

# Equine Experience

Transformations at Mending Fences understands the importance of offering a variety of therapeutic approaches. Even the best treatments for mental health and substance abuse disorders don't always work on their own or for everyone. Equine Experience is just one of the many interventions that help us create the right individualized treatment plan for every client. This unique experience involves activities with horses to promote human physical and mental health and seeks to help people develop skills for emotional regulation, self-confidence, and responsibility.

## WHAT IS EQUINE EXPERIENCE THERAPY?

Therapeutic approaches that involve horses go much further than just having patients ride or pet the animals. Equine Experience is an umbrella term that describes a variety of experiential treatments that involve different activities with horses. The therapists who provide this service undergo training in EE and the traditional mental health field. Those who experience this therapy will often groom, handle, observe, and engage in groundwork with the horse. This approach has found use in the treatment of anxiety disorders, dementia, trauma, drug abuse, eating disorders, and other mental health issues.

## BENEFITS OF EQUINE EXPERIENCE THERAPY

Therapies involving equine activities have shown promise in treating a variety of mental health disorders. This is because the activity provides several significant benefits. Once you understand exactly what equine experience therapy can provide, it becomes clear why it's so beneficial:

The therapist facilitating this treatment will help you by:

- Anxiety reduction
- Builds self-esteem
- Increases confidence
- Develops self-concept
- Improves non-verbal communication
- Decreases isolation
- Helps modulate unhealthy impulses
- Improves understanding of boundaries
- Allows spiritual growth

Something about having a majestic living being involved in therapy makes the entire process so much more effective. Therapeutic approaches involving horses won't remove the necessity of medication for those who need it, but it serves as a powerful tool in psychotherapeutic regimens.

