

Hope & Horse Power

Equine Assisted Therapy For Disordered Eating



Equine Assisted Therapy uses the gentle power of horses to promote healing of human's emotional pain. Horses provide an honest and non-judgmental reflection of our inner selves with unconditional acceptance, allowing space for supported exploration of our emotions. Equine Assisted Therapy is evidence based and results oriented. The experience is immediate and powerful when horses and humans connect.



Individualized Sessions

This engaging 5 week program provides participants the opportunity to explore different aspects of their disordered eating from triggers, behaviours, patterns, obstacles and successes with the support of the horses. No riding or experience with horses is needed.

Hands-on equine activities allow participants to be in the present moment to explore and apply ideas and concepts presented in sessions which relate to their life outside the arena.

Contact London Equine Assisted Therapy directly at:

519-280-1969

LondonEquineAssistedTherapy@gmail.com



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The Global Standard for Equine Assisted
Psychotherapy & Personal Development™