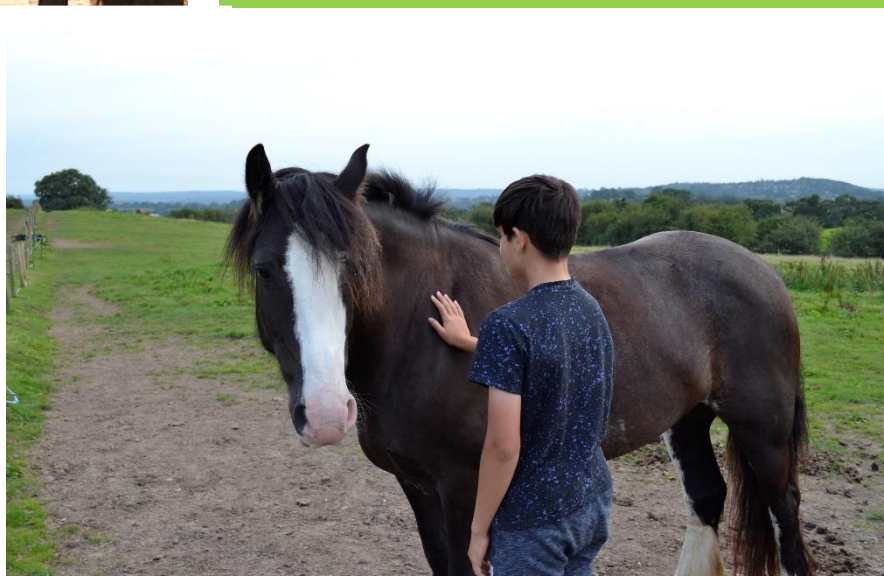


Equine Facilitated Psychotherapy (EFP)



What is Equine Facilitated Psychotherapy?

Equine Facilitated Therapy (EFP) involves taking part in activities with horses that are designed to help people learn about themselves, their feelings and their behaviour. The horse and the therapist act as a team to encourage self-reflection and develop insight.

Horses are sensitive animals who are highly attuned to human emotions. Their behaviour and responses to humans serve as a mirror to help us understand ourselves better.

We use EFP and life-based activities to promote emotional growth and resilience holistically and naturally.

No prior knowledge or experience with horses is necessary.

What skills can you develop in EFP?

EFP offers the opportunity to develop and grow emotionally. This means developing:

- Self-awareness;
- Social skills;
- Self-efficacy;
- Independence;
- Empathy;
- Resilience.

Why is this important?

When emotional growth occurs in a healthy and natural way it:

- Protects us from the adverse effects of life challenges and trauma;
- Supports the development of resilience;
- Creates well-being and mental health;
- Promotes positive relationships.

Who is it for?

EAP is beneficial for:

- Trauma
- Attachment issues
- Bereavement
- Addiction
- Parenting
- Confidence
- Stress and anxiety
- Team building and leadership



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