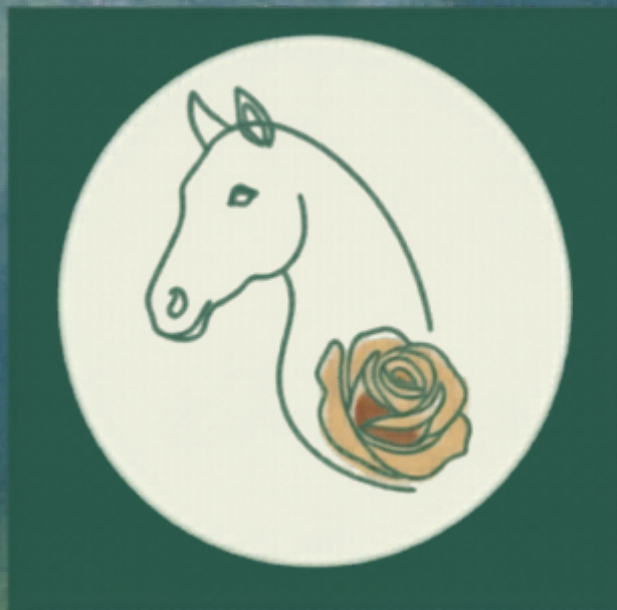


# **Your Guide to Equine-Assisted Psychotherapy**

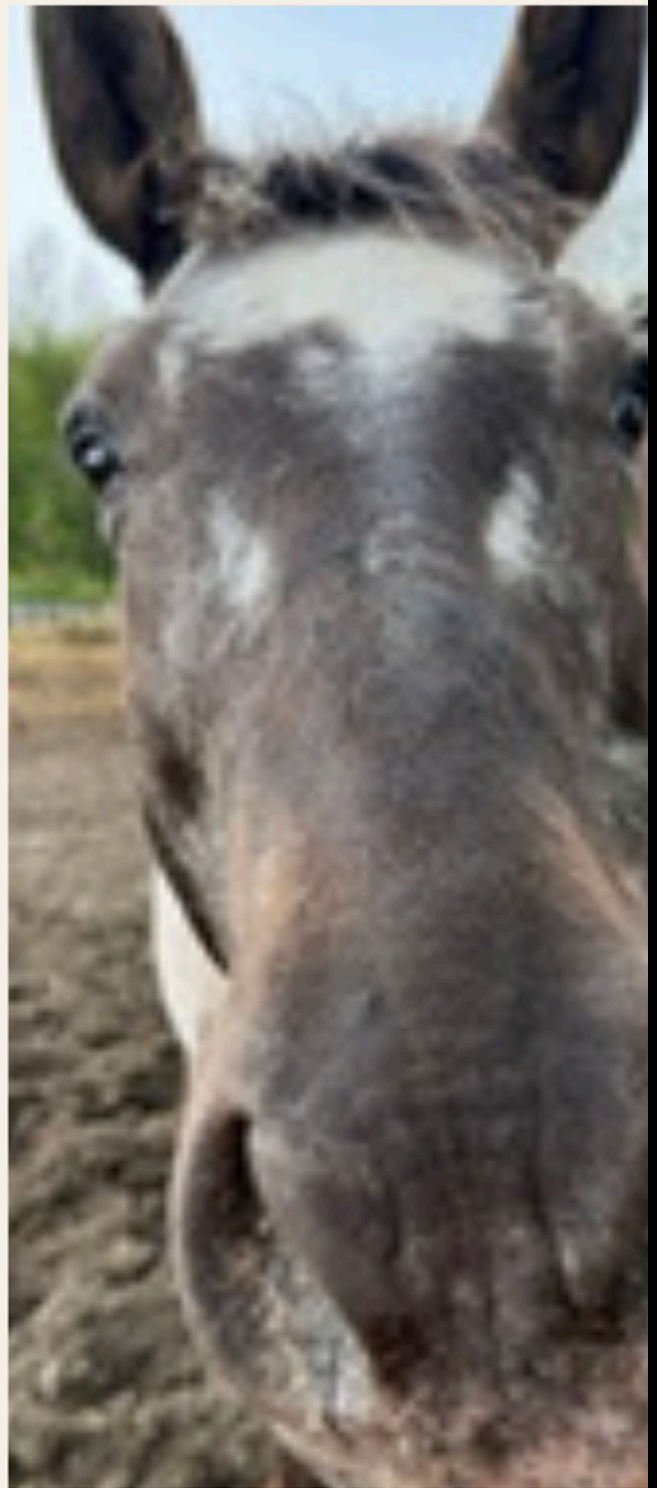
**Healing through connection, presence, and the  
wisdom of horses**



**Rose Path Equine Therapy  
Michigan**

# Welcome

I'm an LMSW-C and trained Equine Specialist offering trauma-informed, experiential psychotherapy. My approach blends clinical skill with the intuitive, grounding presence of horses. Clients come to me when traditional therapy hasn't gone deep enough — and they leave with clarity, confidence, and emotional regulation. This guide will give all the details of Horse Assisted Therapy.



# What is Equine-Assisted Psychotherapy

Equine-assisted psychotherapy is a form of mental-health treatment that takes place on the ground, working alongside horses in a calm, supportive environment. It blends traditional clinical therapy with somatic, experiential, and relationship-based work that helps clients access deeper emotional insight and nervous-system regulation.

## Groundwork

All sessions happen on the ground – no riding involved. Clients interact with horses through observation, guided activities, and relational exercises. This creates a safe, accessible space for people of all experience levels, including those who have never been around horses before.

## Somatic + Experiential Focus

EAP is a body-based approach. Instead of relying only on talking, clients learn through experience, movement, and relational interaction with the horse.

## Emotional Regulation

Horses naturally respond to human emotion and energy. Their calm, grounded presence helps clients practice regulating their own emotional states in real time.

## Nervous-System Attunement

Horses are highly sensitive to subtle changes in breathing, posture, and tension. They mirror the client's nervous system, offering immediate, non-judgmental feedback.

# Why Horses Help Us Heal

Horses are highly attuned, relational beings who respond to our emotions and nervous systems in real time.



## Emotional Mirroring

Horses naturally reflect the emotional and physiological states of the humans around them.

When a client feels anxious, tense, calm, or grounded, the horse responds in real time, offering immediate insight into what's happening internally. This gentle mirroring helps clients build awareness, regulate their emotions, and reconnect with their bodies.



## Grounding and Presence

Horses live fully in the present moment, inviting clients to slow down and reconnect with their own bodies. Their steady, regulated presence helps clients practice grounding, calm their nervous systems, and experience what emotional safety feels like.



## Nervous-System Regulation

Horses are deeply attuned to shifts in breathing, tension, and emotional energy, responding instantly to changes in a client's nervous system. Their steady presence helps clients practice co-regulation, build internal stability, and experience what it feels like to move from activation into calm.

# Who This Therapy Helps

- Trauma Survivors
- Teens and Adults
- Substance Users
- Clients who feel “Stuck” in Talk Therapy
- Women Navigating Life Transitions
- Neurodivergent Clients
- People Seeking Somatic or Experiential Healing

“Healing  
begins with  
connection.”

Rose Path Equine Therapy



# How to Prepare

A simple checklist to help you feel comfortable and ready for your first session.

- ✓ • Closed-toe shoes
- ✓ • Weather-appropriate clothing
- ✓ • Water bottle
- ✓ • No strong scents or perfumes
- ✓ • Arrive 5-10 minutes early
- ✓ • Take a grounding breath before you arrive

*You don't have to get this perfect - your only job is to show up as you are.*

# Your First Session

Here's a simple overview of what your first 55 minute session will look like.

Add a little bit of body text



## Welcome & Orientation

We'll start with a warm welcome, review your goals, and answer any questions.



## Safety Basics

We'll go over simple barn and horse safety so you feel comfortable in the space.



## Meet the Horses

You'll be introduced to the horses and invited to notice how you feel around them.



## Grounding Exercise

We'll practice a gentle grounding or breathing exercise to help your body settle.



## Experiential Activity

Together, we'll engage in a simple activity with the horse to support your goals.



# What to Expect Emotionally

It's completely normal to experience a range of emotions during equine-assisted psychotherapy.

- You may feel calm or grounded
- You may notice tension or activation
- You may feel emotional or tearful
- You may feel connected, curious, or unsure
- You may experience shifts in your breathing or posture



*Whatever comes up is welcome. Your body's responses are valid, and you'll never be asked to push past your comfort level.*



# After Your Session

It's normal to continue processing your experience after you leave the barn.

## What You May Notice

- Increased awareness of emotions or body sensations
- Feeling calmer, lighter, or more grounded
- Feeling tender, tired, or activated
- New insights or memories surfacing
- A desire for quiet, rest, or reflection

## Reflection

Take a few minutes to notice what stood out to you today. What did your body feel? What did the horse show you? What feels different now?



*Be gentle with yourself,.. Integration takes time.*

# Next Steps



If this guide resonates with you, here's how to take the next step toward working together.

## How to Get Started

1. **Schedule a consultation** - Visit our website or contact us to book a brief phone consultation.
2. **Complete intake forms** - We'll send you simple forms so we can understand your needs and goals.
3. **Arrive as you are** - You don't have to be "ready" or have the right words. Just bring yourself.

[Visit Our Website](https://www.rosepathequinetherapy.org/)

## Contact & Location

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- **Location:**  
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*You don't have to do this alone. When you're ready, I'd be honored to walk alongside you.*