

CMHA's

Equine Facilitated Psychotherapy

(EFP) Program



CMHA's Equine Facilitated Psychotherapy (EFP) can help reduce the effects of trauma, and can reach the client for whom other methods of therapy have failed. EFP provides therapeutic learning and behavioral health counseling with a Licensed Professional Clinician who is also certified as an Equine Specialist in Mental Health and Learning.

The gentle, physical interaction with the horse, combined with Cognitive Behavioral Therapy (CBT), has been shown to help clients learn new ways of dealing with trauma, addiction and relationships.

CMHA's EFP is available to children and adults.*

Intake session @ CMHA, 100 Commercial Boulevard, Torrington

EFP session @ Breezy Pines Farm in Harwinton

Rates

Group: \$25/session Individual: \$50/session

Contact CMHA's Michele Santos to learn more:

860.482.8561 x 1778 / msantos@cmhacc.org

"When relationships with humans have proven to be unsafe or scary, building a healthy human relationship can feel impossible and unwanted.

*"However, building a healthy relationship with a horse can seem much less emotionally threatening, allowing the brain to explore and create new pathways for relating with self, others, and the world around you in a healthier way." ***



Community Mental Health Affiliates (CMHA) is a non-profit treatment provider headquartered in New Britain, with 11 locations in 3 cities throughout northwest and central Connecticut. CMHA partners with clients and the community to promote recovery from mental illness and addiction, treating 6,000 adults and children each year.

**Clients participating in EFP must be age 7 or older.*

***Reccia Jobe, Equine Professional*