

**About the Professionals. . .**



**Melissa Dearmont, MSW, LCSW, LMHP, CMSW** is a licensed clinical social worker in Nebraska and Wyoming. She is EAGALA Level I Certified in Equine Assisted Psychotherapy. She is a national presenter for EAGALA related issues.

Melissa has been practicing in the field of mental health for 10 years. She has experience in State and local governmental organizations, corrections, hospitals, and community mental health. She is the owner of Midwest Country Clinic, LLC.

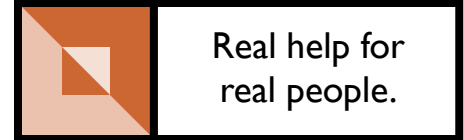
**Sherry Jarvis, BS** has 20 years experience in education. She is the Equine Specialist and partner in the Sandhills Horse Sense.



Sherry is EAGAL Level I Certified in Equine Assisted Psychotherapy and the owner of Heart in Your Hand Horsemanship. Sherry is a USEF member and a member of the Nebraska Horse Council. She has competed in both horse shows and rodeos. She has been instructing horse owners in natural horsemanship techniques and philosophy full time for two years.

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**HC 75 Box 149**  
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**1-866-757-3853**

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**Sandhills  
Horse  
Sense**



*Equine Assisted  
Psychotherapy*

*Equine Assisted  
Learning*

EAGALA Certified



## What is Equine Assisted Psychotherapy?

Equine assisted psychotherapy (EAP) is an emerging field in which horses are used as a tool for emotional growth and learning. It is a form of counseling.



The focus is not on riding or horsemanship! We do not ride horses and no experience with horses is necessary to participate in or benefit from this type of therapy.

EAP is a powerful and effective therapeutic approach that has an incredible impact on individuals, youth, families, and groups. It addresses a variety of mental health and human development needs including but not limited to behavioral issues, ADD, substance abuse, eating disorders, abuse issues, depression, anxiety, relationship problems, grief, communication needs, and much, much more.

**If you think EAP can help you or someone you know, contact us at 1-866-757-3853.**



## What is the Sandhills Horse Sense?

This program was developed by professionals to provide equine assisted services in which horses are used as a tool for emotional growth and learning. It is a collaborative effort between a licensed therapist, a horse professional and horses. The sessions are experiential in nature. This means that participants learn about themselves and others by participating in activities with the horses, and then processing (or discussing) feelings, behaviors, and patterns.

***All Activities are on the Ground!***

***No Horse Experience Needed!***

The focus of this program involves setting up ground activities involving the horses which will require the client or group to apply certain skills. Non-verbal communication, assertiveness, creative thinking, problem-solving, leadership, responsibility, teamwork, relationships, confidence, and attitude are several examples of the tools utilized and developed during a session or workshop.



**You can learn a lot from a horse!**

## What is Equine Assisted Learning?



- Increase Organizational Effectiveness
- Promote Human Asset Management
- Cultivate Healthy Working Environments
- Develop Quality Leadership Skills

Our equine assisted development programs include training for adults and adolescents on a variety of skills.

Equine partners and professional staff lead participants through activities and discussions that heighten awareness of leadership styles, trust and respect, communication patterns and team development skills.

Participants identify their personal and/or organizational development areas and coordinate an action plan for improvement.

**We can develop programming for your specific organizational needs.**

We can coordinate a retreat for your company, offering quality training with various opportunities for relaxation and socialization for your staff.

If you have training needs, call us toll free at:

**1-866-757-3853**