

Equine Facilitated Psychotherapy

What Is It?

Equine Facilitated Psychotherapy (EFP) is a form of therapy that involves **interacting with horses** as a way to enhance psychological healing. While not meant to replace traditional therapies, it serves as a **supplemental treatment** that can complement evidence-based approaches like:

- **EMDR (Eye Movement Desensitization and Reprocessing)**
- **Mindfulness-Based Interventions**
- **Dialectical Behavioral Therapy (DBT)**
- **Cognitive Behavioral Therapy (CBT)**
- **Cognitive Processing Therapy (CPT)**

At Mindful Therapies, sessions are led by **Dr. Stephanie Taillefer**, a registered psychologist with specialized training in equine-assisted psychotherapy.

What It Looks Like








Sessions are **unmounted** (no riding involved) and include ground-based activities such as:

- Observing and connecting with the horse
- Grooming and leading
- Guided mindfulness practices
- Breathwork and grounding exercises
- Trauma processing techniques, such as EMDR

Each session is **one-on-one** with the psychologist and one of her therapy horses, in a safe and supportive outdoor setting.

How Might It Help?

Equine work can support healing by helping individuals to:

-  **Coregulate the nervous system**
 -  **Approach trauma-related material** with increased safety and connection
 -  **Develop healthier attachment patterns**
 -  **Experience non-judgmental expression**
 -  **Increase self-confidence**
 -  **Reduce social isolation**
 -  **Enhance present-moment awareness**
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Who Guides It?

Dr. Stephanie Taillefer

- Registered Psychologist
 - Trained in EMDR, DBT, CBT, CPT, and Mindfulness
 - Certified in Equine-Assisted Psychotherapy
 - Avid equestrian with a passion for animal-assisted healing
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Who Might This Be Appropriate For?

Due to the **specialized and emotionally intensive** nature of EFP, this therapy is best suited for clients who:

- Have completed or are engaged in **traditional psychotherapy**
- Possess strong **emotional regulation and grounding skills**
- Are within a **stable window of affect tolerance**

🔒 *Access to this therapy is limited and requires clinical suitability. Completion of prior psychotherapy sessions is a **prerequisite**, but not a guarantee of participation.*

Meet the Horses 🐾

Ophelia

- 15hh, approx. 17-year-old mare
- Rescued from a kill pen
- Believed to be a Morgan x Quarter Horse cross
- Gentle, wise, and intuitive

Whiskey

- 16hh, 12-year-old gelding
- Appaloosa x Percheron cross
- Also a rescue, playful and grounding presence

Interested in Learning More?

Connect with us at **Mindful Therapies** to discuss if Equine Facilitated Psychotherapy is right for you.

🌿 *Healing can begin from the ground up—with hooves beside you.*