



Chariot Riders

a therapeutic riding academy for everyone!



www.chariotriders.org

EQUINE ASSISTED LEARNING

The Equine Facilitated Mental Health Association (EFMHA) defines Equine Assisted Learning (EAL) as experiential growth and learning that includes equines. EAL may be used to treat a variety of psycho-social disorders such as anxiety, depression, behavioral disorders, personality disorders, and other psychotic disorders as well as post-traumatic stress, grief and loss. The Equine Assisted Learning Program at Chariot Riders offers the following programs:

Horse Sense

Horse Sense is a social skills program addressing social, emotional and behavioral issues. Each 1-hour session consists of groundwork with the horses and talk time for feed back afterwards. Groundwork with horses requires participants to work on areas necessary for social success: good listening and attending skills, respect for others, anger management, and problem solving techniques, to name a few. Sessions are available on both an individual and group basis.

Parent Time

Parent Time is the therapeutic support group for parents of the child with special needs. During this 60-minute group, parents will experience firsthand how horses are able to reach people in a profound way. Groundwork or mounted work with horses has proven to reduce stress, increase self-awareness, and help us to feel centered. Parent Time is conducted as relaxed, informal discussions. The group is offered the third Monday of the month at 1pm and 6pm. Reservations must be made by the 2nd Monday of the month. Individual sessions are also available by special appointment.

A Family Affair

A Family Affair is a 12-week therapeutic support group for the siblings of the child

with special needs. Siblings of children with disabilities may experience feelings of anxiety, depression, embarrassment and even jealousy. Our Family Affair group is designed to help siblings manage these strong feelings, talk about how they are affected by their brother's or sister's disability and discuss what makes their family special. Did you know that only about 20% of children with a brother or sister with special needs have ever met another sibling in the same situation? In our supportive atmosphere, siblings will meet other siblings and have an opportunity to share their concerns and joys. All sessions are facilitated by a certified EFMHA/EAGALA specialist and are available on a group or individual basis.

In addition, the group sessions are combined with therapeutic riding classes, the same type of riding that their siblings probably enjoy. Therapeutic riding has been proven to promote self-confidence and self-esteem, develop patience and improve communication skills.

The Big Picture

The Big Picture Life Skills Program is designed to help meet the needs of young adults with developmental delays. A Life Skills session consists of vocational training, therapeutic riding, and group experiential learning to promote social, emotional, and physical healing. Sessions are available to groups or to individuals by special appointment.