



## Why Horses?

Horses are very much like humans in that they are social animals. They have distinct personalities, attitudes, and moods. They are affected by their

peers as they operate with defined roles in their herds. Simply put, horses provide vast opportunities for metaphorical learning, which is an effective technique even when working with the most challenging individuals or groups.

Horses will often exhibit the same characteristics of the participants or people they know or work with on a daily basis. As the horses mirror these behaviors they provide opportunities to explore lessons to be learned interactively. Consequently, participants see the need for change in themselves in a non-threatening way and through the process they learn new strategies in problem solving.

Because horses are sensitive and innately intuitive they have the ability to show us intimacy and teach us about relationships and the importance of creating and preserving personal boundaries. Being with them and around them is an empowering experience – one that will encourage us to feel, reach out, and connect with the world around us. This easily explains why the use of horses is growing and gaining popularity across the country.

### No horse experience necessary!

Therapy with the use of horses is an amazing and powerful way to heal individuals of all ages with physical, cognitive, emotional, and developmental challenges. Our programs are safe and effective. The success you can achieve is priceless.

*Implanting the seeds of Truth & Hope  
in children & adults*

## WHO SHOULD PARTICIPATE?

Anyone (or any group) who wants to recharge, release stress and discover their creative problem solving potential will benefit from our programs. Participation in EAP and EAL activities often starts the healing process and allows participants to gain greater understanding of themselves and others.

SFF's goal is to give everyone the opportunity to experience our programs. Fees are based through your therapists or by donation to The Spiritual Fruit Farm Ministry.

SFF does not charge for EAP or EAL but gratefully accepts donations. (Fees may be assessed by therapists.)



## HOW CAN I FIND OUT MORE?

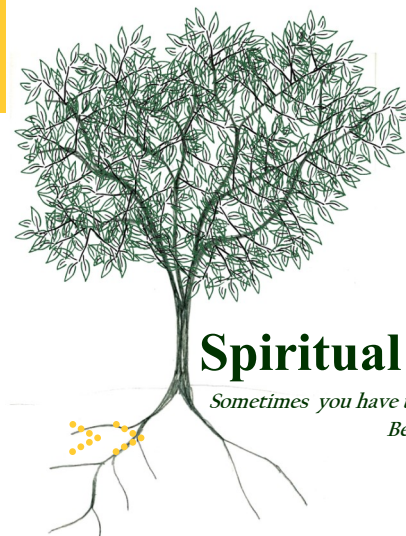
The best way to appreciate what we have to offer is to experience it for yourself. We would be happy to schedule

an appointment for you to visit our organization.

### Spiritual Fruit Farm

746 New Holland Avenue  
Lancaster PA 17602  
(717) 392-2421

Please visit our web site for more information:  
[www.spiritualfruitfarm.org](http://www.spiritualfruitfarm.org)



## Spiritual Fruit Farm

*Sometimes you have to go out on a limb for others.....  
Because that's where the fruit is*



Premier Equine Assisted Growth and Learning Non – Profit Center  
Dedicated to Providing Hope and Healing for Individuals, Families and Groups with gentle horses and the love of God.

## Our mission

Spiritual Fruit Farm Inc. (SFF) is a 501c3 non-profit corporation committed to providing individuals, families and groups with the opportunity to experience positive growth and learning to help rebuild their lives and relationships through equine learning experiences.



We use horses in a non-traditional way to help participants discover the obstacles in their lives and how to overcome them. Our programs create experiences that ultimately foster and promote healing in a Christ centered environment. Through these experiences you will learn to:

- ◆ Develop Trust
- ◆ Build Healthy Relationships
- ◆ Communicate Feelings
- ◆ Solve Problems
- ◆ Build awareness of God
- ◆ Know Who You Are in Christ

## The Founder

SFF founder, Greg Donough, with this vision and his experience, has been devoting his life to helping people using agriculture, providing an environment for emotional and spiritual healing.

Greg Donough has successfully completed Equine Assisted Learning and Psychotherapy certification through Greg Kersten, founder of EGALA, Equine Assisted Psychotherapy and O.K. Corral.

Certified in the following:

- Emotional health and growth of families
- Crisis prevention and management
- Team and leadership building for business groups

## OUR SPECIALTIES - EAP and EAL

*Equine Assisted Psychotherapy and Learning*

EAP and EAL is an emerging field in which horses are used as an experiential tool for emotional and spiritual growth and learning. This means that participants learn about themselves and others by dealing with horses and then discussing feelings, behaviors, and patterns. The focus of EAP and EAL is not horsemanship. Rather, it involves setting up activities involving horses which will require the participant or group to apply and develop important relationship skills.



**EAP and EAL** are a powerful and effective solution—focused approach that has a profound impact on individuals, families and groups.

### What can EAP and EAL do for you?

We can help you develop the following life skills:

- ◆ Accountability
- ◆ Anger Management
- ◆ Assertiveness
- ◆ Boundaries
- ◆ Communication
- ◆ Confidence
- ◆ Creative Thinking
- ◆ Overcoming Fear
- ◆ Integrity
- ◆ Leadership
- ◆ Motivation
- ◆ Patience
- ◆ Parenting and Family
- ◆ Trust
- ◆ Positive Attitude
- ◆ Problem Solving
- ◆ Relationships
- ◆ Responsibility
- ◆ Stress Management
- ◆ Team Work



## PROGRAMS

**What is Equine Assisted Psychotherapy (EAP) and why is it so effective?**

EAP is a collaborative effort between a licensed therapist and a horse professional.

This experiential program is designed to address a variety of mental health and human development needs, including behavioral issues, substance abuse, eating disorders, abuse issues, depression, anxiety, and relationship problems.

### Equine Assisted Learning (EAL)

Unlike Equine Assisted Psychotherapy (EAP), a therapist does not need to be present for all sessions and activities.

This provides a setting for people that will help build their communication skills, bolster confidence, develop better judgment, learn how to manage their emotions and be accountable for their actions.

### Equine Family Time

We provide opportunities for families to encounter a custom tailored equine experience of a lifetime. By focusing on the emotional health and growth of families, we provide equine learning activities designed to address the adversity and challenges that often occur within the family.



### EAL Team Building

These programs are custom built for any group, agency, business, or corporation seeking to strengthen and develop its team.