

Equine Therapy



What does equine assisted therapy do for our clients?

- Provides swift and significant therapeutic breakthroughs
- Targets underlying issues needing addressed during treatment
- Enhances spiritual growth
- Increasing self knowledge and self awareness
- Therapeutic and requires no prior experience
- Teach clients how to have fun
- Builds self-esteem, confidence and patience



Through working with horses, feelings of fear, anger, resentment, sadness, loneliness, joy and peace are brought to the surface. Most people find that they enjoy the therapeutic interaction with the horses. Equine therapy helps clients get in touch with their emotions and feelings and most participants find the therapy a rewarding change from other conventional therapies.



Healing the mind • body • spirit

1096 Alpine Drive • Sevierville, TN 37876
Toll Free 1.877.459.8595
865.774.9797

www.emrecovery.org

Private pay and most health insurance accepted. A telephone assessment is conducted to determine appropriateness for our program.

For more information or to inquire about an admission, please call toll-free today

1.877.459.8595

National Affiliations:

TAADAC Tennessee Addiction Professionals

APNC

Addiction Professionals of North Carolina



Licensed by Tennessee Department of Mental Health and Developmental Disabilities



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English Mountain Recovery is

a residential program providing

life-changing care to men and

women with addictive disorders

and support for their families.

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Our Mission

English Mountain Recovery is dedicated to providing the highest quality of recovery services to individuals, and their families at the most affordable costs. We are committed to client service, while emphasizing a spiritual foundation, true to the original concept of the 12 Steps. We are committed to promoting awareness and understanding in a supportive environment, so that our clients can experience freedom from active alcoholism and addiction.



Our Philosophy

We believe that chemical dependency is a chronic and progressive disease. However, it is an illness from which many people can and do recover. Dependency affects all areas of living including physical, emotional, social, and spiritual functioning.

We strongly believe in the principles and philosophy embodied in the 12 Step Programs. First outlined in 1935, we find this approach offers the most responsible path to recovery.

We believe that with adequate treatment and through the process of ongoing change, our clients can be transformed into responsible, capable and productive members of families and communities.

Healing the mind • body • spirit

Making recovery a reality . . .



Our Facility

English Mountain Recovery is a nationally recognized, 36-bed residential treatment facility located in the Smoky Mountains of Tennessee. Our professional and dedicated clinical team assists both men and women, and their families, on their personal road to recovery.

Our clients and their families begin a healthy transformation while finding new ways to cope with their life and recovery.



Therapeutic Environment

Set on a serene 27-acre campus in the Smokies, English Mountain Recovery provides life-changing care to people with addictive disorders and support for their families.

The Smoky Mountains create the ultimate atmosphere and serene environment for therapy. We join hands with nature's perfect settings to provide sanctuary where lives can be transformed. Our facility offers hiking, volleyball, swimming, tennis, a fitness center, kayaking/canoeing on surrounding lakes and whitewater rafting on area rivers.



Our Program

Our treatment program includes, but is not limited to lectures, films, family sessions, EMDR, 12-Step work, relapse prevention, equine therapy, experiential therapies, creative arts, individual and group sessions and other modalities of treatment. Individuals will learn how to overcome self-defeating patterns, develop new patterns of behavior and establish new, positive attitudes. The most effective treatment is when the family is involved in the process. The family begins to understand the dynamics of the disease of addiction and the recovery process necessary for all.

Ropes Course - Experiential Therapy

Our low ropes course is designed to help our clients re-develop their listening, communication, problem solving and team building skills. We have over a dozen low ropes course elements set up to help clients learn to ask for help, plan, and utilize all of their resources and to set realistic goals. Some of our elements are permanently set up outdoors and some are portable to be able to do the activity indoors in inclement weather. We use the low ropes course as a tool in assisting our clients to rebuild their self-worth and trust, while learning how to deal with frustration, stress and anger appropriately. Our Activity Therapy staff has over 25 years of experience.

