**Hitched: HorsePlay Session 1**

**For one couple or couples' group**

Begin session with introductions of EAP team and couples. Let them share their expectations for the group and why they think now is the time to seek counseling. Therapist needs to discuss any therapeutic disclosure preocedures, etc. as well as objectives for the session/group.

**ASSESSMENT ACTIVITY**

**Description:** Catch and Halter Horse(s)

**Objective:** Catch and halter the horse(s) to the best of your ability and bring them back to the center of the arena or pasture.

**Setup:** One horse available per couple in large pasture/arena and provide halters and lead ropes.

**Points to Observe:**

* Did they work as a couple or independently?
* (If part of a group) Did they work with other couples or do their own thing?
* What was their communication like with one another and with the horse(s)?
* Who took the leadership role?
* How is/are the horse(s) responding to them?
* Anyone experiencing fear? How are they handling that and what is their partner's response to their fear?

**Possible Discussion Questions:**

* Would you like to share a little about what happened out there?
* Tell us about your reasons for pickinng the horse you picked?
* If you you worked as a couple, how did that impact which horse you chose?
* If you didn't work as a couple what was that about?
* In what ways can you relate this experience to "catching" your mate?
* How do you think your horse feels about being haltered? Any relation to that?
* (Share other horse observations and pose questions/metaphors based on responses/feedbck given.)