



EAC Welcome to TROT

Thank you for your interest in Therapeutic Riding of Tucson (TROT).
We are excited to guide you through the process of potentially becoming a participant in the Equine-Assisted Counseling program.

TROT is empowering individuals of diverse abilities to achieve their full potential through the transformative partnership with horses since 1974.

TROT is a 501(c)(3) non-profit organization and holds a Premier Accredited Center status through The Professional Association of Therapeutic Horsemanship (PATH) International, which is the highest possible accreditation standard. PATH International is dedicated to promoting equine-assisted activities and therapies. PATH International sets the safety guidelines and standards for our industry.

TROT provides therapeutic equine-assisted activities and therapies in a supportive and dynamic environment to enhance the quality of life for children and adults with various abilities living in Tucson and surrounding area. The TROT program strives to be therapeutically beneficial in the physical, psychological, cognitive, and behavioral aspects of everyone who participates. All programs work towards fostering independence, enhancing individual strengths, and achieving personal goals.

The benefits of incorporating horses into a therapy treatment strategy align with the therapy being provided. Licensed behavioral health professionals work within their scope of practice in counseling. The therapists determine how equine interactions, movement or aspects of the equine environment may enhance the client's individualized treatment plan with the goals of improving the client's sensorimotor, cognitive, behavioral, emotional or psychological function for improved health and wellness.

Our program works towards fostering independence, enhancing individual strengths, building honesty, trust, personal responsibilities, and boundaries, and achieving personal goals.

We look forward to TROT being a part of your wellness journey!

The TROT Team 



EAC Welcome to TROT

Application process

You will then fill out an application on the website or on paper. An application does not guarantee that services are available. Our EAC therapist will then schedule a phone call and/or tour at our facility to discuss the program with you. Please take some time to review the welcome letter.

What is Equine-Assisted Counseling (EAC)?

TROT therapist: Sierra Ohrel, MA, LPC, PATH Advanced Instructor, and Equine Specialist

Equine Assisted Counseling (EAC) is an interactive process with a licensed mental health professional, credentialed equine professional, and equine partner. Goals are set with the client and mental health professional. Horses are living, breathing, thinking, and feeling beings that give instant feedback to humans. Information from the horse helps to read human emotional states. It is great for those that do not do well with talk therapy and relate more easily to animals. There is so much energy that comes when walking in the dirt, making connections with the horses, and letting them be the guide or partner. In this process, becoming more grounded and in the present moment is what may arise in a session.

EAC is done on the ground. It is all about empowerment, listening, and being attuned to non-verbal communication.

Practicing mindfulness to what is happening in the horse. Awareness of the external environment, breath, and body awareness can be aspects of EAC. Round pen communication exercises, walking meditation, taking responsibility for the energy that is brought to the experience, and being clear with communication may be included in a session. Journaling, taking pictures, or creating art are part of the processing. Being able to observe what is happening with the horse, the internal and external processes of the human are the key.

Participant Cost

- Equine-Assisted Counseling is \$125 per session
- Payment is due at the time of service
- *TROT does not accept any insurance plan currently*
- *Payment options can be discussed*

**Partial scholarships are available on a limited basis for those who qualify and must be requested annually along with proof of income.*

Attire

Please dress for the weather. Closed toed shoes are mandatory. Long pants are preferred.



EAC Welcome to TROT

Safety Rules

- Participants who are minors require a parent or caregiver to remain onsite during the lesson.
- Guests and spectators should remain in the designated viewing areas.
- Please do not leave any children unattended.
 - No running, pushing, yelling, climbing the rails, stairs, or ramp.
- Participants are required to follow directions from staff.
- The barn is not open to parents, caregivers, or visitors without prior permission.
- TROT horses are trained to work with many distractions; however, they are still animals with a strong flight instinct. Working around horses is a risky activity. Staff and volunteers review and practice safety and emergency procedures on a regular basis.
- No Smoking anywhere on the property.
- Off-limit areas are posted and must be avoided.
- Driveway speed limit is posted at 10 mph. This speed limit is strictly enforced.
- No pets allowed on the premises. Service animals must always be leashed and accompany their owner.
- Picture taking must be cleared with the facilitator and participant.
 - Some participants may not have a photo release.
- No weapons are allowed on the property.
- No alcohol or illegal substances allowed on the property.
- No dangling jewelry.



EAC Welcome to TROT

Precautions and Contraindications

To safely provide this service, our center requests that you complete/update the attached Medical History and Physician's Statement Form. Please note that the following conditions may suggest precautions and contraindications to equine activities. Therefore, when completing this form, please note whether these conditions are present and to what degree.

Orthopedic

Atlantoaxial Instability - include neurologic symptoms
Coxarthrosis
Cranial Defects
Heterotopic Ossification/Myositis Ossificans
Joint subluxation/dislocation
Osteoporosis
Pathologic Fractures
Spinal Joint Fusion/Fixation
Spinal Joint Instability/Abnormalities

Neurologic

Hydrocephalus/Shunt
Seizure
Spina Bifida/Chiari II Malformation/
Tethered Cord/Hydromyelia

Other

Age - under 4 years
Indwelling Catheters/Medical Equipment
Medications - e.g., Photosensitivity
Poor Endurance
Skin Breakdown

Medical/Psychological

Allergies
Animal Abuse
Cardiac Condition
Physical/Sexual/Emotional Abuse
Blood Pressure Control
Dangerous to Self or Others
Exacerbations of Medical Conditions (e.g., RA, MS)
Fire Setting
Hemophilia
Medical Instability
Migraines
PVD
Respiratory Compromise
Recent Surgeries
Substance Abuse
Thought Control Disorders
Weight Control Disorder

Possible reasons for participant discharge from EAC program

1. Successful completion of treatment goals. If significant progress has been made and continued therapy would not provide additional benefits.
2. Participants are unable to follow directions which may interfere with progress toward goals.
3. Participant, family member or guardian behavior that is deemed disrespectful, hostile, disruptive or unsafe.
4. Participant exhibits uncontrolled and/or inappropriate behavior that constitutes a safety risk to the participants, volunteers, staff and/or horse.
5. Any change in the participant's medical, physical, cognitive, or emotional condition that deems Equine-Assisted Counseling to be unsafe or becomes a contraindication.
6. Transition to other support or level of care.
7. Non-compliance or lack of engagement.
8. Participant misses two scheduled sessions without prior cancellation or notification.
9. Non-payment of fees.