

THERAPY CHAT PODCAST EPISODE 56 SHOW NOTES

Welcome back to Therapy Chat! In today's episode, as a follow up to Episode 55 about falling in love in a barn, host Laura Reagan, LCSW-C interviews Charlotte Hiler Easley, LCSW. Charlotte is a psychotherapist in private practice who specializes in working with survivors of trauma using equine-assisted psychotherapy (EAP). Charlotte discusses her work using Equine Assisted Survivors of Trauma Therapy, a method she developed in collaboration with a rape crisis center when she was in grad school.

Charlotte talks about how horses are able to read our body language and react to our emotional experience. She explains what equine assisted psychotherapy is – hint: you don't have to touch a saddle. She describes how survivors of trauma working with horses are able to learn and practice new ways of being in relationship; setting boundaries; making a mind-body connection; feeling what safety feels like – because the work is all experiential. Finally, Charlotte shares about her work helping therapists create practices using equine assisted psychotherapy, and describes an upcoming retreat she is offering for trauma therapists.

This episode is a must for therapists and anyone who has experienced trauma. Charlotte shares so much knowledge! Thanks for listening to Therapy Chat. Please get in touch and let host Laura Reagan know what you thought of this episode!

Resources mentioned in this episode:

EAGALA: <http://www.eagala.org/about>

PATH: <http://www.pathintl.org/>

Charlotte's website: <https://charlotteeasley.com/>

Charlotte's Facebook page:

<https://www.facebook.com/charlottehilereasleyLCSW/?fref=ts>

Central Kentucky Riding for Hope's Facebook page:

<https://www.facebook.com/CKyRH/>

Visit Therapy Chat website at [Http://therapychatpodcast.com](http://therapychatpodcast.com) and send host Laura Reagan a voice message letting her know what you think of Therapy Chat! Did you like this episode? Did you dislike it? Let her know!

Thank you for listening!