



Healing Through Horses

Equine Assisted Mental Health Program

www.healingthroughhorses.net

Greetings,

It is hard to believe the summer heat is behind us, the mornings are crisp and the evening skies are filled with stars and magnificent cloud formations. The horses are responding to the change of season in their usual fashion. Taking things in stride, shedding and growing their winter coats!!!

As I watch our herd, I am reminded to walk slow, not to worry about what will be and to just enjoy the simple pleasures in life. They are great teachers. They are patient, non-judgmental, interested and forgiving. They are the perfect soulmate.

My hope for each and every one of you is that you have found or will find your soulmate, to support and nurture all of your dreams.

Remember they can appear with either 2 or 4 legs!!!!!!!



Mari, Judy and Jack helping each other out at midnight

Provider Open House

On September 14th, we had our first provider open house at Healing Through Horses. We feel very fortunate to have the support of the community and fellow colleagues. Thank you to all who attended !! If you missed this one, stay tuned, as we will be making this an annual event. We hope to see you both at and around the barn.

If you would like to make a referral
call Judy at (505) 685-0596.



Jack helping out with how to put a halter on

Community Presentation

On September 10th we presented our Equine Assisted Mental Health Program at the Rio Arriba County Juvenile Justice Board Meeting. We were greeted with both enthusiasm and interest. Well, the time has come and we are looking forward to offering our services to elementary and middle school students.

A message of gratitude goes to Jack Ortega for making room on the agenda for our program and to Shannon Knapp of Horse Sense of the Carolinas for her guidance and support. Visit Shannon's outstanding program at www.horsesenseotc.com.

Healing Through Horses partners with the College of Santa Fe

You may recall we have had a volunteer coming out since January of this year. He recently asked us if he would be able to complete his master's level practicum at our program. After meeting with his academic advisor, he has begun his equine and clinical studies with us at Healing Through Horses!!! I am thrilled to welcome Shaun Kastelic to our program and look forward to his help, insights and enthusiasm.

As I was creating Healing Through Horses, one of our program goals was to be able to offer EAMH to college students. It is amazing how a well thought out intention manifests into reality. The possibilities are limitless!!



**Shaun is experiencing the roundpen for the first time.
He is beginning to understand how pressure can create
resistance and cooperation.**

We recently had a young client attend his 1st "real" EAMH session. After he spent time with the horses he became more relaxed and was asked what he learned about himself. He looked down at his feet, then at the horses and replied, " I don't have to be scared if I have information." This little boy who was first hesitant to enter the arena, stand near the horse, touch and walk behind him, was no longer afraid. He asked if he could go for a ride. He was led around the arena, rode without any hands and laid down on the horse as he and his horse took a few steps. As he dismounted and walked towards his mother, I swear he grew several inches. His posture changed, he walked with a more relaxed gait, he held his shoulder back and his head up high. He had the most charming smile. Not only did he learn something about himself, he also taught me, we are all students of life!!!

If you would like to experience how horses can help you or someone you know, Please contact Judy at (505) 685-0596 or email her at

Judy@healingthroughhorses.net

Happy Trails,

Judy

Judy Schneider

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