

For the individual, we offer:

### **Equine-Interactive Psychotherapy (EIPL)**

With your horse, or with one of our trusted horses. *This can be a single 3-hour session, or as-needed ongoing work.*

### **Life Coaching**

For clients interested in identifying and achieving personal goals, life coaching focuses on the present, with little emphasis directed at uncovering the psychological roots of contemporary behaviors. Utilizing a variety of techniques, the coach assists the client in establishing a systematic approach to reaching dreams that have perhaps been put off for too long, or have not yet expressed themselves.

### **Equine-Interactive Life Coaching**

With the introduction of the horse into the coaching, action learning can enhance the coaching experience. Pegasus Therapeutic Riding Center has provided us with a herd of remarkable horses to assist us, or arrangements can be made if you'd prefer to work with your own horse.

### **Overcoming Training Obstacles**

Have you ever had a sudden realization while riding, when you recognized a pattern from your life that was playing out in your relationship with your horse?

Just as the trainer takes you to a level of horsemanship that you wouldn't otherwise be able to achieve on your own, the clinician working with EFP can help you achieve new levels of insight and awareness in your life.

Individual sessions can be scheduled to examine your training goals and uncover what might be holding you back.

Present us with a video of your lesson and work with the clinician to examine it through a psychotherapeutic lens.

Invite the clinician to watch your lesson as it is happening and debrief it with you afterward.

*This approach can stand alone or work in conjunction with EIPL.*

**Eye Movement Desensitization and Reprocessing**  
As certified [Eye Movement Desensitization and Reprocessing](#) (EMDR) professionals, we can address fear, trauma, or even training-related issues using this proven brief treatment method on humans.