



Dear Clients & Families:

We are excited at the prospect of working with you! We'd like to take a few moments to share some information regarding equine assisted psychotherapy (EAP) and/or equine assisted learning (EAL) so that you are prepared for what you may expect to during your time here.

Don't have any experience with horses? You are perfect for this program! The activities you will participate in require absolutely no knowledge of horses and there is no riding involved. We will give you just a few tips prior to starting services so as to make your experience beneficial and safe for yourself and the horses. We will repeat these tips as often as you need. Don't be shy about not knowing what to do around horses. We don't expect you to know.

EAP uses interactive activities in place of traditional sessions where you "talk" and a therapist "listens." You might be familiar with other types of experiential therapies including: adventure and wilderness therapy, play therapy, and other expressive therapies that use art and/or music. A treatment team consisting of a licensed mental health professional (Mary Harvey) and an equine specialist (Jennifer Pape) is present at all sessions.

In EAP, sessions are designed to meet your unique needs. The activities in each session require you and the horse to accomplish a specific task or goal. Your reaction to the horse, and the horse's reaction to you, not only helps "show" where sticky spots are, but how to better communicate and interact with others to accomplish your personal goals.

EAL is very similar to EAP, only the sessions revolve around an educational plan instead of therapeutic goals.

Bottom Line: With EAP and EAL you can discover new, more effective solutions for the challenges in your life!

All EAP and EAL sessions are held at Willow Creek Ranch. Office hours at Willow Creek Ranch are by appointment only. We will try to be flexible to accommodate your work and school hours. For your safety and privacy as well as for other client's safety and privacy, **it is important that you remember not to visit Willow Creek Ranch during times other than your scheduled appointment or group session. We also do not allow spectators for either EAP or EAL sessions in order to respect each client's right to privacy as well as prevent outside influences from altering the client's experience.**

Once again, welcome to EAP/EAL and thank you for choosing Honey Creek Counseling and Recovery Services and Willow Creek Ranch. It is important to us that your experience here meets your expectations, so if you have any questions or concerns, please do not hesitate to contact Mary or Jennifer immediately. We will do everything possible to insure you receive a quick answer and/or resolution to your inquiry.

Thanks again, and see you at the arena!

Mary, Jennifer, and the Horses

Phone: 414-803-3372

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

-Winston Churchill