

Family Focus Equine Facilitated Learning (EFL)

EFL is the practice of using horses for emotional growth. Participants use feelings, behaviors, and patterns to better understand the horse and themselves. The field of using horses for learning has been proven to be very effective in building confidence, improving communication and developing personal insights. EFL works because horses mirror the emotions and behaviors of the participants that surround them. EFL builds skills in the following areas:

Problem Solving
Impulse Control
Anxiety Management
Self-Regulation
Work Ethic
Personal Responsibility

Corporate Teamwork
Confidence
Attitude
Emotional Growth
Relationship Building

Family Focus is excited to have EFL as an alternative to traditional models of treatment and learning for participants interested in self-exploration and personal growth. For more information visit <https://www.youtube.com/watch?v=QWxk3GiEGU8>



Jessica Taylor, MSW, LMSW and Donna Fargason, MD

225-231-7155

family_focus@bellsouth.net