



E.A.S.E

Equine Assisted Self Exploration

www.ease-dundaraich.com

EQUINE ASSISTED THERAPY

WHAT WE CAN LEARN FROM HORSES ABOUT OURSELVES IN RELATIONSHIP TO OTHERS AND IN OUR LIVES

- AN ALTERNATIVE TO ROOM BASED THERAPIES -

EXPERIENTIAL OPPORTUNITIES FOR PERSONAL GROWTH, LEARNING AND DEVELOPMENT FACILITATED BY THE HUMAN-ANIMAL INTERACTION AND RELATIONSHIP BETWEEN PERSON AND HORSE

INTERACTING WITH HORSES CAN BE A POWERFUL CATALYST AND BRING MANY BENEFITS – A SENSE OF WELL BEING, CALM RELAXATION, INCREASED SELF ESTEEM, DEVELOPMENT OF TRUST AND RESPECT – ACTIVITIES WITH SUCH LARGE POWERFUL ANIMALS CAN ALSO BE CHALLENGING AND OFFER OPPORTUNITY FOR METAPHORIC LEARNING, UNDERSTANDING OF FEARS, INCREASE COMMUNICATION, ASSERTIVENESS AND PROBLEM SOLVING SKILLS.

- HORSES HELPING CHILDREN AND ADULTS, GROUPS AND FAMILIES FIND THEIR OWN SOLUTIONS -

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HORSES OF DUN DARAICH

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EAGALA - Equine Assisted Growth and Learning Association

For more information about the Association and the EAGALA Model visit: www.eagala.org.uk