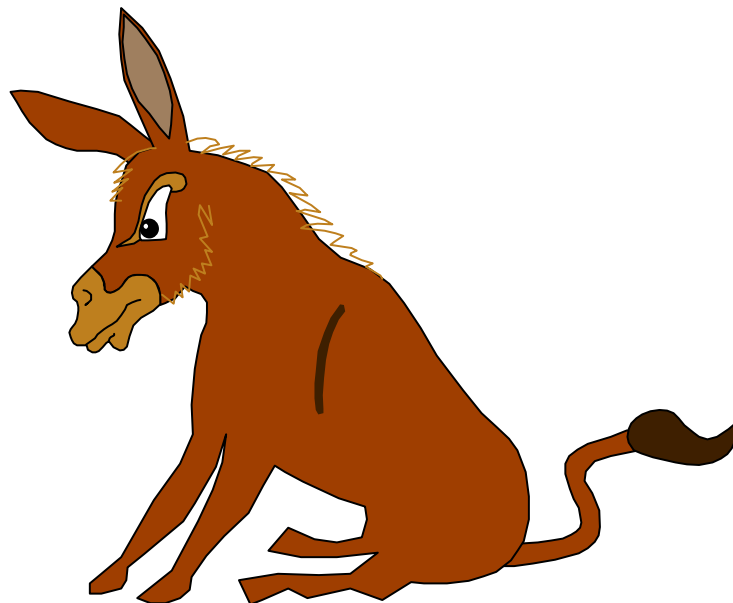


**Equine Assisted Learning  
(EAL)  
VS  
Equine Assisted Psychotherapy  
(EAP)**

**Presented by:**

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# DEFINITIONS

## **EQUINE ASSISTED LEARNING (EAL)**

**EAL is the use of the horse as  
a partner to accomplish  
changes in behavior, skills or  
knowledge, in a  
non-therapeutic environment;  
Systemic Change is sought.**

## **EQUINE ASSISTED Psychotherapy (EAP)**

**EAP is the use of the horse  
as a partner to accomplish  
changes that deal with  
psychological results;  
Psychotherapeutic Change**

## Comparison of the Roles of the Trainer & Therapist

| <b>Trainer/Facilitator</b>    | <b>Therapist/Counselor</b>              |
|-------------------------------|---|
|                               |   |
| <b>Goal Oriented</b>          | <b>Process Oriented</b>                 |
| <b>Motivator Approach</b>     | <b>Mediator Approach</b>                |
| <b>Corporate Applications</b> | <b>Medical/Therapeutic Applications</b> |
| <b>Knows Audience</b>         | <b>Audience Initially Unknown</b>       |
| <b>Group Oriented</b>         | <b>Individual Oriented</b>              |
| <b>Group Change Sought</b>    | <b>Individual Change Sought</b>         |

## Comparison of the Skills of the Trainer & Therapist

| <b>Trainer/Facilitator</b>        | <b>Therapist/Counselor</b>         |
|-----------------------------------|------------------------------------|
| <b>Communicator</b>               | <b>Communicator</b>                |
| <b>Listener</b>                   | <b>Listener</b>                    |
| <b>Analytical</b>                 | <b>Analytical</b>                  |
| <b>Business Problem Solver</b>    | <b>Personal Problem Solver</b>     |
| <b>Pre/Post Assessments</b>       | <b>Ongoing Assessments</b>         |
| <b>Training Skills</b>            | <b>Therapeutic Skills</b>          |
| <b>Adult Education Experience</b> | <b>Medical Training/Experience</b> |

## Commonalities and Differences Between The Trainer and the Therapist

| <b>Commonalities</b>                                    | <b>Differences</b>  |
|---|---|
| <b>Use of Equine Psychology &amp;<br/>Body Language</b> | <b>Certifications &amp; Formal Training<br/>Required*</b>     |
| <b>Equine Based Programs</b>                            | <b>Approach &amp; Focus</b>                                   |
| <b>Communication Skills Required</b>                    | <b>Business vs Individual Goals</b>                           |
| <b>Listening Skills Required</b>                        | <b>Group vs Individual Work</b>                               |
| <b>Analytical Skills</b>                                | <b>Psychological vs Adult Learning<br/>Theory Based</b>       |
| <b>People Reading Skills</b>                            | <b>Conceptualization</b>                                      |
| <b>Group Roles</b>                                      | <b>Goal Oriented vs Process<br/>Oriented</b>                  |
|   | <b>Desired Results From<br/>Equine Activities</b>             |
|   | <b>Facilitation Techniques &amp;<br/>Processing Questions</b> |

**\*Although formal training in the training process are needed, often individuals find themselves in a training role within a corporation with no formal training skills.**