



***Nikol Hamilton, MSN, APRN, PMHNP-BC
Equine Psychotherapist***

***Certified Faith Based Equine Assisted Philosophy Facilitator (FBEAP)
Natural Lifemanship Level 1 Trained Clinician - Trauma Focused
Certified Horse Powered Reading & Math Facilitator***





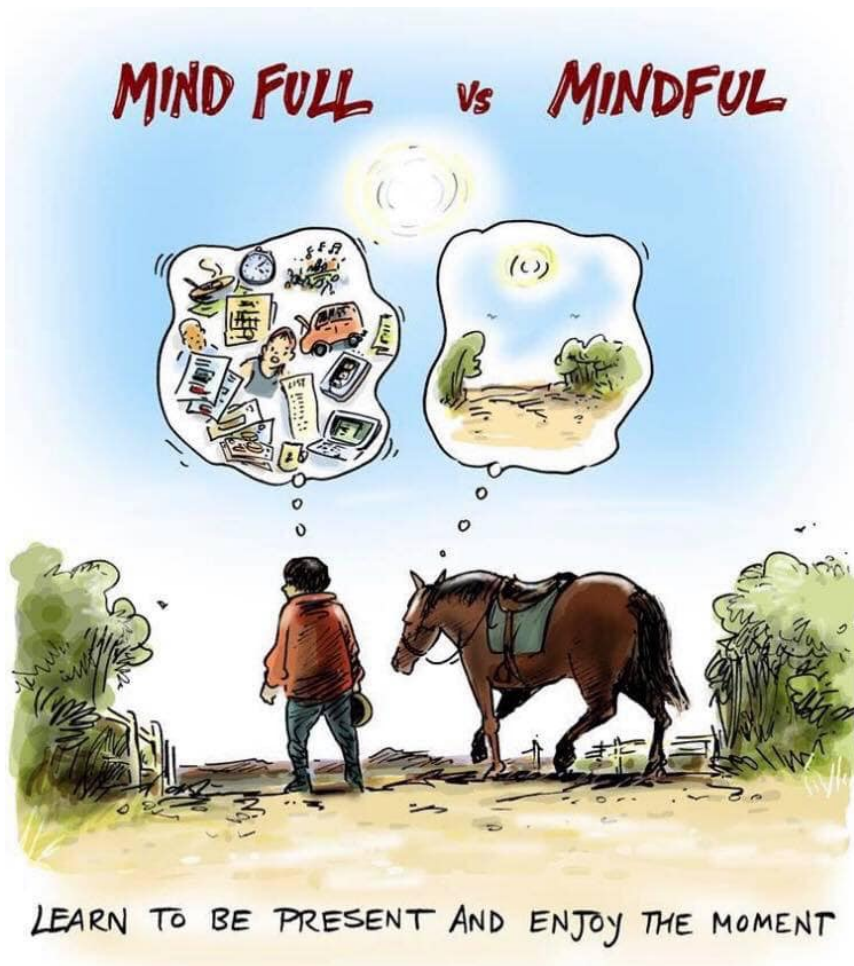
What is Equine Assisted Psychotherapy?

Equine Assisted Psychotherapy (EAP) is used to improve issues involving anxiety, addiction, trauma, grief, depression and more through the connection with horses! It involves self-awareness and spiritual attunement. Being in a natural environment promotes relaxation and processing much different than traditional talk therapy. Horses are champions at disarming the guarded and engaging the withdrawn. Participants learn to identify and cope with emotions, communicate better, build trust, overcome fear, set boundaries and much more. And, sessions with the herd are fun! No experience with horses is necessary. Beginner lessons are non-riding and occur in the arena, round pen or barnyard.

During an EAP lesson, you will be asked to engage in specific activities with one or more horses under the direction of a Certified Equine Specialist and License Mental Health Professional/Team trained in both areas of expertise. This is a highly specialized field of learning and belonging. Excited to have you ready to #healthwiththeherd!

THE HERD

MIA, GENES, PEPPY, JETTA



Orientation Day: Initial session \$300 (2hrs): (REQUIRED):

Locale: Cowgirl Heiress Therapy Center (PRIVATE FARM)

- discovery interview/policy waiver verification/intake documents reviewed/signatures
- farm orientation/lesson bag
- method educational seminar
- horse meet & greet
- grounding exercise with equipment/safety check station
- horse selection & barn tags/color wheel
- horse/human connection exercise
- journal entry time
- treatment planning (individual/group)
- program selection & scheduling

Academy: (Individual) - **age 10 and up**

Beginner Lessons (5 total): (90min) sessions - \$200/each (Total: \$1K)

- Includes complimentary t-shirt, lesson tools, certificate of completion
- Working Sessions are available Thur, Fri, Sat, or Sun afternoons - BY APPT ONLY; Weather permitting
- ★ **Discounted 10% off total IF paid in full by Lesson 1**
(\$100 off of \$1K = \$900)
- ★ **CODE: HELP5** : Additional 5% off if you are a counselor, veteran, first responder, or healthcare provider (\$25 off total)

Graduate Therapy: (Individual)

- 90min sessions - \$150/each
- Priority booking granted
- Allowed for mounted riding lessons (approval by clinician) \$25/session additional fee

Group Therapy: (3-6 people) - max of 10

- Personalized program needs
- Fee varies depending on program selection

Barn Buddy Membership Program: (Age 8 and up)



- \$100/mo/per person
- Complimentary Tshirt
- 45min connection time for haltering, grooming, styling mane/tail, washing, barn chores, feeding, tack maintenance, walking exercises, equine first aid, massage therapy, stretch therapy, hoof care and more!
- Great introductory to barn environment and animal care

Treat & Greet:

- \$25/visit up to 4 people (any age) for 30min OR can donate an item on wish list of same value
- Ideal for small children/families
- Stall Photo Opportunity
- Complimentary approved horse treats on site - samples

Events: (Seasonal) & upon request

- Ex: "Whine, Whinney & Worship" (Adult ladies bible study)
- Ex: "Pasture Prayer & Purpose" (Partnership activity)
- Ex: "Stable Families" Series
- Ex: "Unbridled" Teen Day Camp

Watch social media for seasonal event flyers!

Sponsorship Opportunities: Email: treateap@gmail.com

*Herd

*Community Partner gift lessons for vulnerable populations in need