

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/> for more.