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Equine-Assisted Psychotherapy (EAP)



What is Equine-Assisted Psychotherapy?

EAP is a form of therapy gaining increasing recognition and support around the world. It is based on first hand experiences of engaging with horses. This program uses interactive activities to support people, allowing healing to begin within a natural environment.

EAP sessions are designed to meet individual needs. The activities in each session are organised so that the participant and the horse can accomplish a specific goal. The person's reaction to the horse, and the horse's reaction to them, not only helps highlight possible issues, but how to better communicate and interact with others to accomplish personal goals. EAP allows participants to discover new, more effective solutions for the challenges in life.

Who can benefit from EAP?

EAP is effective for children, teenagers, adults and families, either as an individual or in a group setting.



Do I need to have riding experience?

No. EAP is not about riding or horsemanship. In fact, all EAP activities are on the ground. The only requirement is that you dress appropriately for working with the horses in a farm environment. Closed in shoes are essential.

What kinds of problems does EAP help?

EAP can be useful in solving a wide variety of problems that affect people of all ages:

- Behavioural Issues
- Attention Deficit Disorder
- Substance Abuse
- Eating Disorders
- Abuse Issues
- Depression
- Anxiety
- Relationship Issues
- Communication Problems
- Thought Disorders

How will I benefit?

Through specifically designed EAP sessions, you will learn valuable skills such as:

- Non-verbal Communication
- Assertiveness
- Creative Thinking
- Problem Solving
- Leadership
- Responsibility
- Teamwork
- Relationship Building
- Confidence/Self-Esteem
- Positive Attitude

How do I request EAP?

Please contact Yvonne Hunter, our EAP Co-ordinator on **(02) 6022 8888, 0457 099 905** or via email at yvonne.hunter@gatewayhealth.org.au for further information including current sessions and cost.

All calls are confidential and you are under no obligation to take part in the program.

