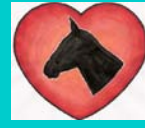




Healing Through Horses

Equine Assisted Mental Health Program

www.healingthroughhorses.net



Greetings,

This time of year is one of my favorites. I love the clear evenings with the stars out bright and bold. The sky is strong. The birds are migrating overhead and the birds of prey are beginning to appear near our home. Soon, we will be able to see the most majestic of all, the American Bald Eagle. I love to ride in the field next to us near the river. If I am lucky enough, the Eagle will be hunting and making large elegant turns, looking and waiting for their next meal. We also have an active Coyote pack, a Bobcat was recently seen and of course alot of other critters roaming about.

Each time I go out with the horses and watch them, I am reminded how little I really know. I am a student and most of all a child at heart. I love to learn and grow. The horses arrive in their own way. They expect nothing and give so much. I attempt to mirror them as I am with our clients. To just show up and learn from them. Allowing whatever it is they bring, to manifest in its own way and take flight. If I am patient and trusting, through the horse, our clients learn about themselves, their hearts, their challenges and most of all their strengths. I am very grateful for my life here with the horses.

To all of the Veterans, their families and friends, I am grateful for your service and dedication to our country. My heartfelt respect and admiration goes out to each and everyone of you!!!

May you all have a peaceful and bountiful Thanksgiving.

News from the Roundpen

As mentioned in our last newsletter, Shaun Kastelic, is a graduate student completing his counseling practicum at our program. He is also a first year 3rd grade teacher. He recently shared how at times, his young students are less than focused and cooperative. Shaun was introduced to the roundpen. He spent about 30 minutes with Madonna. Madonna is a mare who is an excellent teacher. She trots to her own tune, bosses the geldings around, is lead mare and queen of the herd!!! The "boys" know where they stand at any given time and are more than eager to please her. She is also very independent, sure of herself and has no problem setting firm limits and boundaries. She is a great role model.

After Shaun's first experience in the roundpen, he enthusiastically reported he has adjusted his teaching style, stepped out of the box and became more flexible and creative with his students. He learned to reward the slightest try, encourage his

aware of his intentions. He has learned how to engage without asking to much, rewarding without compromise, disengaging when confronted with negative behavior, inviting students into his circle and most of all, has a fresh outlook on how successful both he and his students can truly be. I am inspired by his growth and willingness to learn. The life lessons he is teaching has opened their eyes, ears and hearts to a new arena of growth and development.



Madonna teaching Shaun about cooperation

Mary-Anne Fleetwood visits Healing Through Horses

One sunny afternoon this past September, we had a serendipitous meeting with author, Mary-Anne Fleetwood. She was passing through Abiquiu and saw our humble roadside sign. After driving to our barn, she introduced herself and told us of her work on behalf of the wild horse population in this country. She was enthusiastic, articulate and curious about all things related to horses. Her interest in Healing Through Horses was obvious and we offered her information to read when she had time. She was then back on the road to Nevada where she was to meet with others who work on behalf of the wild horses; whose fate looks more bleak with each passing year. Mary-Anne returned about a month later for a Healing Through Horses experience. Her thought was to possibly include us in a book she is presently writing about the wild horses. We introduced her to our herd and she chose Guapito as her partner for the day. Mary-Anne gleaned some illuminating insights from her time with Guapito; and then thanked us warmly for sharing our work and family of horses with her. We look forward to continuing our relationship with Mary-Anne Fleetwood ~ author/horse advocate. To learn more about Mary-Anne, please contact her at: maryannefleetwood@access4less.net



Mary-Anne Fleetwood and Guapito

Healing Through Horses and Swedish TV

Healing Through Horses has been contacted by a Swedish filmmaker, Christina Rahm Galinis, who visited our program this past summer as she and her traveling companion were touring the Southwest. Christina and a photographer are making plans on filming our program in action. We are so very honored to be part of this collaborative effort. We hope to share how effective Equine Assisted Mental Health is and how the horses truly transform lives. We will keep you updated on this very exciting and special project.

We are currently working on developing workshops for mental health providers, court personnel, parents, teachers and caregivers.

If you would like more information, please give Judy a call at (505) 685-0596 or email her at: judy@healingthroughhorses.net.



Happy Trails,
Judy

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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