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## OUR TEAM

BINA's team of licensed mental health professionals is highly trained in the field of Equine-Facilitated Mental Health and Learning. All of BINA's providers of EFMHL services are MA licensed mental health providers and are certified through PATH International and/or Eagala. Please visit our website for more information about our programs and to view the profiles of BINA's providers.



## OUR FARM

BINA is located in one of the few areas of open land left in Lexington. Continuously run as a working farm since the mid-1700s, the farm was purchased by the Carroll family in 1887 and was run as a pig and dairy farm through the 1970s. The Carroll family is dedicated to keeping this space as a working farm, and it has been a horse farm for several years. The farm provides a peaceful and private setting in a natural environment in which clients can work towards their goals.



## GIVE TO BINA

BINA is a 501 (c)(3) nonprofit that relies on the generosity of individuals, corporations and foundations to subsidize every service we provide and to provide scholarship to those with greater need. Gifts at all levels are valued and tax-deductible to the extent allowed by law. Please visit [binafarm.org/donate](http://binafarm.org/donate) to donate today. We encourage you to ask your employer if they will match your gift to double your impact. BINA accepts gifts of securities, which may provide you significant tax benefits. Thank you for considering a gift.

## PROGRAM LOCATIONS

55 Allen Street, Lexington, MA 02421  
Dana Hall School: 160 Grove Street, Wellesley, MA 02482  
(508) 651-2462(BINA) | [binafarm.org](http://binafarm.org) | [info@binafarm.org](mailto:info@binafarm.org)



# BINA FARM CENTER

BELIEVE • IMAGINE • NURTURE • ACHIEVE



EQUINE-FACILITATED MENTAL  
HEALTH AND LEARNING



## OUR MISSION

BINA brings together individuals with and without special needs by offering a variety of inclusive enrichment programs that help them to both thrive personally and make their best contribution towards the communities in which they live. BINA provides a comprehensive therapeutic and recreational environment utilizing Equine-Assisted Activities and Therapies, Vocational Training Programs and Creative and Complementary Therapies for children and adults with physical, developmental and emotional challenges.



## EQUINE-FACILITATED MENTAL HEALTH & LEARNING

BINA offers a variety of Equine-Facilitated Mental Health & Learning (EFMHL) services which include Equine-Facilitated Psychotherapy and Equine-Assisted Learning. The goal of these therapies is to support clients in making meaningful change in their lives through carefully supervised human/horse interactions, including ground activities with the horses and activities in and around the barn. All of these unmounted activities are designed with each client's specific goals in mind.

Our treatment approach is:

- Collaborative
- Goal-oriented
- Strength-based
- Non-diagnostic
- Experiential and holistic in nature

Our therapeutic interventions are based on a combination of the modalities of both the Professional Association of Therapeutic Horsemanship (PATH) and the Eagala Model.



## WHOM WE SERVE

EFMHL services are offered to a wide variety of individuals and groups, including children, adolescents, adults and families. Group programs are available for veterans, residential youth, and other organizations. BINA also offers opportunities for corporate team building.

BINA serves clients with a wide variety of needs and challenges, including, but not limited to, anxiety, autism spectrum disorders, depression, post-traumatic stress, ADD/ADHD, eating disorders, and traumatic brain injury. BINA also serves clients with difficulties stemming from adjustment and transition, grief and loss, and relationship and communication challenges.



## FREQUENTLY ASKED QUESTIONS

### What if I am already in therapy?

Participants may use their EFMHL sessions in addition to or in conjunction with their ongoing therapies. Due to the experiential nature of the work, some participants find they can more easily identify core issues in the farm setting than in more traditional talk therapy.

### Do I need to have previous experience riding or working with horses?

No. Clients do not need to have any prior horse experience in order to participate in EFMHL. All of BINA'S therapists are MA licensed riding instructors, in addition to holding various therapeutic licenses. Ensuring that our clients have a safe experience, both physically and emotionally, is at the core of our treatment process.

### Why horses?

Clinical evidence shows that horses have a special ability to help individuals work through emotional barriers without shame or stigma. In EFMHL, horses serve as powerful stand-ins for the people, issues and challenges in a client's life. The horse's innate capacity to read and respond to an individual's non-verbal signals can lead to powerful emotional breakthroughs and life-changing insights. Hands-on and action-oriented "horse lessons" enable clients to understand and recognize nonproductive patterns of thought and behavior, as well as to build on personal strengths and initiate significant change in their lives.

### Are EFMHL services covered by insurance?

BINA is not a member of any health insurance networks and does not bill insurance companies directly. You will need to contact your insurance company to understand if you are eligible for reimbursement of "out of network psychotherapy services." BINA will provide you with the documentation required to seek reimbursement from your insurance company for payment for our services.

