

Therapeutic Horseback Riding



Therapeutic riding at Dream On Curls Riding Center

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

What our riders 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**

Time spent with the horses in a therapeutic setting impacts every aspect of a participant's life in their outside world. Through equine therapy – riders learn more about body language, boundaries, getting needs met, problem solving, strengths, survival skills and relating to others in healthy ways.

Being Around Horses Significantly Reduces Stress Hormone Levels

- A recently published study has determined that kids who work with horses have a significant reduction in stress. The study represents the first evidence-based research to support reports by therapeutic horsemanship professionals, parents and children of the positive impact of human-equine interaction.
- The study was conducted by Washington State University and involved a 12-week

equine-facilitated program for children in grades 5 through 8. The program provided weekly sessions in which the youngsters learned about the behavior, care, grooming, handling, and riding of horses.

Dream On Curls Riding Center has developed a program to address many various issues and disabilities- just a few of those programs are :

♥ **Healing With Horses ~ Individuals in transition**

♥ **Prism Pony Posse ~ for any participant on the spectrum**

♥ **CrossRoads to Recovery ~ for those struggling with addiction**

Any of these programs can be tailored for an individual or a group setting – up to 4 participants

Remember – Being in the saddle builds fitness and confidence. Feeling fit and more confident improves an individual's everyday life in general. Therapeutic riding helps facilitate the confidence, self-esteem and problem solving skills of children and adults with physical, emotional and / or learning disabilities

We can do weekly progress notes to facilitate clinical funding 802-885-4126

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<http://www.dreamoncurls.com>