

Honey Creek Counseling and Recovery Services – Equine-Assisted Psychotherapy and Learning Program

Honey Creek Counseling and Recovery Services, LLC, offers a unique approach to both psychotherapy and learning by utilizing horses to help clients explore, reflect, and discover new pathways to healing and recovery.

Horses are herd animals. They live in groups and form relationships just like humans do. They are also prey animals, which means they are constantly evaluating and re-evaluating their environment, checking for new threats or conditions outside of the ordinary. They are wary animals, therefore, are experts at reading body language. Additionally, they are non-judgmental, unbiased, and live in the present.

For all of these reasons and more, horses are exceptional therapy partners. They help us by acting as a mirror, or reflection of ourselves. They can provide powerful metaphors that help us frame our problems in a way we may not have recognized before. This can help immensely in the process of gaining insight and finding solutions to our problems.

Honey Creek Counseling and Recovery Services utilizes the Equine-Assisted Growth and Learning Association's (EAGALA) model of equine-assisted psychotherapy and learning. This means we utilize a treatment team that consists of a licensed mental health professional and an equine specialist at all sessions. This method **DOES NOT TEACH HORSEMANSHIP OR USE RIDING**. It is entirely ground-based and focuses on your actions and reactions to the horse, and the horse's actions and reactions to you. So, whether an individual knows anything about horses or not is irrelevant. The reasoning behind the ground-based approach was magnificently stated by one of EAGALA's founders, Mickey DiGiacomo when she said, "You can't look in a mirror if you're sitting on it."

All equine-assisted psychotherapy and learning sessions are held at Willow Creek Ranch in Mukwonago, WI. The address is:

Willow Creek Ranch
7404 Northwest Hwy
Mukwonago, WI 53149
Phone: Mary: 414-803-3372 / Jennifer: 414-791-2509

Since sessions are conducted outdoors, please note that in winter appointments are highly weather dependent and may be canceled on short notice if weather conditions are hostile.

Thank you for considering Honey Creek Counseling and Recovery Services as your partner in recovery, and please don't hesitate to contact us at 414-803-3372 or honeycreekcounseling@tds.net for more information or with questions.

"There is something about the outside of a horse that is good for the inside of a man." – Winston Churchill

