



“AFTER SEEING THE HORSES’ DIFFERENT COMMUNICATION STYLES SO CLEARLY, EVERY MEMBER OF OUR GROUP WAS ABLE TO IDENTIFY HOW WE EACH COMMUNICATE, OR DON’T, ESPECIALLY WHEN THINGS GET DIFFICULT.”

–Joseph K.

“I DON’T THINK THERE IS A SOCIAL TOPIC THAT COULDN’T BE EXPLORED WHILE WORKING WITH HORSES, AND THEY ARE SO WONDERFUL TO BE AROUND!”

–Kacey M.



GLADE RUN
ADVENTURES

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EQUINE ASSISTED LEARNING

AN ENGAGING LEARNING EXPERIENCE



“WHAT AN EYE-OPENING EXPERIENCE!” –Cyndie R.



GLADE RUN
ADVENTURES
*a bridge to a brighter future
through lifelong learning*

WHAT IS EQUINE ASSISTED LEARNING?



WHAT ARE THE BENEFITS OF EAL?

Attendees of Glade Run's EAL will participate in programming designed to elicit a variety of established therapeutic outcomes. Benefits may include, but are not limited to:

- **Increased Self-Awareness, Self-Esteem and Mindfulness**
- **Reduced Anxiety and Depression**
- **Forming Healthy Relationships**
- **Social Skill Development**
- **Healthy Boundary Setting**
- **Increased Trust and Personal Responsibility**
- **Overcoming Fear and Reduced Extreme Thinking**
- **Increased Ability to Ask for Help**
- **Increased Distress Tolerance**
- **Increased Focus on Personal Safety**
- **Increased Communication Skills and Physical Movement**

WHO CAN BENEFIT FROM EAL?

Groups focused on mental health and wellness

- Residential and outpatient treatment groups
- Respite, grief, caregiver and advocacy groups

Groups seeking team development

- Corporate and small business groups
- Church, school and social groups

Individuals, couples and families



A POSITIVE & ENGAGING LEARNING EXPERIENCE.

To best describe EAL at Glade Run Adventures, it makes sense to first describe what EAL is not. EAL is not about teaching horsemanship skills, proper techniques, or learning to ride horses. Though these goals may be commendable, fun and even therapeutic, they are not the goal of EAL.

The goal of EAL is to help individuals to learn about themselves. EAL is an experiential learning approach so it engages a person's whole body, providing the greatest opportunity for understanding. EAL partners with horses to help individuals better understand their own thoughts, feelings, beliefs, relationships, style of communication, life circumstances and challenges.

WHY HORSES?

Horses are exciting and intrinsically engaging. It is difficult not to be present in the moments when we are touching horses. More importantly, horses are constantly communicating their feelings through their body language and respond to us based on the information that we give them. Learning exactly what we are telling them through our own bodies teaches us a lot about ourselves. Through observation and involvement with horses at liberty to be themselves, we can find social similarities, differences and, in the moment, try out new approaches and solutions to meeting our own goals.

COST OF EAL?

\$75/hour for individuals
\$150/hour for a group of up to 10 participants

GETTING STARTED

Start by connecting with us. We'll discuss your specific goals and how EAL may help you meet them. We'll invite you to come for a tour and set up a time for you to experience first-hand what we have to offer.

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