

# EAGALA Recovery Services

*Because walking the walk  
takes a lot of practice.*



## eagala

The Global Standard for Equine Assisted  
Psychotherapy & Personal Development

EAGALA is a nonprofit professional organization with over 4,500 members in 50 countries. EAGALA is committed to setting the standard of professional excellence in how horses and people work together to improve the quality of life and mental health of individuals, families and groups worldwide.

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# WE UNDERSTAND THE BIGGEST CHALLENGE TO RECOVERY.



## AND WE HAVE A VERY BIG SOLUTION.

### *Most of our clients in recovery live in two very distinct worlds:*

A supportive world of meetings, therapy and recovery talk and the hard, unforgiving world of everything else.

You've seen it too many times. Our clients can say the words with total conviction but when they hit a roadblock in that hard, unforgiving world, recovery can go off the rails.

**What's missing is a place and a process to translate recovery talk into recovery action.** What's needed is hands-on practice putting recovery principles to work without fear of judgment or the real-world consequences that can lead to relapse.

The mental health professionals, equine specialists and horses making up **The EAGALA Network** offer the healing place and proven process that can help you help your clients succeed at walking the walk.

### *Why horses?*

Horses aren't impressed with recovery talk or good intentions. We must earn and constantly re-earn permission to lead them.

Horses know when we're grounded, focused and being real. And they know immediately when we're not, even if we don't know it ourselves.

It's impossible to fake a real connection with an animal who's evolved over millions of years to intuitively understand who can be trusted and who may be experiencing the kind of inner turmoil that can signal a threat.

Horses respond with unique insight into exactly who we are in the moment. They are profoundly gifted reflectors of our true selves **because their very survival depends on reading us right.**

That's why time spent working with horses on the ground under the guidance of a team of certified EAGALA professionals, using the evidence-driven, ethical EAGALA Model offers your clients a safe, hands-on and immediate way to practice being honest and open to change.

### *Presenting EAGALA Recovery Services*

EAGALA Recovery Services are team-led by a licensed mental health professional and an equine specialist, both trained and credentialed in the tested, ethical EAGALA Model. The process is deeply felt and highly experiential.

The challenges of working with the horses become **clear metaphors for the real world challenges every client faces.** Working through solutions with a strong, highly-intuitive 1,200 pound animal grabs and holds the client's attention, demands their full focus and attention to problem-solving and results in honest, immediate feedback that can be emotionally powerful.



*“Our partnership with EAGALA Certified Professionals at Acres For Life, has directly helped patients identify and address recovery issues more quickly than through the use of traditional counseling alone.”*

— PATTI HALL, Manager of Wellness and Related Services at Hazelden, one of the world's largest and most respected nonprofit alcohol and drug addiction treatment centers.

### *EAGALA Recovery Services will help your clients:*

- Get out of their heads and into the demanding, powerful experience at hand.
- Practice meeting their specific life challenges in recovery with the horses serving as living, breathing metaphors and stand-ins for people, obstacles and opportunities.
- Work through fear and mistrust to meet very tangible goals while immediately experiencing the power of that success.
- Learn to ask for help in very specific ways. False bravado or victim-like passivity don't work in the corral.
- Truly walk the walk.

### *Find out how we can help.*

To learn more about EAGALA Recovery Services and to find a certified professional in the global EAGALA Network close to you, visit [www.eagala.org](http://www.eagala.org).