

Developing Resiliency to Trauma

Getting ahead of PTSD

Working with horses in a safe and controlled setting provides an exhilarating and totally unique experience for people dealing with trauma.

Equine Assisted Learning and Therapy

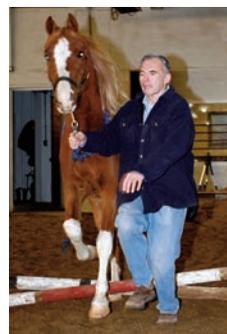


Horses are amazing teachers

Horses can change lives. They give people confidence and self-esteem. They provide peace and tranquility to troubled souls.

Why horses?

Horses are highly intuitive and emotional. Their instincts and natural patterns of reflecting help people lower their own emotional defenses and connect to this accepting, non-judgemental animal. Through a series of simple on the ground exercises the participants soon feel a connection and are empowered by the energy shared with the horse. In short, the horses invite the participants into their own right brain; the emotional side of their brain. An overwhelming feeling of acceptance and peace offers each participant true exhilaration. This, in turn, promotes optimal learning, sets the stage for open discussion, helps the participants feel more open to share concerns and issues with their colleagues. The horses are amazing teachers. While they are an element of novelty ... they provide optimum arousal for learning.



The science ... and the horse!

This workshop helps participants discover ways - tools - to increase their resiliency to trauma and the traumatic events they encounter. By combining group discussion with safe, controlled sessions with the horses, experienced facilitators guide the discussion and ensure the experience is congruent and practical.



How do the workshops work?

The workshops are full day sessions 9:00am to 3:00

- No riding - all activity is on the ground. • lunch is included
- small groups

While, this workshop was developed for first-responders, others will find this a worthwhile experience:

- victims of homicide • family members of homicide and suicide victims • those suffering from divorce, job loss • loss of a loved one.



Call for more information

Gary Millar

Tel. 780-499-9219

Email: gary.millar@equusalive.com

www.equusalive.com

