

Frequently Asked Questions

- **Do kids ride horses in therapy?**

Sometimes. Riding is offered when it supports therapeutic goals and when it is safe, developmentally appropriate, and clinically indicated. Many sessions focus on groundwork, observation, connection, and relational exercises with the horses.

- **How Frequent are sessions?**

Weekly or Bi-weekly is typical, but every client is different! We'll provide a recommendation based on your child's needs.

- **What should my child wear?**

Closed-toe shoes are required for all ranch sessions. Comfortable clothing that can get a little dusty is recommended. Layers are helpful due to weather changes.

- **How are parents involved in the process?**

Your level of involvement depends on your child's age and developmental needs.

We begin with a 60-minute parent intake session to understand your concerns and map out a clear path forward. For children under 12, parents are more actively involved, with check-ins every four weeks to review progress and collaborate on goals. For teens (13+), youth are in charge of their own mental health care and privacy. We encourage caregiver involvement when appropriate and helpful to the process.

- **Do you treat neurodivergent children?**

Yes. We provide affirming, strengths-based care for autistic, ADHD, gifted, twice-exceptional, and otherwise neurodivergent youth.

- **What if my child doesn't like animals?**

The ranch offers more than equine therapy—we also have a playroom, art activities, and traditional talk therapy.

Equine Assisted Services is
Owned & Operated by the
Nisqually Indian Tribe



contact us

We offer a free 15 minute phone consultation!



(360) 948-5750



cynthia.iyall@nisquallyhealth.org

Find out more about our ranch therapist at:

www.psychologytoday.com/profile/kellyferguson

In person services are located at:
Medicine River Ranch

Located off of Saskatoon Lane SE
Olympia, WA 98513

Nisqually Equine Assisted Services

At Medicine River Ranch



Pediatric Mental Health Counseling Services



Serving Children
age 0-18
(and the people who love them)

OUR SERVICES

- Individual Pediatric Mental Health Counseling (Ages 2–18)
- Equine Assisted Therapy
- Therapeutic Horsemanship
- Play Therapy & Expressive Art Therapy
- Family Alignment Counseling
- Parent & Couples Counseling
(Including court ordered parenting coordination)
- Perinatal (Pregnancy and Postpartum) Counseling
- Recovery Support Services
- Collective Voices Restorative Justice Circles
- Equine Facilitated Learning/SEL Groups, Workshops & Camps
- Community Resource Connection & Referrals

Our Therapy Modalities

At EAS, we use Child-Centered Play Therapy, CBT, DBT, IFS, and Gestalt approaches, along with Horse Medicine—a culturally grounded, relationship-based practice. Our work is attuned to Native children, honoring cultural strengths and connection. We focus on creating a safe, relational space where children can explore feelings, build regulation skills, and strengthen identity.

What To Expect In Therapy?

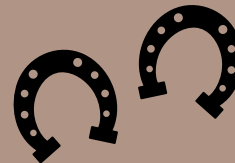
Therapy looks different for every child— But, it always starts with safety, trust, and connection.

What Kids & Teens Can Expect:

- A space to be themselves
- No pressure to talk before they're ready
- Creative ways to express feelings
- Support in understanding thoughts, behaviors and emotions
- A therapist who really listens and cares
- Horses & Culture

What Grown-Ups Can Expect:

- To feel informed and involved
- Clarity on what's behind your child's emotions and behavior
- Practical tools that work at home
- Strategies grounded in relationship and neuroscience
- A thoughtful partner who sees the whole picture



WE HELP WITH...

- Big feelings, meltdowns, and behavior challenges
- **Anxiety**, worry, panic, and school refusal
- Sadness, low mood, and self-harming behaviors
- Sensory overwhelm and eating struggles
- Grief, trauma, and major life changes
- Identity, confidence, and self-esteem
- Social struggles, peer issues, and bullying
- Support for **ADHD, Autism**, and neurodivergence

Therapy gives kids and teens a safe place to express what's hard, build coping tools, and grow into more connected, confident versions of themselves.

