

We Offer



Individual Therapy

Individual therapy is counseling that takes place between the client and the therapist. These sessions are completely personalized for the client, and consider the unique needs, styles and motivations of each client. There are many different types of therapy, and some approaches work better than others for different issues and for different individuals. The therapist works closely with the client to determine what the client wishes to accomplish, which approaches are a good fit over the course of therapy, and how to determine when it is time to end. The length of time a person is in individual therapy varies, depending upon what the person wishes to accomplish, the specific issues that brought the person in, and the wishes of the client. The therapist and the client collaborate to design the best course of therapy, including the duration, approaches, and goals of treatment.

At Discovery Counseling, individual counseling is offered with or without an equine partner as part of the process.

We Offer



Couples Therapy

Couples therapy is a type of therapy that offers a safe place for individuals in a partnership to work through challenges in the relationship. Couples therapy at Discovery Counseling is provided from a neurobiological perspective. This perspective helps couples develop insight into the relationship, improve communication, and begin to work as a team to problem-solve issues that are present in their lives. As with individual counseling, there are many different approaches to couples counseling, and the therapist will often integrate several to best meet the couple's needs. The therapist works closely with the couple to design the course of therapy, including setting goals, determining frequency of sessions, identifying approaches that are the most meaningful, and determining duration of treatment.

Couples counseling at Discovery Counseling can be conducted with or without an equine partner as part of the process.

We Offer

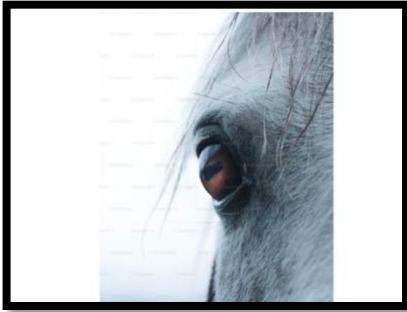


Group Experiences

We offer equine-assisted group experiences that are designed to meet a wide variety of needs. These groups draw upon the power of connection and relationship with equine partners as the foundation of every session. We can work with your group or team to create a group experience that is specifically designed to meet your needs. Groups can range from a one-time experience to a specific set of sessions depending upon the goals of the group. We work closely with the organization to understand its needs and to design a program best suited to the organization and its goals for its clients.

We have worked with school groups to build social-emotional learning skills, in-patient substance abuse rehabilitation programs, veteran's groups, trafficking survivor groups, and groups of adolescents involved in the juvenile justice system.

We Offer



Equine-Assisted Psychotherapy

Discovery Counseling provides equine-assisted therapy and learning as an option to be integrated into all services. We are trained and experienced in the Natural Lifemanship™ process, which believes that safe, secure relationships are the vehicle for all healing. In this work, we work in teams (a licensed mental health professional and an equine professional) to guide our clients through the development of a secure, attached relationship with a selected equine partner. As a human learns to build a relationship with an equine based on trust, respect, attunement and connection, they develop the ability to build these types of relationships with other humans. This process is seamlessly integrated with all modalities used in this practice, and the addition of equine partners into the work can often create experiences that add layers of complexity and speed the process. All of our sessions are held at SIRE Therapeutic Horsemanship sites, which allows for the option of equine-assisted psychotherapy in all sessions.

We Offer



Services for Equestrians

Groups:

Discovery Counseling offers a group experience designed to help equestrians develop the skills to deepen their relationship with their equine partner. Horses and humans have nervous systems and attachment patterns that are very similar. When a human is able to provide a secure base for their horse, be attuned to and aware of where they and their horse are functioning in their nervous systems, and co-regulate with their horse, the relationship between the horse and rider has the potential to become more of a partnership. Our program is created to provide information to equestrians about mammalian nervous system functioning and attachment patterns, then use that information as the basis for building a secure, attached relationship with an equine partner. The sessions can be held with our horses or with the clients'.

Individuals:

Horse enthusiasts are very familiar with falls. Often, these falls are quickly processed, and the equestrian and horse move on. However, there are times when a fall can lead to ongoing anxiety associated with riding. This anxiety is usually connected to undischarged energy that was created in the body at the time of the fall as it prepared to protect itself. This undischarged energy can lead to specific tension and bracing patterns that interfere with riding, and can create a sense of instability, thus creating anxiety. Somatic Experiencing™ is a specific treatment modality designed to help individuals discharge thwarted protective energy that has become frozen in the body. We offer a short series of sessions designed specifically to address frozen bracing and tension patterns. The number of sessions varies depending upon the needs of the client.