

HORSE PLAY-EQUINE ASSISTED THERAPY



Power of the Moment We live in a chaotic, disconnected world. Horses call us into relationship that expose our fears and insecurities. The immediacy of this experience is where we can examine relationships that we have with ourselves and others. It is in this connection where our brokenness is mended and where we learn boundaries and responsibility.

Horse Sense for the Human Heart People like to make things complicated. We often live in a fantasy of the future or ruminate about our past. Horses keep it simple. They mirror. They test. They call us to lead or follow. They reveal the nonsense of our thoughts and invite us to hear the longings of our hearts.

Laying the Groundwork "*Horse Play*" is based on groundwork, not riding. It is designed to create a foundation of respect, relationship, increased awareness, assertiveness, and creative problem solving, while developing a greater sense of self and self-esteem.

The cost is \$50.00 more than you would pay for an office session. The property is located about 10 minutes North of the CCA counseling offices. We will give you the address when you schedule and please remember we are guests. See the FAQ sheet to answer your preliminary questions.

Paul Allen Shearer LPC

Frequently Asked Questions

How do I schedule? There is the usual paperwork plus release forms to sign prior to our initial session. A credit card kept on file will be necessary as I will be telling staff to bill the appointment as our session will be on a site different from our office. Initially, only certain times and days will be available: Monday thru Wednesday mornings dependent on upon our ability to schedule with the horses.

Is it safe? The horses used in session have excellent ground manners and are familiar with human contact, crowds, and noisy situations. Since they are animals, their behavior can't always be predicted, but your safety is foremost in working with them. Long pants, long sleeve shirts are recommended. Closed toe shoes or boots are required.

Will we be riding? No.

Session length? 50 minutes to an hour.

How does it work? Horses have personalities just like humans. They will present issues in session that are not unlike issues a client faces in their day to day lives. Rather than just talking about an issue, the client has the opportunity to work through issues in session presented with the horse. The expediency and clarity provided by this experience often has an immediate impact on the client who can now identify the process and steps of working through the issue. Winston Churchill is credited with saying, "Something about the outside of a horse is good for the inside of a man." Connecting with the horse can also be therapeutic in and of itself.

Risk and Reward Other than the obvious risks, there other others. You will get dirty. There will be poop, flies, dust. You could have a good time. You could learn something new about horses and yourself. You could fall in love – with the horse, your partner, your experience, your life. You could learn boundaries, self-care, and the responsibility to have response abilities. You could learn that in spite of all the negatives floating around in the world and in your head that there is a place of peace and gratitude available to you each and every moment of your life.

