

# Now I See A Person Institute *collaborating for change*

*Now I See A Person Institute specializes in the Community Engagement Recovery Model with Equine Assisted Psychotherapy (EAP) in a naturalistic environment located in San Dimas, California. The Institute's founder, Dr. Susan Swim, is internationally, nationally, and locally known for providing innovative psychotherapy, teaching, research, publications, supervision, organizational development, and life coaching for the last twenty seven years.*

Equine Assisted Psychotherapy (EAP) is a short-term, culturally-sensitive approach to change for individuals, couples, families, and communities. Horses provide a medium for psychotherapeutic growth and change, especially when conventional avenues have not been satisfying. With the use of horses, a safe and nurturing environment is created. Horses help to create a climate where behaviors are examined and self-tailored change is created; they do this by assisting with bonding, reflecting emotions, and gaining insight into self and others.

In partnering with horses, a background develops for successful therapeutic discourse. EAP engages the client and the client's community (e.g., foster parents, social workers, biological family members, parole officers, teachers, etc.) in petting, grooming, and handling

horses while providing an open space—the "safe zone" - that invites dialogue. In this environment, clients learn to speak the "unspoken" and address problems or emotional burdens (perhaps for the first time) in a genuine and honest manner. This approach encourages:

- Caring/compassion
- Trust/respect
- Self awareness/confidence/esteem
- Reliability/responsibility/integrity
- Honesty/authenticity
- Communication/relationship building



## **NOW I SEE A PERSON INSTITUTE**

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## **SERVICES PROVIDED FOR:**

Individual, couples, families

At-risk youth

Children and adults

Foster families (e.g., family reunification services, adoption adjustment, etc.)

Multiple mental health and emotional issues (e.g., mental illness, grief/loss, divorce, etc.)

Relational issues (e.g., parenting, couples issues, family transitions, etc.)

Offender re-entry and adjustment