

# TRAINING WITH NOW I SEE A PERSON INSTITUTE

*promoting hope and 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 Los Angeles County, 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 three decades. Dr. Swim was trained at the Houston Galveston Institute by Harry Goolishian and Harlene Anderson, two of the founding members of the field of marriage and family therapy, and was instrumental in the development of the Collaborative Language Systems model of therapy.*

## Our Mission

At Now I See A Person Institute (NISAPI), our mission is to offer collaborative, equine-assisted therapy, recovery, and transitional services in a natural setting to individuals, children, families, and couples in underserved populations and train graduate students, interns, and service providers in the collaborative recovery model of community-based services.

## Our Values

**Recovery Focused Care** In our experience, any participation with clients must derive from authentic collaboration. Our clients see themselves as the directors of their services, for if services are not self tailored to the needs of the individual in community, then these plans are for services that only serve ourselves! Clients wish and need to be in charge of their treatment and lives.

**Collaborative Practice** All services are self-tailored to the client in community. We try to bring in all who are part of the client's system. This could include schools, mandated operations (CPS, Probation), potential employers, social workers, caseworkers, psychiatrists, specific friends or relatives, or anyone that can support the system. It is important to know their needs and have their collaboration.

**Connection, Collaboration, and Change** We wish to create an environment where no one feels judged but, rather, is allowed a conversational space where the client leads "the team" to what is important to talk about. Clients need the freedom to express their thoughts in a manner that respects and hears their ideas for change. We talk in the client's language. We work with all emotional and relational challenges in this manner on the premise that no one wishes to be talked to, but talked with.

**Connect** Through establishing a connection of full presence with the clients and the community, where communication, relationships, and problem solving skills can be improved.

**Relational Collaboration** Refers to the completely shared and egalitarian experience of defining the focus and direction of therapy and community services.

**Being Fully Present to Listen** Full presence refers to a therapist's posture of genuinely honoring and valuing the client's and community's narratives by speaking honestly and caringly, as well as co-creating genuine trust and humility, enabling the strengths of the client to abound.



### POPULATIONS SERVED

Individuals, couples, families

At-risk youth

Children and adults

Foster Children/Foster Families/DCFS  
Referrals/DMH Referrals/Victims of Crime  
Clients viewed resistant, chronic & hopeless

Multiple Mental Health/ Substance Issues  
(trauma/self harm/multiple hospitalizations)

Veterans

Offender re-entry/adjustment



## Benefits of Training at NISAPI

Live Supervision

Experiential, Strength-Based,  
Collaborative Training

High Degree of Peer Support

Team Practice

Flexible Scheduling

Dynamic Environment

Diverse Client Populations

Relationally-Focused Services

## Our Treatment Approach

At Now I See A Person Institute (NISAPI), we use the Community Engagement: Collaborative Recovery Model approach to mental health treatment. This model is an evidence-based approach that reflects the works of the Houston Galveston Institute, Kanankil Institute, Taos Institute, Jaakko Seikula in Finland, and the Rhizome Way of Christopher Kinman and Lynn Hoffman. The model is based on the premises of the Collaborative Language Systems theory developed by Harlene Anderson and Harry Goolishian.

Using this approach, our team operates from a position of one community embracing another. Our clients range from those with parity diagnoses to those with non-parity diagnoses; however, in our approach, we see people as people and not diagnoses to cure. The focus of treatment is not on the diagnosis, rather the focus is on the possibilities for change. In this approach, clients have ownership of their therapy and direct the course of their treatment in collaboration with the therapist for the purpose of instilling thoughts of freedom, hope, and the possibility for change.

We have also incorporated the use of Equine Assisted Psychotherapy (EAP) into our approach. We find that 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 providing 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.

Our approach is a short-term, culturally sensitive approach that encourages:

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

## Our Service Approach

As part of our service offerings, our clients are welcome to stay for hours in "outdoor offices" where healing conversations arise around the horses and the naturalistic environment. Our staff becomes a community of support and foster hope and change. Depending on the client's needs; clients are welcomed to extend each session as long as needed. Clients typically participate in eight to twelve sessions; though they are welcome to come for as many sessions as they feel is necessary. During the initial stage of therapy, clients typically participate in one to two sessions per week and as therapy progresses, generally reduce the number of sessions to one session per week or one session every two weeks. The number and frequency of sessions is determined collaboratively with the client as treatment progresses.

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