



## Equine Assisted Psychotherapy (EAP) Program Informed Consent form

I understand that I am participating in an equine facilitated growth and learning activity and/or equine assisted psychotherapy session. These sessions meet the Equine Assisted Growth and Learning Association's (EAGALA's) standards of practice and are defined as therapeutic activities that include a horse or horses, a mental health practitioner, an equine specialist, and a client or clients. EAGALA sessions are 100% on the ground, are solution focused, experiential, and are governed by a code of ethics. This therapeutic practice differs from traditional counseling because it uses two facilitators at all times and involves the use of horses to provide therapeutic benefit. This therapy does not involve horseback riding or horsemanship instruction.

Emily Nemeth is a licensed professional counselor (LPC) with the Oregon Board of Licensed Professional Counselors and Therapists. Emily received her Master's degree from Naropa University in Somatic Psychology with a specialization in dance/movement therapy. She is a registered dance/movement therapist (R-DMT). Additionally, she is a Certified Alcohol and Drug Counselor in the State of Oregon (CADC-I). She is also an EAGALA certified Equine Assisted Psychotherapist with the designation of Mental Health Specialist.

As defined by EAGALA standards, EAP sessions are co-facilitated by an equine specialist (ES) and a mental health practitioner (MH). The ES is required to have over 6,000 hours of experience working with horses, and the MH role is a licensed or certified mental health professional operating under the guidelines as set forth by the state requirements for mental health practice. The MH is responsible for facilitating the counseling process during sessions, determining and documenting treatment goals and progress, using assessment and diagnostic techniques as necessary, and guiding clients through sessions to enhance the therapeutic benefit of the experiential activities. The ES designs appropriate horse/human activities, is responsible for horse and human safety throughout sessions, and observes and reflects upon the horse/s behaviors to enhance the therapeutic benefit of sessions.

EAP addresses individual psychotherapeutic goals for clients as determined by the therapist or therapeutic team. EAP has been shown to be an effective therapy for a wide variety of symptoms and mental illnesses, these include but are not limited to: depression, anxiety, low self-esteem, grief and loss, addiction, ADHD, sexual abuse, physical abuse, trauma and PTSD. Outcomes vary per individual or family. Limitations of EAP include but are not limited to: crises intervention, suicidal or homicidal intent or gestures, intensive therapy that requires multiple hours or sessions per day or week. EAP is not meant to be the sole therapeutic intervention for youth or families that are in crises or have severe and persistent mental illness – in these cases, EAP is an additional therapy to aid in the therapeutic progress for the clients.

Rights to confidentiality as ensured by the ethical provisions set forth by the state of Oregon and by the standards of EAGALA as well as in accordance with HIPAA code will be followed. EAP providers are mandatory reporters of abuse or homicidal/suicidal intent. Therefore, under the circumstance that child abuse, elder abuse, suicidal intent or homicidal intent are disclosed to the facilitators, confidentiality will be broken as required by law to report these instances. For minors under the age of 18, parental custodians are entitled to receive information regarding therapy sessions including goals and progress.

Equine assisted therapeutic activity involves the use of horses; there is an inherent physical risk when working with horses.

Clients are expected to schedule sessions ahead of the day of service, and to cancel sessions no less than 24 hours prior to scheduled session. Clients should arrive on-time for their therapy session dressed in weather appropriate outdoor clothing with close-toe, hard-sole shoes on at all times.

Client should understand that the therapeutic process will be terminated when determined by the therapeutic team and client based on completion of treatment goals. Treatment is generally received for 6-8 weeks, but may be extended depending on the individual needs of the client. Early termination may occur due to lack of payment, termination of services with Emily Nemeth Counseling, or lack of engagement or progress in EAP sessions. Termination will be discussed with the client prior to the last session of EAP whenever possible, and will be planned several weeks in advance when possible.

Clients receiving EAP services referred by another agency or provider will also address treatment goals as outlined by the referring therapist or agency. Individuals or families receiving direct services will address and plan treatment goals with the EAP team.

Individuals and Families in direct contract with Emily Nemeth Counseling will pay a barn fee of \$50 for individual sessions and \$75 for family sessions in addition to the standard counseling fees.

I have received a copy of the Professional Disclosure Statement for Emily Nemeth.  
I have read and understand the information I received and agree to this document.

\_\_\_\_\_  
Signature of participant

\_\_\_\_\_  
Date

\_\_\_\_\_  
Signature of participant

\_\_\_\_\_  
Date

\_\_\_\_\_  
Signature of parent/guardian

\_\_\_\_\_  
Date

\_\_\_\_\_  
Signature of witness/therapist

\_\_\_\_\_  
Date