



*Our services are dedicated to providing quality mental health services and personal growth for people, utilizing Equine Assisted Psychotherapy (EAP) and Equine Assisted Learning (EAL). Our programs are open to all adolescents, adults and families who are interested in becoming happier, healthier and more aware in their lives and relationships.*

Not all programs or individuals who use horses practice EAP. A licensed and specifically trained clinical professional needs to be involved for it to be considered 'therapy.' EAGALA (Equine Assisted Growth & Learning Association) is the certifying body in the growing demand for EAP. All staff involved with Harnessing Hope is trained and certified by EAGALA and receive continuing education in the field of EAP.

Harnessing Hope is a private facility dedicated to providing a safe, secluded and peaceful atmosphere for quality mental health services and personal and professional growth. Our programs are custom designed for individuals, groups, families, schools, hospitals, residential problems, court services and business groups and are completely confidential. We are proud to be one of a handful of programs nationwide to be sponsored by EAGALA.

Contact Harnessing Hope today to learn more about our services or to schedule a complimentary phone consultation.

### **Hilary Holsteen, EAP I**

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*Photos by Matthew Bade*



*Want to deal with life in a different way?*

*Have you "understood" your problem, yet keep doing the same things?*

*Are you worried because nothing else has helped you or your loved one so far?*



**Harnessing Hope has the answer for you!**  
**EQUINE ASSISTED PSYCHOTHERAPY.**

A unique approach that brings rapid, effective solutions for ...

- Individuals, Couples & Families • Specialized Groups
- Team Building Workshops • Parenting Classes

**WWW.HARNESSINGHOPE.COM**



## WHY HORSES? WHY ME?

### What You'll Get Out of Equine Assisted Psychotherapy & Learning

**Sometimes traditional forms of therapy don't work. We understand that many clients are better served outside the office. EAP (Equine Assisted Psychotherapy) refers to using horses as a tool for teaching us humans with challenges that range anywhere from addictions and victimization issues to communication and relationship difficulties.**

Under the guidance of licensed counselors and certified equine professionals, we use interactive experiences with horses to foster emotional, social, spiritual and psychological growth. Harnessing Hope provides you, our client, with experiential opportunities to practice healthy life skills in a physically and emotionally safe environment. You will gain the confidence to take these new skills back into your family, career and life. You will be treated as an individual: goals and session plans are carefully matched to the needs, temperament and emotional and personal goals you have.

Horses teach us about beliefs, trust, our relationships, and our attachments. They show us how we are and help us become who we want to be. This is a powerful and incredibly effective approach that can have a wonderful impact on your life.

EAP sessions at Harnessing Hope are focused and designed to address your issues quickly, effectively and directly. Everything done with the horse is related to what is happening in your life, at home, at work, in relationship. Any problem or concern you would seek help for in traditional talk therapy can be efficiently treated with EAP, usually in 6-12 sessions, which means you can spend less time and money getting the help you need and more rapidly get back to your life.

## Harnessing Hope and EAP Solutions

The Harnessing Hope staff is experienced and expert at helping people with a wide range of problems. EAP's applications are limited only by the imagination and are helpful to people of any age. A short list of common conditions that Harnessing Hope can help with is:

- **Difficulty establishing or staying in relationships**
- **Insufficient self-esteem accepting or respecting yourself**
- **Inadequate coping skills, or ill-chosen methods of coping (addictive behaviors)**
- **Trouble managing feelings of anger, sadness, fear, guilt, shame**
- **Substance abuse and/or codependency**
- **Marital and family conflict**
- **Physical, emotional and sexual abuse**
- **Depression and mood swings**
- **Stress and anxiety problems and management**
- **Superwoman Syndrome and perfectionism**



**We do not require you to have experience with or even like horses! Activities are designed based on your individual needs. Clients who are hesitant around horses are slowly introduced to them and may initially observe. Over 95% of our sessions take place entirely on the ground, require minimal physical exertion and emphasize safety.**