



Equine Facilitated Mental Health Association

A Section of
North American Riding for the Handicapped Association
PO Box 33150, Denver, CO 80233, (800) 369-7433 (RIDE)
www.narha.org



Year Founded: 1996

About EFMHA: EFMHA was founded in 1996 as a section of NARHA by Barbra Rector and Isabella "Boo" McDaniel as Co-Presidents. EFMHA has its own Board of Directors and committee structure. The EFMHA Board of Directors have recently updated their strategic plan and will focus on membership, professional development, marketing and infrastructure. The Equine Specialist Certification Sub-Committee, an integrated sub-committee of the NARHA Certification Oversight Committee, was an addition to EFMHA in 2006.

EFMHA Mission Statement: EFMHA's purpose is to advance the field for individuals who partner with equines to promote human growth and development so that our members, clients and equines can succeed and flourish.

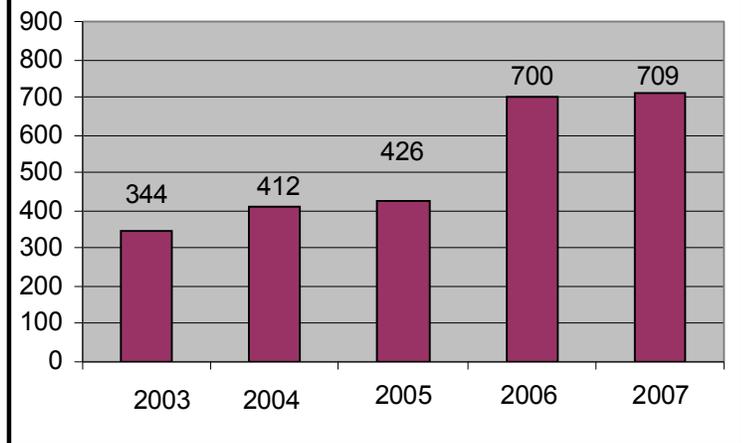
EFMHA Vision: A world in which the wisdom of equus moves us to develop and deepen our greatest potential.

What are Equine Facilitated Psychotherapy and Equine Facilitated Learning?

Equine Facilitated Psychotherapy (EFP) is experiential psychotherapy that includes equine(s). It may include, but is not limited to, a number of mutually respectful equine activities such as handling, grooming, longeing, riding, driving and vaulting.

Equine Facilitated Learning (EFL) promotes exploration of feelings and behaviors in an experiential educational format. It occurs when a person is interacting with the environment, including the people, animals and situations involved. It is learning by doing and may take place during short periods of time, such as during a workshop or regularly scheduled sessions.

Number of EFMHA Members



*2007 numbers are as of October 31, 2007
**2006 adjusted numbers

Interesting EFMHA Facts

60 NARHA-EFMHA centers are practicing EFP

125 NARHA - EFMHA centers are practicing EFL

38 EFMHA members have continued their membership and support of EFMHA since 1996

Workshops and Certifications: EFMHA has successfully held Equine Specialist (ES) Workshops for several years and has now formed the Equine Specialist Certification Subcommittee, an integrated subcommittee of the NARHA Certification Oversight Committee. The ES Certification Subcommittee is responsible for creating a certification that will be launched by NARHA/EFMHA within one to two years. In 2006 there were three ES Workshops held in North Carolina, Colorado and Indiana. Sixty individuals participated. In 2007 there were four ES Workshops held in New Hampshire, Minnesota, Ohio and Montana. Fifty-two individuals participated. Please check the NARHA calendar at www.narha.org for upcoming ES Workshop dates and locations.

