

Changing Directions

"Therapy Solutions That Get Results!"

1st Quarter 2009

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Special points of interest:

- ♦ January 28- Workshop
- ♦ February 18— Workshop
- ♦ May 14-15: 12 Step workshop at the farm. Register on line under EVENTS.
- ♦ May 30— 2k/5k Walk -Trot

See Website For More Details!

www.serenityfarm.org

Welcome to the Farm



Jennifer joins EAP Team

About a year ago I received an invitation to attend a workshop at Serenity Farm, Inc. in Luckey, Ohio for professional development. I admit that I saw the words "working with horses" and I was hooked. I attended the training and instantly got "hooked" on finding out more about what Equine Assisted Psychotherapy (EAP) is all about. I can tell you that from a mental health therapist perspective it took me a little bit of time to truly grasp what an incredible benefit to clients this process can be. EAP is an experiential, solution focused, client driven process. The client is in the arena most of the session finding, within themselves, solutions to their most pressing problems. It is an amazing process to watch and a very empowering one for the client. The greatest benefit that I see to EAP is the vast amount of "work" that goes on in a ses-

sion but it is ALL client driven. In other words, they come up with their own solutions and the sense of accomplishment they feel from that is incredibly overwhelming. So many of our clients are not able (or allowed) to think for themselves, let alone to "think outside of the box." EAP allows them to do just that while moving forward in their emotional development.

EAP is 100% about collaboration – a counselor and an equine specialist are in the arena together at all times along with the true therapists – the horses. But the collaboration is more about the clients and the horses than anything else. How can EAP benefit you in your practice? In countless ways really! Traditional talk therapy is a very necessary, proven way to get clients engaged and moving forward. Often times though clients benefit from a "new perspective" and that's what EAP can do for them. It allows them to experience a new environment while still maintaining a "safe place" for them to try out new coping strategies, solutions to problems, and decision making skills. EAP is a collaboration process with talk therapy here at the farm. Often times our clients in talk therapy attend some EAP sessions and then return to talk therapy with new energy to continue working on improving their emotional well-being.

At Serenity Farm our EAP program, Changing Directions, has been very successful working with youth, families, individuals and groups. We work with clients with a variety of mental health issues and have many professional development workshops available. Give us a call...we may just be the key you are looking for to unlock your clients potential! -Jennifer Gilliland, PCC, RD, LD, CDE

*Speakers Available
For Your
Upcoming Event!*



Equine Assisted Therapy with Addictive Behaviors

Leslie M. Head, LSW, LCDCIII

Using the EAP process with addictions clients is a very natural and effective fit. Many addictions clients upon entering treatment are guarded and resistant, and still struggling with denial. For most clients, accepting that they have a problem is a huge step. There also is often a strong desire to place blame on other people or situations in attempts to get the focus off of them and their behavior. The very nature of the EAP process is extremely effective in addressing all of these issues.

EAP quickly breaks down barriers and defenses that often prevent clients from making progress in recovery. Once clients are able to overcome their resistance and accept responsibility for the problems they are experiencing, true recovery can begin. Clients are able to "own" their addiction and take personal responsibility for their recovery.

The EAP process also forces clients to look to themselves for answers and develop effective strategies to deal with the challenges of recovering from addictions. Because it is client centered and driven, the individual client can identify their own issues and triggers that have contributed to their addictive behavior. They can then develop problem solving techniques and strategies to combat these issues and avoid future situations that could leave them vulnerable to relapse.

I have had the privilege to work with Debra DeHoff and Serenity Farm for almost seven years now and have learned so much from her and her horses. The EAP model is an amazing tool to help those who are struggling with addictions, or any life problem for that matter. I have found no other intervention that is as effective in helping clients overcome their addiction and succeed in their recovery. The relationship between people and horses can be extremely powerful. Their ability to help us learn about ourselves is endless. Just when we think we have it figured out, they turn us upside down and make us confront our most difficult issues and help us create solutions to overcome.



**Serenity Farm, Always neat, clean,
And Professional!**

Specializing in:

12 Steps for Addictive Behaviors

Family Counseling

Eating Disorders



Through change, one can overcome addictions and "Break the Cycle."

Referrals

Anyone over the age of 18 may refer to our counseling program.

The Farm office is open 10:00 am to 4:00 pm

Monday through Friday to take your call

@ (419) 833-1308.

All Appointments at the Farm are kept confidential and we offer some evening and Saturday appointments.

Payment: A private pay billing system is utilized and kept affordable to those needing services.



Smokie, one of our equine therapists

Children and Obesity



Decision making through Activities

Children that are overweight have multiple issues they are dealing with on a physical, social and psychological level. The outward appearance can be troubling for them when they are at a time in their lives when “fitting in” can mean everything to them. In addition the health risks are numerous— they are at a higher risk for heart disease (including high cholesterol and high blood pressure), type 2 diabetes, and joint problems. Socially they may be enduring teasing, isolation and/ or embarrassment by their peers. Psychologically all of this can lead to depression ,anxiety, and anger issues.

How can we help to adopt healthier eating habits with Equine Assisted Therapy?

- Involve the entire family in the process.
- Through interactive activities, help them to understand that the problems is not just about what they are eating— these kids need help psychologically and socially as well.
- Offer support, listen to their concerns, When the child is part of the process that involves brainstorming and each session becomes a solution-focused appointment.
- Encourage family members to become part of the process of problem solving.

Consulting Staff

<p>Jennifer Gilliland</p> <p>Professional Clinical Counselor</p> <p>Registered Licensed Dietitian</p> <p>EAP Certified</p> <p>Certified Diabetes Educator</p>	<p>Leslie Head</p> <p>Licensed Social Worker</p> <p>LCDC III</p> <p>EAP Certified/Author</p>	<p>Jenna Wasylyshyn</p> <p>Equine Specialist</p> <p>EAP Certified</p>	<p>Jerry West, Ph.D.</p> <p>Clinical Psychologist</p> <p>LCDC IIIE</p> <p>EAP Certified</p>	<p>Debra DeHoff</p> <p>Executive Director</p> <p>EAP Advanced Certified Equine Specialist</p> <p>National/International Mentor</p> <p>Author</p>
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