

EQUINE FACILITATED PSYCHOTHERAPY

ABOUT THE PROGRAM

Equine-Facilitated Psychotherapy (EFP) is an interactive process in which a licensed mental health professional partners with horses to address psychotherapy goals set forth by the mental health professional and the client. Horses provide honest, non-judgmental feedback that can help break down barriers that are hard to remove in a traditional counseling session.

INSTRUCTORS

Jenny Burnsed is a Licensed Professional Counselor and Licensed School Counselor who has worked with children, teens, parents, and families since 1993. She has worked in a variety of settings including public schools, community mental health, equine therapy centers and in private practice. She is the executive director of Rocky Mountain Equi-Rhythm.

Suzanne Smith is an equine-assisted therapist with Rocky Mountain Equi-Rhythm. She has been a dual licensed clinical social worker and special education teacher in Colorado for more than 20 years. She is passionate about connecting children, teens, and adults with horses for equine-assisted therapy and learning.

PROGRAM SETTING

These sessions are both horse and client led, with the mental health professional there to provide support as needed. Clients do not have to work with a horse every session if they do not want to. They are welcome to work with one of our three barn cats, or simply enjoy the beautiful scenery of our barn. This program is often done in a one-on-one setting but can be done as a family or couple. No volunteers are utilized in this program for confidentiality.



GOALS

The goals of this program are similar to those set in traditional therapy sessions. These goals are addressed by the mental health professional with the assistance of the horse or horses in the session.



PROGRAM SPONSORSHIP

We offer our facilities and horses to Rocky Mountain Equi-Rhythm at a discounted price so that they can offer this program at an affordable price for their clients. We are only able to do this through program sponsorship.

\$5,200 for 2 days of an 8 week session

\$13,000 for 2 days lessons for half the year

\$26,000 for 2 days lessons for the full year



SPONSORSHIP BENEFITS

GOALS

Recognition on RMRT social media platforms

Recognition in RMRT newsletter

Logo/Name on EFP webpage of RMRT website



For more sponsorship or program information,
please contact us
at
info@rmridingtherapy.org

