

The horses seem to portray an unconditional acceptance of people without the worries of skin color, size, attractiveness or intelligence. These Equine Assistants seemed able to touch deep recesses in clients that are largely inaccessible to others; regions most are afraid to address in others, much less themselves. They were able to reflect how clients interact with people, mirroring and responding accordingly.

I did not realize at the time that there is an entire field devoted to this idea. "Equine Assisted Psychology" or "Equine Assisted Growth and Learning" are professional fields now using horses as a tool for emotional growth and learning. The focus is not riding or horsemanship but rather on non-verbal communication, assertiveness, creativity, problem-solving, leadership, relationships, confidence and attitude building. It addresses a variety of mental health and human development needs including behavioral issues, attention deficit disorder, substance abuse, eating disorders, abuse issues, depression, anxiety, relationship problems and communication needs.



"My mom could never have dragged me to a counselor, but horses? Sure, I'd love to meet horses. I never would have dreamed I would learn so much from them about myself. I'm happy now. The changes made at Moravian Meadows have been wonderful!"

Again, one might ask: "why horses?" Horses are very much like humans in that they are social animals with clearly defined roles within the herd. They have distinct personalities, attitudes, and moods. Most importantly, horses have the ability to mirror what people are feeling; a horse is consistent in its awareness and very honest in how it will approach what you are feeling. As such, they are easily able to read the client's non-verbal communication and react to it. They are able to confront what is seen, and act as a metaphor for relationships accordingly. You need no experience with horses to benefit from this therapy!



"I'm terrified of horses. I only came to Moravian Meadows because my friend asked me to. On my second visit, I again stood away from the paddock. A young colt seemed curious, walking by and standing as close as he could get to me. He kept nodding at me, as if to urge me closer. He seemed small enough, and when Marie invited me over, I was surprised to find myself reaching out to him. His nose was soft and steady, he did not move a muscle. At last, he gently nudged me, and I found myself crying. Was it because of what I'd seen happen in my friend's life at Moravian Meadows? This was very new to me."



Moravian Meadows
Equestrian Therapy

Moravian Meadows is located near Cambridge, Minnesota; approximately one hour from the Twin Cities and one hour from St. Cloud.

For more information, please call 763-639-9774. Ask for Marie.

**Note ALL photos are not actual clients or patients of Moravian Meadows, but visitors and friends. Photos used with permission.*

Moravian Meadows
Equestrian Therapy



Horses & Healing



“Refuge”

So many people today seek a safe haven of rest, a safe place where they might “regather” themselves for the life that often is stressful, threatening, and frightening. At Moravian Meadows, we try to offer safe, restful reflection assisted by horses.

Why horses? Some years back, we began to observe something unusual happening when people visited our home and met our horses. There was a connection, a bond, a trust, a “rest” of sorts we had not earlier seen. Hesitantly, we began to include the horses in our therapy sessions and found that horses have an uncanny way of mirroring many things in people.

In 800 AD, Surtees wrote: “there is no secret so close as that between a rider and his horse”. Our horses seemed able in a short amount of time to earn the respect and trust of hurting people in such a way that people began to open themselves to new things.

Often it might take weeks or months for an adolescent to open up to me; with horses, this would happen in one week!



Are you...

☞ A parent with a child in need of help but the child is unwilling to face a therapist in a traditional office? Perhaps Moravian Meadows might offer a safe haven of rest and recovery.



☞ A business trying to sort out how to better equip team building in your corporation? Leadership skills, interactive therapy and team building are areas we see tremendous growth and cooperation in when combined with Equine help!

☞ A therapist whose client is not moving forward? Perhaps Moravian Meadows might offer a new tool of help. We are willing to work with therapists, with minimal additional cost to the client for our services.

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☞ Or are you someone looking for refuge and safety and help yourself, are you willing to try a new approach? Moravian Meadows offers a variety of services please call 763-639-9774. Ask for Marie. Marie is certified by EAGALA at a level one, working with your therapist or with another qualified Equine Specialist. All information is strictly confidential.

“I have worked with one client for years. When he asked me what I thought about Moravian Meadows and horses helping, I said: “Why not?” We broke through trust barriers the first visit! We made more progress in four months than either of us dared to hope for. Definitely worth trying!”