

## Experiential Equine Assisted Activities

Horses affect us on multiple levels, relaxing and supporting a rider in such a way as to create a wider opening for healing to take place.

Family sessions 4-hours each on three separate dates held at the Dream River Ranch just 25-minutes east of Boise, ID .



[www.DreamRiverRanch.org](http://www.DreamRiverRanch.org)  
208-796-2228

**Horses Helping Families**

Students and Horses Excel  
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**Horses Helping Families**



## A Good Family Dynamics Project

▶ An experiential equine assisted activity for families.

208-602-3265

## Horses Helping Families

### Leadership to a herd of two

Horses need a good leader.

▶ Giving consistent clear signals will instill trust in a horse that you are a worthy leader.



Join-up and come follow closely.

In a round pen, the presenter demonstrates how to be a good leader, and a hero to both the horse and themselves. Teams and individuals practice the join-up and come follow closely exercise.

In training horses, the 'Try' is golden. It is acknowledgment that the work toward companionship is in progress. Apply a little pressure and take it away when the 'Try' surfaces, then give many praises... always ending on a high note. The 'Try' deserves a reward. All it takes is all you've got. Make a commitment and give 110%.

Body language is the key influence (positive or negative). Persistence means not giving up. Resilience allows us to fail, see the difference and 'Try' again. Be tough, but fair. Know where to draw the line. When you make a promise, keep it. Always finish what you start. Take pride in your work, and live each day with courage. [www.cowboylethics.org](http://www.cowboylethics.org)

### Trust your gut-feelings

Bareback session helps overcome emotional and trust issues.

▶ Students are paired and placed with a horse to share. One student leads while the other is taught how to get on and off safely, center and find their physical balance, and then how to push the limits by sitting sideways, left and right, and backwards too.



This exercise helps to conquer fears and is the foundation of our adaptive vaulting program.



### Riding session

▶ Students learn safety around horses, how to groom, tack-up and perform a final safety check before putting their foot into the stirrup.

During the riding session, students learn the basic skills for guiding their horses forward, backward, left and right, and halt. The riding session celebrates their many successes.

### Celebrate

#### Awareness

▶ At the moment of awareness, when all of the training in good leadership begins to gel, a feeling of accomplishment arises and self-esteem flourishes.

Families find new ways in which to communicate their discomforts and celebrate their successes.



Riding session



Hit the trails and celebrate

#### Always finish what you start

▶ Each session ends with clean-up and treats for the horses... there is always a beginning, middle and end to every project, job or task.

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