



ABOUT Us

Donna Maglio, LCSW
EAGALA Certified

Donna Maglio believes that people have the capacity to grow, change and adapt. Her treatment methods are based on each person's individual needs. She uses a variety of therapeutic modalities including insight-oriented, cognitive-behavioral and experiential. Maglio has many clinical interests and is comfortable working with a diverse client population.

Maglio is the owner of Trinity Psychotherapy LLC. Along with over 25 years of working with horses, Maglio is a licensed clinical social worker and is certified through the Equine Assisted Growth and Learning Association (EAGALA) to provide Equine Assisted Psychotherapy (EAP) and Equine Assisted Learning (EAL). She received her bachelor's in psychology from Rutgers University and her master's in social work from the University of Pennsylvania.

Pam Milner
EAGALA Certified

Pam Milner understands the imperatives of collaboration in all that we do. Her lifelong involvement with horses and her lifelong commitment to health care clients inspired her to start the SPIRIT Program with Maglio.

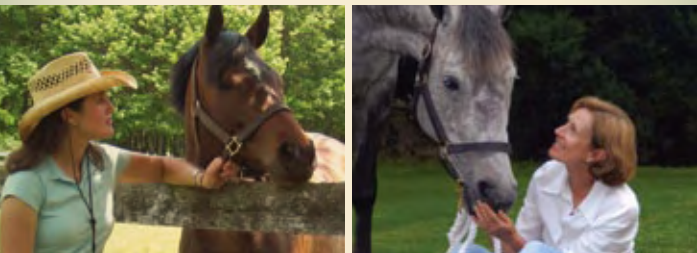
She has spent more than 28 years working with architectural firms directing program development and design efforts for a variety of health care and research clients both domestically and internationally.

Her client list includes U.S. Army Corps of Engineers, U.S. Army Health Facility Planning Agency, National Cancer Institute, National Institute of Allergy and Infectious Diseases, Center for the Intrepid at Fort Sam Houston and National Intrepid Center of Excellence at the National Naval Medical Center and the University of Virginia Health System. Milner received her bachelor's in liberal arts from the University of Colorado.

For more information, visit
www.SpiritProgramVA.com
or call 908.894.2211.

Located at the base of the beautiful Blue Ridge Mountains, the SPIRIT Program provides equine-assisted learning and psychotherapy in a quiet, private setting. SPIRIT helps clients become more self aware, and to learn to trust their own intuitions and abilities in an emotionally safe environment.

We conduct our program with the highest safety and ethics. The mission and standards of the Equine Assisted Growth and Learning Association (EAGALA) guide our work. This model is dedicated to improving the mental health of clients working with at least one licensed mental health professional and one qualified horse professional.



SEEK PLAY IMAGINE RENEW
INTERACT TRANSFORM

Seeking
*an alternative approach
to traditional therapy?*

*Or life-skills learning
or team building?*



**Our horses can
help you grow.**

SPIRIT
HORSES INSPIRING HUMANS





Equine Assisted Psychotherapy (EAP)

What is it?

EAP uses horses experientially for emotional growth and learning in humans. It is a collaborative approach between a licensed mental health professional and an equine specialist working with clients and horses to address treatment goals. No prior experience with horses is necessary, as the focus of EAP is not riding or horsemanship.

Why try it?

The approach has been compared to the ropes courses that challenge people both physically and emotionally, but EAP has the added benefit of using horses—living beings with minds of their own. Through EAP, you will learn about yourself and others by participating in on-the-ground activities with horses. You then can process feelings, behaviors and response patterns in a non-threatening way.

Equine Assisted Learning (EAL)

What is it?

EAL is a form of experience-based education that uses horses for personal growth and life-skills learning in individuals, as well as for organizational team building and leadership development. No prior experience with horses is necessary, as all of the work is done on the ground.

Why try it?

In a safe and stimulating environment, you will learn more about yourself and others by relating interactions with horses to interactions with people in your life. Horses' sensitivity to nonverbal communications helps them read people, reflecting group and individual emotions through observable behavior such as pinned ears or a swishing tail. The emotional "mirroring," the instinctive social structure of the herd and the fact that horses are prey animals all play a role in the equine classroom.

At SPIRIT, we offer the following services:

- Individual sessions
- Group sessions
- Programs for the military and their families

The Spirit Program

Our program helps with the following issues:

- Attention-Deficit/Hyperactivity Disorder (ADHD)
- Anger Management
- Anxiety Management
- Social Skills
- Bipolar Disorder
- Depression
- Oppositional Defiant Disorder
- Post Traumatic Stress Disorder (PTSD)

Our program improves:

- Confidence
- Leadership
- Teamwork
- Personal insight
- Creative thinking

