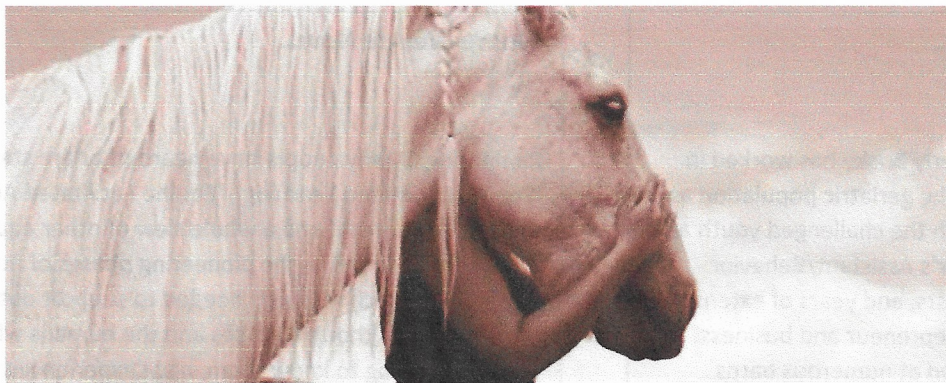




SONNYDAZE RANCH

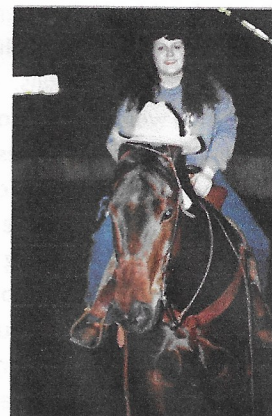
NEWSLETTER

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How It All Began

SonnyDaze Ranch is a culmination of hard work, life experiences, and big dreams that has been in the making for more than 40 years. It all began with a young girl, Kimberly Brisky and her very first horse named 'Sonny'. Kimberly has been riding, studying, and training horses, since she was first placed in the saddle as an infant. Sonny was a big, beautiful bay gelding with a big personality. He had several challenges, one being that he was a bucking horse in one of the local rodeos, which was a big issue to say the least. This just became one of the many barriers they would face and overcome together. Sonny chose her and she fell in love with him even though he tested her and taught her how to ride with every buck, kick, and bite he could dish out. This turbulent horse came into her life during the challenges of teen hood, saved her in ways that, well that is another story for another time. Through all the trials and tribulations throughout her life, Sonny always held a special place in her heart. Along the journey, she began to call that time span of her past, 'SonnyDaze', and made a promise to Sonny and herself that someday she would honor his memory at a place that she would name after him, 'SonnyDaze Ranch'...



Kim's Sonny

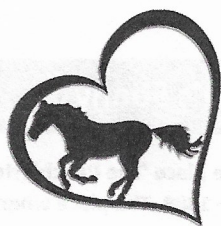
Picture taken at her favorite place 'The Ranch' (Holland, NY) back sometime between 1986 – 1989. The place where it all began...

Through The Years...

Over the years, Kimberly Brisky has worked in the health field with the geriatric population as a Nursing Assistant, with the challenged youth at Hopevale as a Teacher's Assistant/Behavior Management Specialists, and years of extensive experience as an entrepreneur and business owner. She has worked at numerous barns throughout the years as a stall cleaner, barn manager, lesson instructor, horse trainer, along with gaining experience as a Stable Manager at Lothlorien Therapeutic Riding Center. In the horse world, she has assisted equine businesses, established programs, facilitated clinics, initiated fund raisers, and to this day offers continual support to the local horse community. She is also a member of the Polyvagal Equine Institute (PVEI).

Kimberly returned to college at the age of 40 to pursue a degree in Social Work, receiving her bachelor's degree in Social Work, graduating Magna Cum Laude at the University of Fredonia, Master's Degree in Social Work at the University of Buffalo, and is currently licensed to practice in New York State. Kimberly has worked professionally as a clinician with the prison population, severe and persistently mentally ill, families, and individuals with diverse mental health challenges. She is an expert in behavioral challenges, building rehabilitation skills, communication, spiritual wellness and coping strategies. Her combined life experiences, education and professional practices offer a unique approach to assisting others in reaching their own life goals and truly discovering their authentic selves. Kimberly has decades of experience speaking in public, running support groups as well as professionally facilitating therapy groups and individual therapy sessions.

Kimberly aspires to contribute research to provide evidence-based support of the equine-human-connection and its place in social work and all mental health practices.



Where We Are Now...

Pioneering...Many people have heard of or are starting to hear about 'Equine Facilitated Learning', 'Equine Facilitated Activities', 'Equine Facilitated Therapy' and a whole slew of other equine related services. It is all still in the pioneering phases of new beginnings and there is still much research needed to support outcomes with evidence. Even though, horses and the humans who have had the honor of getting to know them, have experienced the connection, bond, and inner healing that horses provide us for centuries. Thankfully, more and more people are starting to catch on.

There are also many different models out there and organizations that offer certifications if you follow their model, which is how many of us have learned of this equine human bond as being in existence. Again, we all must start somewhere, and the research of outcomes is still key. That will take time. It is challenging to find mental health professionals who have solid horse experience or horse professionals who have education in the mental health field. Many of the models find professionals in each field and have them train and work together, which is excellent! It is a new field with endless possibilities which makes it even more exciting!

A PLACE WHERE HORSES HEAL HUMANS...

Where We Are Going...

At SonnyDaze Ranch, where it all ties together, the years of horse experience, the years of work experience with different populations and the education combined. Here at SonnyDaze Ranch, we will be creating a new approach, one that is more experiential, alternative, and holistic as well as less restrictive on the populations served. Our focus is on mental, emotional, and physical health balance along with overall wellness. Our programs utilize horses as a mere reflection of our own unique human frailties. The horses serve as teachers in improving our own self-awareness, self-confidence, self-discipline, resilience, life skills, empathy, happiness, mental stability, emotional regulation, physical health, inner well-being, self-care, and the list goes on...The programs at SonnyDaze Ranch are offered to EVERYONE who is seeking self-improvement, goal attainment and building skills to apply to their everyday lives. This is NOT THERAPY of any kind. This is an interactive, non-traditional approach to self-empowerment that is topic based and presented in a group setting with demonstrations, activities, psychoeducation (evidence-based and supported) and group discussions. These are short term programs that will build into long term results, for anyone who participates and does the work.