Equine Assisted Psychotherapy (EAP) has roots in solution focused therapy in terms of therapeutic orientation (EAGALA, 2001). Therapists who practice EAP ask clients to look into themselves to find solutions to a problem by looking for times when the problem that the client has or has not identified did not exist (Mann, 1998; McDaniel, 1998, 2000). The EAP is experiential in nature. That is, success in EAP is not experienced until an interaction between the horse and human takes place. Without social interaction where people are relating to each other, individuals are not given feedback on their behaviors and social skills. Without feedback, an individual may not see how they impact others and how behaviors can be changed or adapted.


In summary, the present study showed that participants reported significant improvements in psychological functioning immediately following an EAP program and that these changes were stable at 6-month follow-up.


Does insurance cover this therapy?

Most insurance companies will cover Equine Assisted Psychotherapy. Our financial specialist is available to assist you in contacting your insurance company.

Please note: There is an $80 program fee in addition to insurance coverage or self pay.

To schedule an assessment to see if this program is right for you, call Shannon Bauer-Nave at (406) 255-8558.

Space within the program is limited.

Billings Clinic
2800 Tenth Avenue North
Billings, Montana 59101
billingsclinic.com/equinetherapy

“There is something about the outside of a horse that is good for the inside of a man.”
– unknown
Why do we use horses?

Naturally intimidating to many, horses are large and powerful. This creates a natural opportunity for some to overcome fear and develop confidence. Working alongside a horse, in spite of those fears, creates confidence and provides wonderful insight when dealing with other intimidating and challenging situations in life.

Like humans, horses are social animals, with defined roles within their herds. They would rather be with their peers. They have distinct personalities, attitudes, and moods; an approach that works with one horse won’t necessarily work with another.

Most importantly, horses mirror human body language. Many complain, “This horse is stubborn. That horse doesn’t like me,” etc. The lesson is that if they change themselves, the horses respond differently. Horses are honest, which makes them especially powerful messengers.

Source: eagala.org

What is the EAGALA model?

The Equine Assisted Growth and Learning Association (EAGALA) is the leading international nonprofit association for professionals incorporating horses to address mental health and personal development needs. For more information, visit eagala.org.

Why Billings Clinic?

Billings Clinic is the only integrated health system in the U.S. that offers this innovative approach to mental health care under the direct supervision of an EAGALA-certified team of an adult psychiatrist and equine specialist. Our equine specialist has completed over 6,000 hours (equal to approximately 3 years full-time work) experience/hands-on work with horses. Additionally, an on-site registered nurse with 30 years of psychiatric nursing completes our team.

The service will be provided by Dr. Elizabeth Walter, Sheila Buschette, and Patty Yoder, RN.

To learn more about Dr. Elizabeth Walter, visit billingsclinic.com/provider.