

Denise Hefley M.A., L.P.C. has been a counselor for over 11 years and has worked in Equine Assisted Psychotherapy since 2016. She has also worked in and continues to work in a traditional talk therapy modality in an office setting. She has been EAGALA certified since 2016 and first became interested in the Equine Assisted Psychotherapy approach many years ago. She has worked with many different populations throughout her career. She is also trained in EMDR and is currently seeking her Natural Lifemanship certification in Trauma-Focused Equine Assisted Psychotherapy. She enjoys seeing and being a part of transformations that can take place when horses are involved in the process.