

# Why horses?

EQUINE-ASSISTED PSYCHOTHERAPY AND PERSONAL DEVELOPMENT PROGRAMS are experiencing rapid growth around the globe.

Why? In two words: **Strong outcomes.** Equine-assisted work often helps clients change and grow more effectively and quickly than traditional clinical and psycho-educational approaches.



That's because people typically learn best by doing. Life lessons take deeper root when individuals both understand them in their heads and experience them in their bodies. Working with horses is engaging, real time and hands-on. The experience is immediate and fully felt.

Research shows horses add a compelling dimension to the clinical experience. They serve as powerful living metaphors and stand-ins for the challenges and opportunities clients face in their lives.

A client who has trouble managing anger, for example, can only learn so much by talking about it out of context in a therapist's office. Progress can be slow and results hard to sustain.

But when the client has the opportunity to practice new coping skills with 2,000 pound herd animals whose survival depends on their ability to read and react to the inner turmoil of those around them, experience leads to change because the process is real, practical and sustainable.

*In the right professional hands, using a proven professional model, horses have the power to help clients practice new ways of engaging with the world without judgment or shame.*



The Global Standard for Equine Assisted Psychotherapy & Personal Development

EAGALA is a nonprofit professional organization with over 4,500 members in 50 countries. EAGALA is committed to setting the standard of professional excellence in how horses and people work together to improve the quality of life and mental health of individuals, families and groups worldwide.

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# Looking Opportunity in the Eye

Why EAGALA's Certification Program is The Global Training and Credentialing Standard in the Fast Growing World of Equine-Assisted Psychotherapy and Personal Development.



The Global Standard for Equine-Assisted Psychotherapy & Personal Development

*Certification programs for both mental health and equine professionals*

# EAGALA Certification is **The Global Standard for Professionals Who Want to Practice the Strongest Model of Equine-assisted Psychotherapy and Personal Development Available Today**

## Here's Why:



### The EAGALA Model is highly professional.

EAGALA is the ONLY association offering a fully-developed, professionally endorsed treatment model for mental health professionals practicing equine-assisted psychotherapy. The EAGALA Model stands alone in the world of equine-assisted psychotherapy because of its team approach. Under The EAGALA Model, both a licensed, certified Mental Health Professional and a certified Equine Specialist work together collaboratively at all times to assure clients get the therapeutic attention and support they need as they make life changes.



### The most effective work happens on the ground.

The EAGALA Model involves no riding or horsemanship, making it both safe and effective. Clients work directly with horses face-to-face on the same footing. This ground level work enables clients to better perceive the horses' actions and reactions as they work to process and solve their life challenges. Under the trained eye of the EAGALA Treatment Team, horses offer clients honest feedback and usable information that helps them understand how their process and actions affect others and impacts their lives.



### The EAGALA Model is client-centered and solution-oriented.

The work is built on the premise that it's the client who best determines the kinds of life changes they need to make in order to improve their life. The job of the EAGALA treatment team is to put The EAGALA Model to work to meet the client's goals by engaging the unique intuitive power of horses to help them understand their process and practice the changes they want to make in a safe, supportive setting.



*"Presented in an easy-to-understand, safe, and fun environment that kept everyone interested and intrigued.*

*Thank you for opening our eyes."*

— Lisa Moosmueller, Equine Studies Instructor, Virginia Intermont College

## Becoming an EAGALA Certified Professional

Earning EAGALA Certification verifies that you are qualified to uphold the high standards of care and practice associated with EAGALA's model and strict code of ethics. Certification gives EAGALA professionals and their programs the credibility and professionalism they need to better attract clients and funding sources.

For both Mental Health Professionals and Equine Specialists, earning EAGALA Certification requires completing four components. The first component is a pre-training webinar, which introduces foundational information and key principles of the EAGALA Model necessary to participate in the hands-on training.

The second component is a five-day Fundamentals of the EAGALA Model onsite training. This training is an experiential learning process which will provide students the necessary tools to effectively incorporate horses into mental health treatment and personal development goals. The third and fourth components include taking a post-training assessment and submitting an online professional development portfolio.

After certification, two hours of mentoring are included to support professionals in applying the model to actual sessions. Additional resources, through EAGALA and the Global EAGALA Network, are available to members for continuous support, help, and education.



For a full day-by-day EAGALA Certification Training agenda and to sign up for classes worldwide visit [www.eagala.org](http://www.eagala.org)

### Four steps to EAGALA Certification\*

Once you meet the specific prerequisites for Mental Health Professional or Equine Specialist practice and training, you can earn EAGALA Certification by successfully completing these four components:



1. Pre-training online webinar
2. Five-day Fundamentals of the EAGALA Model training
3. Post-training online assessment
4. Professional development portfolio

## A licensed Mental Health Professional and Equine Specialist Make Up the EAGALA Treatment Team.

### Practice as an EAGALA Certified Mental Health Professional requires

- 1 Educational training and a degree in a mental health field, such as social work, psychology, marriage and family therapy, or others that include mental health as their scope of practice.
- 2 Adherence to all applicable laws and regulations governing the professional's scope of practice.
- 3 Licensure and/or registration to practice under a governing board/body or as a member of a professional association that requires strict accountability (or under professional supervision by a supervisor that is held accountable by a governing board/association), i.e. a board that can revoke registration, certification, accreditation, or licensure for ethical or scope of practice violations relating to mental health practice.

### Practice as an EAGALA Certified Equine Specialist requires

- 1 6,000 hours (equals to approx. three years full-time work) experience of hands-on work with horses.
- 2 Completion of at least 100 hours of continuing education in the horse profession and equine science. Some of this education must include:
  - Ground work experience
  - Horse psychology knowledge
  - Ability to read horse body language/nonverbal communication
- 3 40 of the above continuing education hours must have been completed in the last two years.



- **A team approach** – Under The EAGALA Model, all sessions are directed by a licensed, credentialed Mental Health Professional working with a certified Equine Specialist. This assures the highest standard of care.
- **A strong Code of Ethics** – EAGALA requires the highest standard of professional conduct from its certified practitioners.
- **Happens on the ground** – Clients remain on the ground in their work with the horses. Riding is not part of The EAGALA Model.
- **Solution-oriented** – The EAGALA Model utilizes horses as metaphors to help clients access their own solutions to life challenges.



- Over 4,500 members with 90 local and regional networking groups in 50 countries
- The ONLY training and certifying organization to exclusively serve licensed mental health professionals offering equine-assisted psychotherapy
- Only members of The EAGALA Network can offer the exclusive evidence-driven EAGALA Model of treatment
- More than 700 credentialed programs worldwide



*"It was one of the best hands-on trainings I have been to in several years."*

— Lillian Kramer, Psy.D.



*"It's amazing how closely the behaviors of the horses can parallel and be analogous with our own lives. The results are visible to all, especially the layperson."*

— Kelly A. Beach, Equine Specialist

\* Certification requires continuing education and must be renewed every two years.