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Professional Orientation

When serving as a counselor I practice Eclectic Psychotherapy, and Equine Assisted Psychotherapy and Learning using the Equine Assisted Learning and Growth (EAGALA) model. They are described below.

Eclectic Psychotherapy: In Eclectic psychotherapy what is appropriate and efficacious from all available theories, methods, and practices is used. Contributions from many different sources are incorporated according to whether they are valid, applicable, and indicated. The Eclectic method is based on matching suitable clinical theories and practices, with the specific needs of individual clients.

EQUINE ASSISTED PSYCHOTHERAPY AND LEARNING: Equine Assisted Psychotherapy (EAP) and Equine Assisted Learning (EAL) are closely related techniques that use horses to stimulate growth and/or healing. They are both powerful and results oriented. EAP and EAL use more than the mythical healing presence of horses to facilitate change. Both rely on the horse's instincts as a prey animal to respond and often mirror human emotions in an obvious and non-judgmental way. Simply put, horses don't have an agenda; they just tell it like it is. Consequently, with EAP and EAL, profound information and self-awareness are generated in a relatively unthreatening fashion as the horse mirrors client behavior. Clients tend to be open to what they learn, and learning can be far more accelerated than it is in traditional talk therapy and/or life coaching.

People of all ages can benefit from EAP and no prior horse or riding experience is necessary. Sessions are highly experiential, open to outcome and driven by the client's needs. We find it a particularly useful tool for developing conflict resolution skills including: empathy, communication, and anger management. It is also beneficial when working on relationship problems and family issues. Ironically, horses teach us about our own humanity.

In EAGALA model Equine-Assisted Psychotherapy (EAP), clients take part in ground activities with the horses. Although our sessions may be very intimate psychologically, ours is a professional relationship rather than a social one. Our contact will be limited to counseling sessions you arrange with us except in case of emergency when you may contact us by phone.

Please do not invite us to social gatherings, offer us gifts, ask us to write references for you, or ask us to relate to you in any way other than the professional context of our counseling sessions. You will be best served if our sessions concentrate exclusively on your concerns. You will learn a great deal about us as we work together during your counseling experience. However, it is important for you to remember that you are experiencing us in our professional roles only. We assure you that our services will be rendered in a professional manner consistent with accepted ethical standards. Please note that it is impossible to guarantee any specific results regarding your counseling goals. However, together we will work to achieve the best possible results for you. Should you and/or we believe that a referral is needed we will provide some alternatives including programs and/or people who may be available to assist you.

Sign _____

Date _____