



EQUINE FACILITATED THERAPY AT: WELLNESS PARADISE FARM

November 6-8 & November 16-18, 2018

Now open to friends and family members, as well as all of our current students!

Wellness Paradise Farm, in conjunction with our professional equine therapy instructors, offer you a unique opportunity to participate in this moving therapeutic experience.

Clients are often able to connect with and feel empathy for horses before being able to connect with or feel empathy for themselves or others. People often test new possibilities by taking initial risks in the context of a relationship with another living being, before taking the bigger risks with human interaction. The horses provide a perfect *blank screen* on which to project our fears, unhealthy relationship patterns and self-judgements. We can test these out with the horses without taking as big of a risk as if we were testing on a friend or another important relationship. The horses provide instant feedback.

Once participating in equine therapy, clients often find it easier to speak their truth, to process their emotions and to connect with themselves and others in their community. Equine therapy often brings emotions to the participant's awareness, but in a much gentler way than in traditional therapy. In this way, people can begin working through their feelings and fully engage in their own healing journey.

EQUINE THERAPY AT WELLNESS PARADISE FARM WILL OFFER YOU AN:

- Improved ability to process and share emotions and experiences
- Increased connection to yourself and others
- Expanded ability for building community through teamwork
- Broadened trust and respect in your relationships
- Optimal respect for diversity and individuality

**** Certification for mental health professionals available!**

**Increase empathy
and connect with
others**

**Gain an increased
sense of
responsibility and
confidence**

**Develop
communication,
decision making,
and problem
solving skills**

**Feel natural
expressing
feelings, needs,
hopes, desires**

**WELLNESS PARADISE
FARM**

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