

EQUINE ASSISTED ACTIVITIES



Equine Assisted Activities at Dream On Curls Riding Center

~ The therapeutic sessions are set up to focus on and support the clinical goals of each individual participant. We can collaborate with the rider's case manager to set and meet those goals.

What our participants can achieve during their sessions:

- **Improved communication skills - verbal/non-verbal**
- **better understanding of personal space and how to maintain it**
- **Build trust in themselves and others**
- **A better understanding of how their actions affect their environment**
- **Increased confidence level, fostering independence in everyday tasks**

No Riding Necessarily Needed !

Dream On Curls Riding Center has implemented a new program called Crossroads To Recovery in which we focus on the behaviors of addiction : substances, impulse control disorders, behavioral addictions to name a few. These sessions can be tailored for private or small groups. In this program – the participant can work on the ground with the horse and gain more than you would believe! Attendees can graduate to riding when they are comfortable – or stay working with their unmounted activities. Ground work with horses may seem more like play than therapy ~ the horses are used as tools for clients to gain self-understanding and emotional growth among many other benefits .

Just a very few of the Benefits of Ground Activities with our horses and the planned activities :

- Participants have the opportunity to practice strategies learned in traditional therapies.
- Presents the opportunity to focus on ‘one step at a time’ – small steps lead to the larger goal.
- Breathing skills ~ clients learn how to use breath to slow and stop racing thoughts, negative emotions, feelings of frustration and feeling over-whelmed.
- Learning that mistakes happen – they are something which help us all learn more – not something to beat ourselves up about. If you make a mistake – you can adjust and move on from there and still remain successful ~

All of these skills are practiced within the hands on experience with our horses – providing a real life opportunity to learn and grow in a safe controlled setting.

Psychosocial benefits reported are improvements in self-esteem, self-image and interpersonal skills.

We can do weekly progress notes to facilitate clinical funding

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<http://www.dreamoncurls.com>