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### **TESTIMONIAL FOR EQUINE ASSISTED PSYCHOTHERAPY**

I recently had the opportunity to be involved with a new therapeutic method called Equine Therapy. This type of therapy was recommended by my current therapist, who is assisting me with several different issues.

I am a retired law enforcement professional, who is suffering from several stress related disorders. A few of these disorders that I am attempting to deal with are PTSD, Anxiety issues, and Depression. I was advised by my therapist to try Equine Therapy to help with these issues. I was very skeptical at first, but decided to give it a try.

Upon arriving that day at the barn, I noticed how peaceful the setting was. I saw two horses in a fenced in area of the barn. As I approached them, they both started to move away from me. It was apparent that they were uncertain of me as much I was as uncertain of both of them. I was told by the equine therapist, that animals can sense certain things about a person's demeanor and will act accordingly with what they perceive about a person.

I was told by the Equine therapist to relax, trust the horses and show mutual respect towards each other and the horses will respond appropriately. I started to relax while being with the horses and gained more confidence with them as the day progressed. At the end of the session, I was interacting with both horses and I think both of our anxiety levels had diminished.

At the end of the day, I was overwhelmed by the sense of peace and relaxation I had gotten from the therapy session. I found that interacting with these animals helped me cope with my stress disorders. It was amazing how simple things can help a person deal with difficult situations. I gained a new sense of respect and confidence in dealing with things I always thought may be unapproachable. The entire therapy session was very calming, and soothing to me, in what I was originally thought was an unpredictable situation.

In closing, I would highly recommend Equine therapy to others who are attempting to cope with difficult times in their lives. I would also recommend this to anyone who just wants to spend a day relaxing and interacting with amazing creatures. –JK–