



Healing Through Horses

Equine Assisted Mental Health Program

www.healingthroughhorses.net

Greetings,

Welcome to Spring!!!! New Mexico is beginning to see the end of winter and welcoming the new life of spring. The horses are shedding their thick winter coats, looking for their favorite curry comb and basking in the the fresh dirt and sunshine. Today the sun is shining, the wind is blowing gently, the music of the chimes ring gently in the distant, the irrigation ditches are running high and in the young green pastures, your eyes meet the newborn calves. They stand close to their mothers and with a small nudge, she encourages them to play with abandon. What a gift to witness the new life spring brings to creatures large and small.

***We hope you are well and ready to rejoice
in the newness of the seasons to come.***



Last month, I attended the Psychotherapy Networker Symposium in my old stopping ground; Washington, DC. When I lived in DC, one of my favorite times of year was when the splendor of the cherry blossoms were present. The Jefferson Memorial has always been one of my favorite monuments to visit. I had many lovely quiet moments standing in the shadows of the night as I stood next to the statue of Thomas Jefferson. My memory of this, brings humility and gratitude to my soul. The conference was exciting, stimulating and offered me an opportunity to meet other therapists from around the country. What I learned was how EAMH can be partnered with so many other modalities of traditional treatment. It was amazing as I was sitting in the workshops and thinking.....

YES!!! EAMH works and works well.

I have always believed this. It was exciting for this to be acknowledged in such a group of esteemed colleagues. I returned energized and eager to share EAMH with other practioners, teachers, caregivers, parents and KIDS!!!!

PARENTS~ TEACHERS ~ MENTAL HEALTH PROVIDERS ~ PROBATION AND PAROLE OFFICERS ~ SOCIAL WORKERS ~ THERAPISTS ~ MEMBERS OF THE JUDICIARY ~ If you know of anyone who may benefit from our services, please pass this newsletter onto them. I look forward to meeting you and sharing the healing power of the horses.

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News from the Round Pen



Ever feel like you been bucked off course and could not figure out how you landed on the ground, again? As you look up at the sky, have you asked yourself "how did I get here again?" Well, I had one of those experiences recently. I entered the day with optimism then my sense of direction plummeted. I began to question whether or not I could continue to run a business, take care of my horses, the day to day operation, answering the phones, writing reports, billing, caring for our clients and myself all at the same time. I hit the wall. Like a young horse in the round pen being challenged to trust, to learn and to try new things, we become fearful and doubtful. We change our direction and pace. We doubt ourselves. I questioned my strength, I questioned the strength of the horses and the Universe. When I was finally able to see beyond my own fear and fatigue, what I realized is that it is not the "stuff" I have to do that was challenging me, it was the fact that my self-care was suffering. I love what I do and do what I love!!!! Can you say that each morning when you wake up and embrace another day? I truly hope each and everyone of you can; and can say it with a sense of pride and contentment. In order for me to stay strong, focused and realistic, I will ask myself "How will I honor myself today?" "How will I honor others today?" I invite you to do the same. Take a moment out of your day for yourself. Rest easy and ask yourself these questions. The answer will emerge in your determination to make your life full and whole. What a gift you can offer to those who surround you!!! So, hang on, sit back and low, give yourself some headroom, look where you are going and ride it out. Before you know it, your pace will return, your direction will be clear and you will have made it through another one of life's little obstacles.

Healing Through Horses Heads to School



Healing Through Horses has been successful in working with the Abiquiu Elementary School and continue to discuss how we can expand our program to meet the needs of our young community members. We recently met with the Director of Special Education at the Cuba Independent School District and have agreed to provide an EAMH pilot program for high school students. In addition, we have been invited to offer

EAMH services to all students who receive behavioral health services through their school based Wellness Center. We will be conducting our EAMH sessions at the Sandoval County Fairgrounds. Both programs will begin at the start of the next school year!!! Stay tuned as we round up the horses and iron out the final details.

Healing Through Horses currently has after school openings. We will be offering workshops throughout the spring, summer and fall. Stay tuned for more information on our workshop series. If you would like more information, please give Judy a call (505) 685-0596 or email her at:

Judy@healingthroughhorses.net.



Guapito's sister, Linda and mother, Blanca

Happy Trails,

Judy

Judy Schneider

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