

July Newsletter



Making Therapy Fun

For me, remembering how to play and practicing the feelings of fun and freedom as a child is foundational for my approach to therapy! We often get creative using paint, crafts, dance, song, and adventures to open meaningful conversation and remember how to be joyful or even just “OK” for the hour they are here at Mended Hearts Stables.

Double Win this day as the donations for “Red Nose Event” also go to a great cause!

Red Nose Day is about coming together to end child poverty, one nose at a time. When you buy a Red Nose, your money supports programs that keep children safe, healthy, and educated – both here in the United States and around the world. When you see these in stores it is an opportunity to connect with your child and enter their world (if even for a moment) while being part of a larger force for other families that often do not have the luxury. Visit www.rednoseday.org for more information.



Interpersonal relationships, communication, coping mechanisms, and a safe environment to process grief or trauma – all from a platform of play and energy.

Who knew work could be this exciting ?

See you soon friends,
Pennie Holmes M.S., LPC

Social Media Tips for Teens

From the American Psychological Association

The U.S. Surgeon General has updated guidelines for use of social media for children and teens:

- Limit use of social media for social comparisons, particularly toward beauty or appearance.
- Use should be tailored to the child's' developmental capabilities and age.
- Educate children about “cyberhate,” including racial, ethnic, gender, sexual, religious, and ability status

For more, see:

<https://www.apa.org/topics/social-media-internet/health-advisory-adolescent-social-media-use>



SAVE THE DATE!

Mended Hearts Open House

Join us September 23
from 5:00 - 9:00 p.m. for
live music, food, and fun!

Meet the therapy
animals and staff, and
learn more about how
we work to improve our
clients' mental health.



Time for a Pupdate

Many of you have met
Mischka and Obi-Wan Kenobi
since they joined our team in
January, but did you know
they are working hard to
become certified Psychiatric
Service Dogs (PSD)?

Unlike therapy dogs or
emotional support dogs,
PSDs are specially trained to
assist individuals with post-
traumatic stress disorder,
panic attacks, or other
diagnoses.

The PSD may help with
grounding, pressure therapy
(where the dog jumps on the
person and provides pressure
using their body), or by
alerting the person that an
episode is about to take
place.

Stay tuned for more details!



Why Try Equine Therapy?

Several scientific studies have
explored the effectiveness of
equine-assisted therapy for
treating issues like anxiety,
depression, substance use
disorders, PTSD and others.

Clients learn to build trust and
self-confidence, as well as
verbal and nonverbal
communication skills with
their equine partner. In
addition, working with a horse
requires emotional regulation,
self-awareness and self-
control. These skills can be
transferred over to daily life.

The horses can also be a tool
for learning mindfulness,
encouraging the rider to focus
on the present moment while
reducing stress and lowering
the heart rate.

Visit [https://mended-
hearts.org/equine-therapy/](https://mended-hearts.org/equine-therapy/) for
more.