Turning a world of hurt into a life of Hope…
About Spirit Reins

- Who we are
- Who we serve
- Model of equine therapy we utilize
- Why it matters
Trauma Focused Equine Assisted Psychotherapy (TF-EAP™)
What is TF-EAP?

- A comprehensive model of equine assisted therapy that employs both the physiology and the psychology of the horse to address specific therapeutic goals with children, adults, and families who suffer from trauma-related mental health disorders.

- Under the guidance of a licensed mental health professional and an equine professional, TF-EAP addresses dysfunction of intrapersonal (regulation) and/or interpersonal relationships.

- IT’S ALL ABOUT RELATIONSHIPS!
Why Horses are Great Partners for this Work...

- Horses live in the same state of hyperarousal as many of our clients (lower regions of the brain are activated, and neocortex is underdeveloped)

- In each interaction, a horse will respond immediately the way a human will eventually.
How We Use Horses to Ameliorate the Effects of Trauma

Two primary program components comprise the Natural Lifemanship model:

- **Rhythmic Riding™ - Regulation**
- **Relationship Logic™ - Relationships**
Rhythmic Riding™

- Mounted Component of TF-EAP

- Clients ride horses to the rhythm of music
  - Activates the sub-cortical regions of the brain providing “passive” regulation
  - Also requires the client to problem solve, thus activating the areas of the brain responsible for planning and impulse control
Clients are taught specific skills to enable them to self-regulate in stressful or emotional situations (eustress).

Riding then provides a medium through which clients can practice these skills.
- “Active” regulation
Relationship Logic™

- Relationship Logic is the foundation of TF-EAP
- Consists primarily of groundwork during which each client builds a relationship with a horse that is truly based on a partnership – not coercion, appeasement, or submission.
- Real vs. Metaphorical Relationships
- Every principle that applies to building a relationship with a horse must transfer to healthy human relationships.

RELATIONSHIP IS THE VEHICLE FOR CHANGE!
Relationship Logic™

- Allows clients the opportunity to experience relationships differently, thereby changing neuronal pathways
- Utilize the developing relationship with the horse to help clients recognize and enhance relationship patterns
- Parent Support and Training is an integral part of the entire therapy process.
Contact Info

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