

# Family Equine-Assisted Therapy 6 - Week Program



**Bringing Families Together**

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A dark brown horse's head is visible in the upper half of the image, looking towards the camera. In the lower half, a dog with black, white, and grey patches is seen from behind, looking towards the horse. The dog is wearing a red collar. The background shows the metal bars of a stable stall.

# Family Equine-Assisted Therapy 6-Week Module

## Week 1: Communication

*Trust yourself/Trust your horse*

## Week 2: Building Trust

*Trust yourself/Trust your horse*

## Week 3: Safety/Anxiety

*Up Against the Wall*

## Week 4: Boundaries

*My bubble/Your bubble*

## Week 5: Autonomy

*Cones of Growth*

## Week 6: Forgiveness/Wrap-Up

*Forgiveness Ceremony/Vision Boards*

Engagement with horses create shifts in the physiology and psychology of the human. By harnessing the power of the horses through the experiential interactions we can change the mind, body, and soul.

Contact is an energetic interaction that happens between human and human and human and horse. When this occurs, it creates a shift within us, it's what begins true connection. While being in contact and connection, along with working through the lens of horse, they have this natural ability to hold a non-judgement mirror, that reflects parts of ourselves that we can't see or don't want to see. In this safe container, the horses can assist in us touching into our core and our heart. By touching into this felt sense within our bodies, it

can reflect the relationship with ourselves and others. It will show us the "old story" or a worn out cycle of negative internal dialogue that has us stuck and unable to move. When we are working with the horses in this setting these pieces get acknowledged and it opens us up for an opportunity to work through these blindspots and create new movement and change.

Want to work with us, the horses, and other families on a journey of healing and self discovery and deepening of your relationship within your family system?

This is an opportunity for you and your family to build trust, safety, cooperation, while developing effective communication skills.

We have two therapists, one working with the parents and one working with the teens. Then we bring the families together through out the program to create connection and healing.

We look forward to connecting with your family.

