

The Benefits of EFL



About EFL

Horses are like magnets for humans. People of all ages have drawn to the horse because of their beauty, grace, power, majestic stature and the mystery of their noble being. It's been that way throughout recorded history. In modern times, **it has been clinically documented that just being around horses changes the brain wave patterns of humans.** We calm down and become more centered and focused in that moment, when we are with horses. We are transformed in a very positive way when in the presence of horses. It is no wonder that the beneficial effects of positive and appropriate interaction with horses should prove therapeutic to grownups and children alike.

For children with physical, mental and emotional disorders the positive benefits of the experience with the horses are frequently profound. Children with Attention Deficit Disorder magically focus on the horse for long periods of time when either grooming or leading the horses.

Working with the horses

Simple, clear, conscious requests are what the horse is looking for. Stop, go, backup and turn this way or that, are examples of simple requests that a human can make of a horse, clearly and consciously. When the horse complies a thank you in the form of a "Good Boy", is all that is needed. Horses understand acknowledgment.

The EFL program offered to participants with disabilities is light, fun, enjoyable and empowering. Each person is offered an experience that is tailored for their individual needs, abilities and confidence.

Appropriate, successful interaction with horses can lead us back to that natural balance because to be successful with a horse that balance has to be present in the communication. Equine Facilitated Learning supports natural balance coming forward in all those participating. A natural balance begins to appear when there is consideration, thoughtfulness, awareness and kindness present in the interaction. 'Balance' is another great lesson and attribute taught by Equine Facilitated Learning.

Once participants understand how to ask for and receive cooperation from the horse, their self-esteem sky rockets.

It is a wonderful site when shy, withdrawn, fearful people stand tall and confident as they lead a 1200 pound animal through an obstacle course of a series of twists, turns and stops.

Children with Autism often begin to say new words and attempt to express themselves as rarely seen by their parents and therapists.

Horses are responsive beings. They have an awareness of, and sensitivity to, their surroundings. Horses have as many individual personalities, physical abilities and limitations as the humans they are working with. Most of all, horses give immediate and honest feedback which can show us what we need to change in order to achieve a partnership.

