

EQUINE ASSISTED ACTIVITIES



Equine Assisted Activities at Dream On Curls Riding Center

Benefits of Including the Support Staff/Shared Living Providers/Clinicians !

- Allows for an opportunity to build stronger relationship and trust between client and COS that will translate into other areas of ISA goal work.
- Provides COS/caregiver with opportunity to learn skills taught to client in order to help facilitate then using in other areas of their life in order to help meet ISA goals
- It allows the client to have someone with whom to process both before and after session in order to help for greater growth towards ISA goals.
- Witnessing first hand what the client experiences lends insight into the areas on which to focus with the ISA goals.

Dream On Curls Riding Center offers private and group sessions. Working with the ISA goals of each client; specific lesson plans are developed for each participant. Some of the goals can include: improve self esteem, multi tasking, planning ahead, communication, relationships, being assertive rather than aggressive, self discipline and independence. At times work may be done completely on the ground to build a bond of trust and understanding between horse and rider. Examples of this may be working through an obstacle course, lunging, grooming, and tacking up the horse.

We can do weekly progress notes to facilitate clinical funding

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<http://www.dreamoncurls.com>

All the necessary forms can be downloaded from the web site !