



The horse has the largest eye of all land mammals and has approximately 350° vision with blind spots directly in front and behind. Horses see very well at night, and see colors similar to red-green color blindness in humans.

Horses' hearing is far superior to humans and each ear can rotate independently up to 180° giving the potential for 360° hearing without having to move the head.

Horses' tactile sensation is extremely acute. Their muzzle contains nerve endings, whiskers, and sensors for smell and taste, and their skin, though believed to be tough, can sense the tiniest fly.

Because horses are flight animals, they are extraordinarily sensitive to their surroundings, great at reading body language, and their attention to detail is impeccable.



Wild Hearts Therapeutic Equestrian Program

www.wildheartstherapeutic.org

Wild Hearts is a registered non-profit, charitable 501(c)(3) organization.

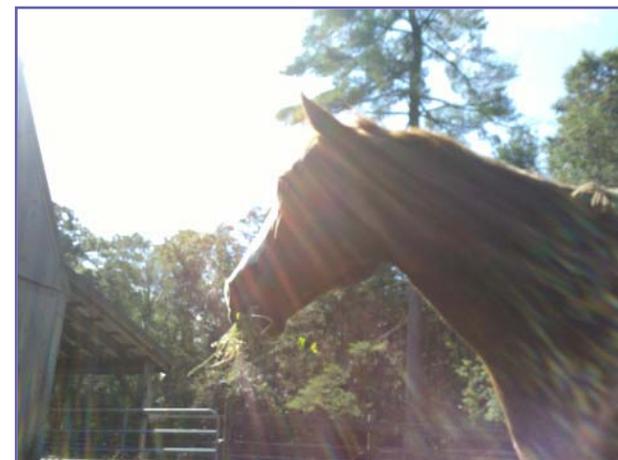


“You could just sit with a horse and feel better...”

—Michael McMeel

Wild Hearts

THERAPEUTIC EQUESTRIAN PROGRAM



EQUINE FACILITATED PSYCHOTHERAPY



“Horses represent the other part of self, the child-like innocence and openness to all things new, what we want to be. When we are open to them, they bring us back to our deeper self...”

—Mother Hildegard George

Why Horses?

Horses are naturally very sensitive animals that respond to their immediate interpretations of the world around them. They are constantly communicating and assessing the environment to stay safe and to thrive. This instinct causes them to be very sensitive to humans and often, the horse is more aware of our internal state than we are.

“A horse doesn't care about yesterday and he's not worried about tomorrow, but he's darn sure interested in the moment...”

—James Wylie

What is Equine Facilitated Psychotherapy?

Equine Facilitated Psychotherapy (EFP) is an interactive process in which a licensed mental health professional working with or as an appropriately credentialed equine professional, partners with suitable equine(s) to address psychotherapy goals set forth by the mental health professional and the client. The equine provides a bridge from *learning* symptom management and emotional regulation to *using* these skills in everyday life and activities.

Our Mission

It is our mission at Wild Hearts Therapeutic Equestrian Program to transform the lives of our participants, their families, and all who work with us through the healing power of horsemanship.

What can I gain from EFP?

- Life skills
- Communication skills
- Mindfulness and how to be present in the moment
- Coping strategies
- Self-confidence & self-esteem
- Anything you want! This is a personal, client-centered form of therapy and specific client objectives are developed throughout the process.

If you are interested in making a referral or to schedule an appointment, please contact:

Nicole Long, MSW, LICSW

(508) 251-9525

NicoleLong105@gmail.com

www.wildheartstherapeutic.org/programs

“Horses can perceive your feelings, they can perceive some of your attitudes. They can certainly perceive your moods...”

—Reaves F. Nahwooks