



**BioPsychoSocial Clinic**

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## **HORSE-ASSISTED PSYCHOTHERAPY**

### **Why HAP?**

The non-judgmental, intuitive presence of horses creates a safe and responsive space, enabling clients to build emotional regulation, self-awareness, trust, and relational skills through body-based, experiential interaction, especially valuable when words are not enough.

### **OVERVIEW:**

BPS is happy to include amongst our therapeutic offer, Horse-Assisted Psychotherapy, which is a form of experiential therapy where interactions with horses are integrated into psychological treatment. HAP is guided by DHA-trained mental health professionals and equine and is performed at an external, fully licensed facility

This approach combines principles from psychology, neuroscience, ethology and somatic therapy based on the polyvagal theory, experimental learning theory, trauma theory, and mindfulness-based theories to address a range of mental health concerns

### **AREA OF FOCUS:**

- Children and teens with emotional or behavioral challenges
- Individuals with Autism Spectrum Disorder (ASD), ADHD, or sensory processing difficulties
- People recovering from trauma or PTSD
- Clients struggling with anxiety, depression, or emotional dysregulation
- Those who find it difficult to engage in traditional talk therapy
- Individuals with low self-esteem, attachment wounds, or relational difficulties
- Neurodiverse clients or those with physical or neurological conditions Age 6+

### **WHAT TO EXPECT:**

Each session may include:

1. Welcome & Grounding (5–10 minutes).
2. Goal setting or Theme Introduction (5 minutes)
3. Interaction with the Horse(s) (20–25 minutes)
4. Reflection & Processing (10–15 minutes)
- 5.. Closure & Integration (5 minutes)
6. Example Activities (Depending on Goal)



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## SESSION FORMAT

Sessions take place on-site every week on Mondays, from September till May (for me at least)

Each session lasts approximately 45/50 minutes. Sessions are experiential and, whenever possible, guided by the client's needs and pace.

No prior experience with horses is needed, just an open mind and willingness to engage



04-577-1289  
+971 58 823 9417



DKP, Block 11, Office 114  
PO Box 501741, Dubai, UAE



info@bpsclinic.com  
www.bpsclinic.com