



Garfield Park Academy's Equine Assisted Psychotherapy (EAP) program is made possible with generous donations from the Equus Foundation, and other private supporters that wish to remain anonymous.



It is through the relationship with the horses, direct experiences with activities, and the therapeutic processing done with licensed professionals, that EAP provides an effective environment for change.

About Garfield Park Academy

Garfield Park Academy is a New Jersey state approved, private, not-for-profit school that provides effective, evidence-based special education services for students in grades K-12 who have a history of learning, social, emotional and behavioral challenges. Our comprehensive services and programs are designed to 'wrap around' each student and his or her family to ensure success, not just in college or work, but also in life.



For more information, please contact Garfield Park Academy or visit our website to view video of our school in action.

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EQUINE THERAPY AT GARFIELD PARK ACADEMY

Collaborative psychotherapy using licensed therapists and horse professionals, both certified in Equine Assisted Psychotherapy (EAP).

Education... for a Lifetime



An On-Campus Program of Growth, Learning and Psychotherapy

In order to ensure our mission to help kids learn to self-regulate we offer a program where students participate in Equine Assisted Growth, Learning, and Psychotherapy right on-campus.

The activities in this project are centered around EAP sessions, in which horses are used as a tool for emotional growth and learning. To ensure the emotional and physical safety of the children, EAP is a collaborative effort between a licensed therapist and a horse professional that are both certified in EAP. Garfield Park Academy has a licensed therapist certified in EAP who works collaboratively with HorseTime, Inc., a licensed and insured horse professional.

Experiential Learning for At-risk Students

Experiential therapy means that participants learn about themselves and others by participating in activities with the horses, and then process feelings, behaviors, and patterns. This approach has been compared to the ropes courses used by therapists, but EAP has the added advantage of utilizing horses, dynamic and powerful living beings.



EAP is by its very nature experiential, which is especially valuable for at-risk youths.

The focus of EAP is not riding or horsemanship. The focus of EAP is the activities—involving the horses—that requires the student or group to apply certain skills that are essential to be successful in life and relationships.

Overcoming Fear and Conquering Challenges

Developing relationships with horses has a natural positive affect on people. For many youths, just the opportunity to be around horses is moving, and opens them up in ways that other therapies can't.

Because of their size and power, working with them creates a natural opportunity for some students to overcome fear and develop confidence.

Accomplishing a task involving a horse, in spite of those fears, creates confidence and is analogous with dealing with other intimidating or challenging situations in life. The horses are a valuable therapeutic tool because they are "safer" than people to talk to or about. For these and other reasons, EAP has been found to be more effective than traditional talk therapy in working with children and at-risk youths.

