

Getting Started

Ride On is ready to assist you with an EAP program to suit you, your needs and goals.

We welcome individuals, couples, families, groups and corporate teams. Finding effective solutions to tough problems is as easy as picking up your phone. Call one of our facilities near you today.

San Fernando Valley: 818-700-2971

Conejo Valley: 805-375-9078

www.rideon.org



About Ride On

Our EAP staff includes licensed mental health professionals and equine specialists, who are certified by EAGALA, the Equine Assisted Growth and Learning Association.

Our horses are specially trained for therapeutic services and our trainers are certified by NARHA, the North American Riding for the Handicapped Association.

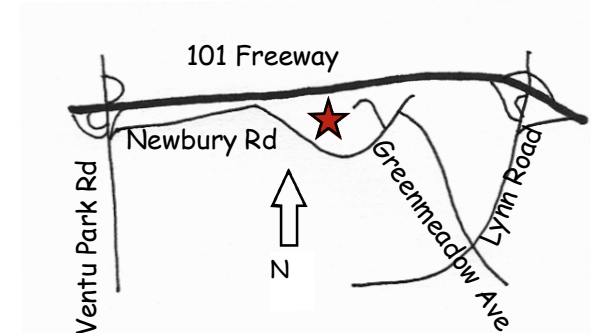
Ride On, founded in 1994, is a 501(C)3 non-profit organization that relies on the generosity of the community and donations to keep services affordable for our families. All contributions are tax deductible. Tax ID: 95-4465783.

For more information about Ride On's other programs please visit www.rideon.org.

"There is no way to do this dynamic and unique form of therapy justice in words. It simply needs to be experienced."

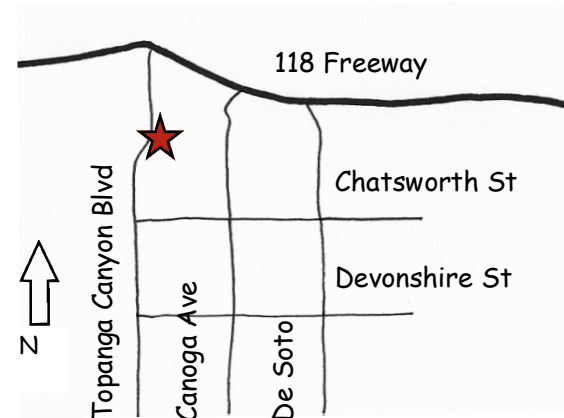
Serving the Conejo Valley

401 Ronel Court
Newbury Park, CA 91320
Tel No: (805) 375-9078
Fax No: (805) 375-8640
info@rideon.org



Serving the San Fernando Valley

10860 Topanga Canyon Blvd.
Chatsworth CA 91311
Tel No: (818) 700-2971
Fax No: (818) 700-7803
info@rideon.org



Ride On

Equine Assisted Psychotherapy

A NEW APPROACH TO EFFECTIVE SOLUTIONS



An Engaging and Experiential Approach to Counseling

Serving the San Fernando and Conejo Valleys

www.rideon.org

Why EAP?

Ride On offers Equine Assisted Psychotherapy (EAP), an effective solution to a wide variety of problems that affect people of all ages.

EAP provides an interactive forum for changing life patterns and overcoming obstacles.

This program can help address:

- ◆ Low Self Esteem
- ◆ Depression
- ◆ Anxiety
- ◆ Substance Abuse
- ◆ Effective Parenting
- ◆ Enhancing Communication
- ◆ Grief and Loss
- ◆ Relationship Building
- ◆ Abuse Issues



What is EAP?

EAP is not about riding or horsemanship skills. Although the horse is a critical part of the treatment team, all activities are done on the ground—not in the saddle!

A licensed mental health professional and a certified equine specialist complete the team to co-facilitate a therapeutic process. Activities are hands-on and designed with specific objectives that enable participants to work towards their goals.

EAP activities produce endless experiences and situations for discussion and learning. As a result, confidence and communication improve, personal insights are gained and new and effective problem-solving tools are developed.

Horses as Co-therapists

Horses are an integral part of our team approach because we believe that they have an underlying ability to heal and teach. Horses are experts in non-verbal communication and body language. Through their gentle nature and unconditional acceptance, they deliver immediate feedback that is honest. *Learning happens in the "moment."*

For those who want to build and enhance caring and trusting relationships, the horse facilitates an unbiased atmosphere in which to develop insight, create awareness and strengthen communication. Since horses are large and powerful, they create a natural setting for increasing self esteem, courage, confidence and awareness.

"Equine therapy" is the chance to see issues in your life get played out in such a way that you just may never get the opportunity to see anywhere else...issues such as relationship dynamics, boundaries, coping, the past, the things that hold you back in your life and keep you stuck, and goals for the future. Insight, power and change have never been so visible and tangible as when I watch clients experience EAP."

Georgina Smith Ph.D - psychologist

Benefits

Through EAP, participants are able to gain additional insights, draw parallels to their lives and attain valuable skills such as:

- ◆ Non verbal communication
- ◆ Assertiveness
- ◆ Creative thinking
- ◆ Leadership
- ◆ Responsibility
- ◆ Teamwork
- ◆ Relationship building
- ◆ Problem solving
- ◆ Confidence/self esteem
- ◆ Positive attitude
- ◆ Empowerment

Equine Assisted Psychotherapy is an engaging and fulfilling therapeutic approach for children, adolescents, adults, and families. EAP can also be beneficial for team-building and leadership activities for groups, corporate teams and non-profit organizations.

For more information about EAP services and Ride On, please contact us at 805-375-9078 for more information.

www.rideon.org