

## **Equine-Assisted Psychotherapy**

### Other Eligibility Criteria

Ages 10 and up. The EAP client packet is available through attending mental health professional, and the client must be working with a primary therapist to access this service.

### Intake Contact

Katie Fallon

### Intake Contact Email

bridlepaths@gmail.com

### Intake Process

Call or email for more information. Self and other referrals. Online inquiries.

### Intake Contact Telephone

(571) 216-9089

### Provider Refer

Yes

### Report Problems

Call the Agency

### Self Refer

Yes

### Bridle Paths

<https://bridlepathsva.org>

<https://www.facebook.com/Bridle-Paths-195319627151681/>

### Main

(571) 216-9089

43247 Spinks Ferry Road

20176 VA

United States

Monday: 9:00 am-3:00 pm

Tuesday: 9:00 am-3:00 pm

Wednesday: 9:00 am-3:00 pm

Thursday: 9:00 am-3:00 pm

Friday: 9:00 am-3:00 pm

Saturday: 9:00 am-5:00 pm

Sunday: 9:00 am-5:00 pm

### Additional Availability Comments

Monday-Friday 9:00 am - 3:00 pm. Saturday & Sunday 9:00 am - 5:00 pm. Other hours available by appointment.

### Fee Structure

#### Fee Range

#### Payment Method(s)

#### Private Pay

#### Languages Spoken

English

Equine Assisted Psychotherapy (EAP) is an experiential therapeutic approach that addresses treatment goals using collaborative efforts among a horse professional, licensed therapist, the horse, and the client. Each client-driven session includes hands-on activities with the horses, as well as processing (discussion) of feelings, behaviors, and patterns designed to enable clients to learn about themselves and others. Clients interact with the horses on the ground and use nonverbal communication, problem-solving, and creative thinking to address a variety of mental health and developmental issues. The EAP process is solution-focused and is considered a short-term or "brief" approach designed to activate the client's own healing resources.

As well as the Virginia counties and cities listed, Bridle Paths also offers services to Montgomery and Frederick, Maryland, and Martinsburg, West Virginia.

### Service Area(s)

Arlington County

,

Fairfax City

,

Fairfax County

,

Frederick County

,

Loudoun County

,

Maryland

,

Prince William County

,

Washington DC

Email

[bridlepaths@gmail.com](mailto:bridlepaths@gmail.com)