



Counseling in Nature with At-Risk Adolescents: Equine Assisted Psychotherapy and Low Rope Techniques

Briana L Perkins

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Counseling in Nature with At-Risk Adolescents is an 8-week group therapy program outline for mental health counselors. This program describes how to incorporate Equine Assisted Psychotherapy and low ropes techniques into a group counseling session for at-risk adolescents. The manual covers a summary of each session followed by processing questions and group therapy goals.

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