

Peaceful Meadows Equine Therapy Overview

Mission Statement:

The equine program at Peaceful Meadows uses activities with horses to provide our residents with opportunities for healing and growth in their relationships with themselves, with others and, most importantly, with God.

A Brief Overview:

Horses do not have special healing powers. “If they did,” a former resident said, “we would all own one.” Equine therapy is about learning relationships in a safer environment than with people. It feels safer because the horse will not kick you out if you have a bad day or make you feel like you must be a certain person before it will let you in on a relationship with it. A horse is a very intuitive animal since it needs to be alert for predators in the wild. In equine therapy, this same instinct makes it intuitive to how the person is feeling, and it responds accordingly. This creates opportunities for a person to work through relationship or other struggles in their lives in a non-confrontational, non-threatening way.

For a more in-depth look at the key principles of equine therapy such as relationship principles, your nervous system and flight-or-fight responses, pressure logic, and communication strategies, check out the “Relationships Take Home Packet.” (Available from Peaceful Meadows’ office or website.)

