



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

Executive Director: Sheila Kemper Dietrich

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 six committees which support the board, and they are Executive, Education, Standards, Finance, Membership and Research. The Equine Specialist Certification sub-committee, a sub-committee of the NARHA Certification Oversight Committee, was an addition to EFMHA this year.

EFMHA Mission Statement: EFMHA's purpose is to advocate for the field of equine facilitated mental health and learning through support, education, and training of professionals who work with equines and humans so that they implement mutually beneficial standards of safe, ethical, effective practices.

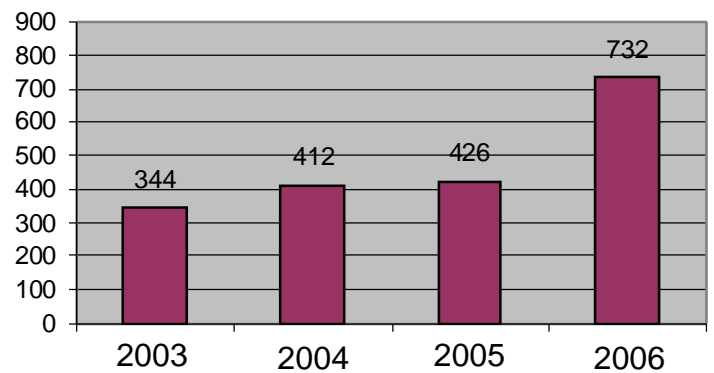
EFMHA Vision: A world in which the wisdom of equus moves us to develop and deepen our greatest potential.

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



*2006 numbers are as of September 30th, 2006.

Interesting EFMHA Facts

59 NARHA-EFMHA centers are practicing EFP.

109 NARHA - EFMHA centers are practicing EFL.

There are 38 EFMHA members who have continued their membership and support of EFMHA since 1996.

Workshops and Certifications: EFMHA has been working on their Equine Specialist (ES) Workshop over the past few years and in 2005 there were four held in Washington, Connecticut, Florida and Arizona. These four workshops were attended by 88 participants. In 2006 there are three proposed workshops. These are to be held in Colorado, Indiana and North Carolina. EFMHA has their ES Student Manual prepared for 2006's first ES Workshop in Colorado. The ES Certification will be launched within the next two years.

