

## 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.

An Equine Specialist in Mental Health and Learning (ESMHL) is trained through PATH Intl. to ensure the safety and well-being of the equine and is the equine expert during equine/human interactions. ESMHLs have a thorough understanding of the ways equine behavior affects human responses and evaluates the role of the equine during the EAL session. They maintain responsibility for the equine, assess the equine's response to any interactions, and prohibits or stops any activity that compromises the well-being of the equine to ensure that equine interactions within the session are safe and ethical. ESMHLs also have a general knowledge of mental health and education processes.

The ESMHL works with professionals trained in their specified areas to best meet client needs and to keep the EAL session safe.



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

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[www.StableHandsTherapy.com](http://www.StableHandsTherapy.com)

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*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*





## 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 will interact with equines using natural horsemanship ground skill methods to help them reach their goals. While mounted opportunities may be offered as part of some sessions, it's not the main focus.

Unmounted, ground activities provide opportunities for physical activity, help develop 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), help build confidence and fosters trust, safety and comfort for both the individual and the equine.

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

## What Can Clients Expect?

Clients entering this program will 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 answered, and an informed consent will be explained and signed 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.



## 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