



Standing Hope Equine Therapy provides solution focused, experiential therapy and learning in an open environment. By partnering with horses the client experiences a unique opportunity for self-exploration. Committed to serving people using the Equine Assisted Growth and Learning Association (EAGALA) model of EAP/EAL sessions; Standing Hope focuses on *integrity and compassion* and abides by the EAGALA Code of Ethics.



STANDING HOPE EQUINE THERAPY

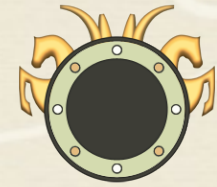
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STANDING HOPE EQUINE THERAPY



EQUINE ASSISTED PSYCHOTHERAPY

&

EQUINE ASSISTED MINDFULNESS



Our Staff

Jessica Timlin, EAGALA Certified

Equine Specialist

Joanne Standing Campbell MSS, LSW

Psychotherapist

What is EAP?

Equine Assisted Psychotherapy (EAP) is a collaborative effort between a licensed therapist and a horse professional working with the clients and horses to address treatment goals. In this therapeutic approach the horse acts as a facilitator for gaining better self-understanding and emotional growth.

What is EAL?

Equine Assisted Learning (EAL) is similar to EAP but involves learning or educational goals. The focus is on education and learning specific skills as defined by the individual or group, such as improved product sales for a company, leadership skills for a school group, or resiliency training for military warriors.

Both EAP and EAL take place on the ground. There is no horseback riding involved.

EQUINE ASSISTED PSYCHOTHERAPY

- | | |
|--------------------------|-----------------|
| Depression | Family Sessions |
| Anxiety | Grief and Loss |
| Addiction | PTSD |
| Relationship Enrichment | OCD |
| Communication Enrichment | Mood disorders |
| ADHD | Sexual Trauma |
| Eating Disorders | |

EQUINE ASSISTED GROWTH AND LEARNING

- Corporate Team Building
- Personal Development
- Learning Differences
- Intellectual Disability
- Autism
- Anti-Bullying Groups

RATES

INDIVIDUAL SESSIONS \$ 170.00

GROUP SESSIONS \$ 70 PP

FAMILY SESSIONS \$ 250.00



What is Equine Assisted Mindfulness (EAM)?

Equine Assisted Mindfulness (EAM) utilizes mindfulness based practices to address equine assisted psychotherapy treatment goals. Mindfulness based practices are designed to deliberately focus one's attention on the present experience in a way that is non-judgmental. Mindfulness has its roots in Eastern techniques, in particular Buddhist meditation. The practice requires that one intentionally directs focus away from states of mind that would otherwise occupy them, such as frightening or worrisome thoughts, and instead observe and accept the present situation and all it has to offer.

EAM takes place on the ground. There is no horseback riding involved.

*Out of the office
and into the Open*

