ⇒ Creativity
- ⇒ Communication
- ⇒ Self-esteem and Self-confidence
- ⇒ Self-awareness and Responsibility of Actions
- ⇒ Social Skills
- ⇒ Sensory and Emotional Regulation
- ⇒ Stress and Anxiety Reduction
- ⇒ Physical Activity and Exercise

For Teams:

- ⇒ Team-building
- ⇒ Leadership Development
- ⇒ Enhanced Work Dynamics