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Equine-Facilitated Psychotherapy: Healing Through Connection

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Are you looking for a unique and powerful approach to therapy that incorporates the healing power of horses? Look no further than Equine-Facilitated Psychotherapy (EFP) at D.E.A.P Healing. We have an experienced clinical psychologist and an equine specialist that conduct the sessions along with our herd of 6 Arabian horses.

EFP is a cutting-edge form of therapy that combines traditional psychotherapy techniques with interactions with horses to promote emotional growth and healing.

Horses are incredibly intuitive animals that can mirror human emotions and provide valuable feedback to clients in a non-judgmental way. This can lead to profound insights and breakthroughs in therapy sessions.

At our EFP clinic, our team of licensed psychologists and skilled equine specialists work together to create a safe and supportive environment for our clients. Whether you are struggling with anxiety, depression, trauma, or simply seeking personal growth, EFP can help you connect with your emotions, build self-awareness, and develop valuable life skills.



Through activities such as grooming, leading, and observing horse behaviour, clients can learn valuable lessons about communication, boundaries, trust, and empathy. These lessons can be applied to everyday life and relationships, leading to lasting positive changes.

EFP is suitable for people of all ages and backgrounds, and no prior experience with horses is necessary. Our gentle and well-trained horses are selected for their calm and empathetic nature, making them ideal partners in the therapeutic process.

Experience the transformative power of Equine-Facilitated Psychotherapy and discover new paths to healing and personal growth. We have found in our practice that less EFP sessions are needed than traditional talking therapies because of the profound effect from the horses.

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Contact us today to schedule a session and take the first step towards deep healing.

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