Introducing New Programs

Equine Facilitated Psychotherapy (EFP)
- Clinical service for the treatment of mental health disorders
- Facilitated by a Licensed Mental Health Professional

Personal Development- Equine Assisted Learning (EAL)
- Aids in the development of life skills
- Facilitated by an Equine Specialist in Mental Health & Learning

Programs use unmounted horse interactions as a tool to improve health and well-being.

- All programs are determined by a professional assessment
- Goals and treatment plan is based on client needs
- Immediate equine feedback fosters behavioral reflection
- Problem solving, decision making and communication skill building
- Learn effective mindfulness techniques
- Immersive and interactive learning environment

Individuals with the following symptoms or concerns may benefit from services:

- ADD/ADHD
- Anxiety
- Depression
- Bipolar
- PTSD
- Grief/Loss
- Adjustment Disorders
- Emotional Dysregulation

For more information, contact Leeanna Rice: lrice@sheacenter.org.

* Organizational development and educational EAL services also available. Contact Robin King: rking@sheacenter.org.