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Rosey Rouhana, left, and Cori Nichols

New Specialty Counseling for Youths & Families!

HorsePlay Welcomes Rosey Rouhana, LMHC, NCC

Kerhonkson, NY – HorsePlay of the Hudson Valley is pleased to announce its collaboration with Rosey Rouhana, of Rosendale, NY. Together with horses, the pair provides unique animal-interactive counseling for individuals, families and groups: children, youth and adolescents, at the Kerhonkson based farm. Referrals are welcomed for year-round and adjunct therapy.

Rosey is a Licensed Mental Health Counselor, as well as a Nationally Certified Counselor, with experience providing play therapy and talk therapy to children, youth, couples, and families coming from a wide variety of backgrounds. Rosey has always valued experiential therapies, as it is not always through words that humans best express themselves and their experiences, but rather through action, art, or play. Play therapy, like equine-assisted psychotherapy, is an experiential modality in which clients explore the current challenges in their lives and identify the ways to cope with and address them through activities performed in real time. Rosey first witnessed the power of animal-assisted therapy while working at a family homeless shelter in San Francisco, where children were provided therapy with service dogs. But it wasn't until attending a demonstration of equine-assisted therapy, that she fully made the connection to play therapy, and realized that the metaphors for human relationships that arose through interactions with the horses are incredibly useful to the therapeutic process.

HorsePlay is the area's only equine assisted learning & therapy center, located at Nichols Field in Kerhonkson. Founded by Cori Nichols, HorsePlay's mission is to provide experiential enrichment and growth opportunities to a variety of populations including children, teens and adults as well as couples and families, teams and groups. Rather than ride, HorsePlaying participants engage with the horses on-the-ground with activities carefully designed to meet treatment goals. By means of observation, engagement and metaphor, participants are able to gain insights into their beliefs, behaviors, patterns and relational styles and habits. With guidance by skilled facilitators, participants create opportunities to “practice” changes in behavior, and/or exercise new ways of relating to self and others. More information at Equine Assisted Growth and Learning Association: Eagala.org



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