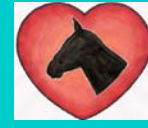


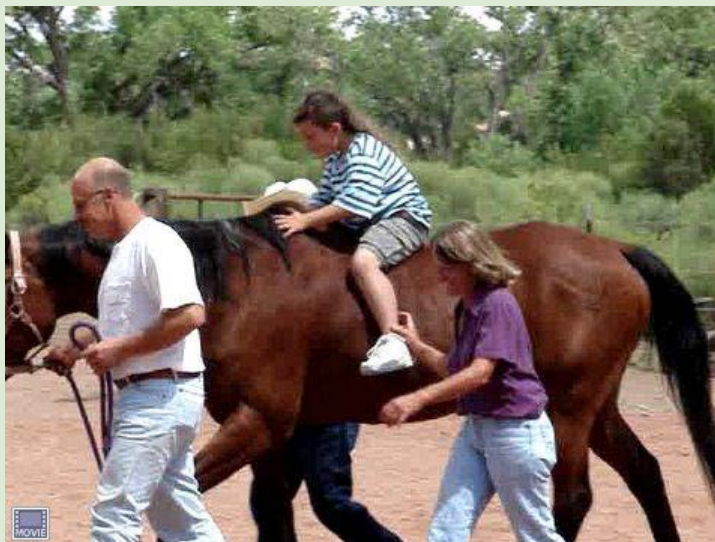


## Healing Through Horses Equine Assisted Mental Health Program



Greetings,

It is hard to believe the summer has almost gone by. The days here at Healing Through Horses have been filled with adventure and new beginnings. We had our annual community open house in August. We had visitors from New Jersey, New York, Louisiana and of course from our local area. The kids had a blast getting a chance to groom and go for a "ride" on Jack. The highlight of this day was when a mother told us her young son has always been afraid of ALL animals, even though they have many pets at home. She described him as being "petrified". His fear has ruled his life for some time. His other siblings, entered the arena in a flurry of energy and enthusiasm. This little boy, stood on the outside of the fence looking on with a grimace. When he was invited to come in to visit, he began to shake and dance in place. His feet were going a mile a minute, his eyes reflected fear and his smile made us realize, with some gentle encouragement, he could move beyond his fear. We stood with him as he talked about being afraid, wanting to leave and worried about being stepped on. As I placed his hand on mine he traced my hand print on Jack. He began to move closer and closer. Eventually, he made his way towards Jack and gently placed the side of his face on his withers. He was amazed at how soft he was and that he did not move or protest. He continued to groom Jack and was fascinated how his hair was growing in different directions, his smell, how his mane felt and how Jack was almost falling asleep!!! As he got his courage up, he went for his first horseback ride EVER!! At first, he held the fetal position, clinging onto Jack for dear life. A few minutes after his turn was over, he got off and yelled, Can I go again? Well, the next time around, he was cracking jokes, closed his eyes and was riding with no hands. What I learned from this little boy was that all things are possible. Funny, what you can learn from a 6 year old!!!!!!!



## Provider Open House

Healing Through Horses is hosting a **provider open house on September 21, 2008 from 1pm-3pm**. Come on by and meet other professionals in the area who are interested in combining Equine Assisted Mental Health with traditional and alternative methods of healing. We look forward to this great opportunity to network and expand our resources.



## Horsemanship and Equine Assisted Mental Health Clinic

Healing Through Horses will be sponsoring an all day clinic focusing on horsemanship and how it relates to Equine Assisted Mental Health. Joining us in this inaugural event will be Jennifer Humphrey from HorsesFirst. Jennifer is a long time friend, mentor and one of the most gifted horsewomen I have ever met. The clinic is scheduled for sometime in October. We will be sending out updated information once the date is secured. Keep an eye out and save the date. This clinic is geared for clinicians who want to learn more about the field of EAMH and how they can enhance and develop their equine skills.



As we enter into the fall, we continue to look forward to creating many exciting opportunities to bring new programs, training opportunities for providers and to enhance the quality of life to our clients and community. We currently have after school and weekend openings in our program.

Please contact Judy at (505)685-0596 or email her at [Judy@healingthroughhorses.net](mailto:Judy@healingthroughhorses.net) to schedule an appointment, make a referral and to obtain more

information about our program.



Happy Trails,

**Judy**

Judy Schneider

**Healing Through Horses**  
**21074A Highway #84**  
**Abiquiu, New Mexico 87510**  
**(505) 685-0596**  
**[www.healingthroughhorses.net](http://www.healingthroughhorses.net)**