



# Mendin' Fences

Equine Assisted Counseling

*Providing tools to better manage your life*

## What Is Equine Assisted Counseling?

Equine Assisted Counseling utilizes horses to increase each participant's awareness of their thoughts, words, and actions. Through the use of counseling, team building, and equine activities, clients learn how to recognize dysfunctional patterns of behavior and how to define healthy relationships. This type of counseling also provides tools for individuals to better manage their lives and foster positive relationships, while also learning healthy communication and problem-solving skills.

## Why a Horse?

Because of their ability to observe and respond to non-verbal communication, horses are much more effective at confronting behaviors and attitudes than people. In other words, the horse acts as a mirror for the client. So while people might say things like "The horse is stubborn," or "The horse doesn't like me," they soon discover if they change themselves, the horse responds differently.



*Fostering positive relationships*

## How Does Equine Assisted Counseling Work?

In this type of counseling, the horse acts as a metaphor for relationships, which provides clients the opportunity to look at what works, what doesn't work, whose needs are being met, whose problem it is, and to take responsibility for recognizing how personal actions affect others. Because all horses are different, they each require different responses for clients to be successful. Through their experience with the horse, clients learn to observe and respond to behaviors of the horse instead of staying stuck in their current patterns. In addition, clients learn about their attitudes toward their temptations or addictions and identify the behaviors that can lead to relapse, handling frustration, challenges, and fear, while also learning healthy communication and problem-solving skills, and solutions that will lead to success.

**Mendin' Fences — A Dr. Kay Sudekum Trotter Counseling Program**  
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# Mendin' Fences

Providing services to children, teens,  
adults and families

## *Counseling services*

### **Fostering Positive Relationships**

Today's world presents numerous challenges for children, adolescents, adults, and entire families. Mendin' Fences' brand of Equine Assisted Counseling, addresses a variety of mental health conditions and human development needs, including: behavior issues, attention deficit disorder, substance abuse, eating disorders, abuse issues, depression, anxiety, relationship problems, and communication needs. Individual or group format is utilized.



## *Consulting services*

### **On-call Consulting Specialists**

The importance of a smooth running operation is paramount to a business efficiency and productivity. However, few business owners have the training or time to keep up with modern trends, performance techniques, and experiences in the emerging field of equine assisted counseling. At Mendin' Fences, our Consultant Specialist is an on-call mentor for your company. They help you handle business set-up hurdles such as program development, human and equine resources, mental health issues, strategic planning, and even people skills training.

## *Corporate training*

### **A Unique Team-Building Experience**

We provide a unique team building experience by utilizing horses. Because working with a horse, builds a heightened level of sensitivity and awareness this unique experience is not your ordinary team building or seminar environment. And we individually craft our half day or full day training based on your objectives. Let Mendin' Fences know your challenges in working as a team and we'll design a set of experiences tailored to meet your specific objectives.

