



INFORMED CONSENT Equine Assisted Psychotherapy

Welcome to Ghost Paint Therapy! I'm Heather Hanlin, a Licensed Professional Counselor (LPC Associate-Supervised by Reem Glasco LPC-S) licensed in the state of Texas. License # 83696., I have advanced training in Natural Lifemanship TF-EAP (Trauma Focused Equine Assisted Psychotherapy.) But the things we do in partnership with the horse are helpful for anyone, not just those who have experienced trauma. EAP is good for many therapy goals.

Natural Lifemanship is a team model. The team will be the horse, myself, a Natural Lifemanship trained Horse Professional (in some cases I might also act as the horse professional), and you. Building and being in a relationship with a horse can have great benefits in all your other relationships. **Most of the time** we will be working with a horse **on the ground** to build that relationship. This typically takes place in a round pen with the horse loose. We may do other activities such as grooming or leading the horse. **Rarely** we might have you do rhythmic riding on the back of a horse (this might be a different horse.) This is NOT a riding lesson. The purpose of rhythmic riding is to use the horse's natural movement to help regulate your brain from the bottom up so you will have more success in regulating yourself. (Safety helmets are required for riding and will be provided if you don't have one of your own.)

Safety. Your horse professional and I care about your safety and will teach you how to keep yourself safe around the horse. I have a good safety record. However, horses are unpredictable and sometimes react fast, so we can't guarantee your safety 100%, but will do everything we can to keep you safe. You will also need to sign a waiver for the ranch that states you understand the risks associated with working with horses, as spelled out by Texas law (Chapter 87 Civil Practices and Remedies Code). The ranch or I cannot be held liable for you voluntarily entering into activities with horses. Since your participation in therapy is voluntary, if you feel something isn't safe for you, you do not have to do it. If something you don't want to do comes up, we will discuss how doing or not doing the activity will impact your therapy goals, and what alternatives there might be.

Potential risks: All therapy has some risk involved. While most people eventually to get better, participating in therapy can be uncomfortable at times. Sometimes things will get worse before they get better. And for some people this type of therapy might not work well at all. This is a hands on

therapy that requires physical activity and being close to large animals. There are risks of tripping, falling, abrasions, etc. There are also risks to being outdoors such as weather events, poisonous plants, and other animals such as snakes and bugs. **Wear protective clothing including closed toed shoes or boots appropriate for rugged terrain.** While I have to warn you about the risks, there are many benefits to being outdoors with large animals too. These include positive feelings that come from being around horses and the physical and mental health benefits of sunshine, greenery, and fresh air, in addition to the benefits of therapy. **Working outside you may want other protective gear such as sunscreen, bug spray, long sleeves or a hat.**

Privacy. Most of your sessions will take place outside. We do our best to preserve your privacy during your sessions but cannot guarantee the level of privacy offered by an in office session. People and other clients at the ranch may see you in session. In most cases they will not hear what you are saying, but if you have something particularly sensitive you wish to discuss we do have access to a private cabin. Your horse professional will respect these times, and only participate if invited. They have also signed a confidentiality agreement.

Timing: Horses don't wear watches! I will do my best to keep sessions on time but since working with animals is unpredictable some flexibility is needed. There may be times when we need to go over time. if this is 15 minutes or more you may be charged for extra time, prorated by my regular fee.

Looking forward to working with you!

Signatures:

Client (or Guardian)

Date

Therapist

Date