

“Got Your Back” Saturdays

Giving Back to Those Who Serve

We partner with horses to offer life changing experiences for individuals, couples and families seeking help for anxiety, depression, grief, loss, and trauma.

We are offering Equine Assisted Psychotherapy (EAP) for Veterans, Active Duty Military, and First Responders at NO cost once a month.

Equine Assisted Psychotherapy is an experiential form of therapy that involves working with horses to address issues resulting from the effects of trauma. Horses respond honestly and without judgement, allowing clients to experience immediate and helpful feedback about their relational patterns. Horses provide opportunities to practice assertive communication, set boundaries, make requests, learn emotional regulation skills, and build trust and confidence in a mutual partnership.

Dates for Got Your Back Saturdays:

January 18, 2020	April 18, 2020
February 15, 2020	May 16, 2020
March 28, 2020	June 20, 2020

Location: Tyson’s Corner Retreat, Lampasas, Texas
(Time will be by appointment only)

If you would like more information or to schedule an appointment, please contact Monique at: annieupcounseling@gmail.com or 254-319-2628. (Appointments are limited)

Who We Are:

Kathleen Choe is a Licensed Professional Counselor with over 25 years experience in the field. She is certified in Equine Assisted Psychotherapy, Trauma Focused Therapy and EMDR. (<https://www.kathleenchoe.com>)

Monique Overmyer has served 10 years on active duty in the Army and continues to serve in the reserves. She is a trained Equine Specialist and is studying to become a therapist specializing in working with the military.

