

Equine Facilitated Psychotherapy (EFP) for Children and Young People



What is Equine Facilitated Psychotherapy?

Equine Facilitated Psychotherapy (EFP) involves taking part in activities with horses that are designed to help children and young 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. Patterns of behaviour, that we are often not aware of, are reflected back to us, by the responses of the horses. This helps us to understand how our behaviour impacts on others and our experience of life. The horses enable us to find our personal power by creating opportunities to explore and practice different ways of being with them and to experience their responses to us. EFP provides opportunities to think about and understand ourselves, our feelings and our behaviour and to find ways of managing feelings and behaviour, that works well for us.

In this way we use EFP to promote emotional growth and resilience holistically and naturally. It provides a powerful alternative for those who require a different therapeutic experience to room-based therapies.

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?

EFP is beneficial for:

- Trauma
- Attachment issues
- Bereavement and loss
- Behavioural and anger difficulties
- Addiction
- Social relationships
- Confidence
- Stress and anxiety