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Therapeutic Riding and Beginning Horsemanship

7801 Niagara Street, Commerce City, Colorado 80022

How Does Equine-Assisted Therapy Benefit a Person?

Equine-Assisted Therapy (EAT) benefits a person through their participation in equine-related activities in an environment that is accepting, supportive, and encouraging. Horseback-riding establishes a caring and symbiotic relationship with the horse that develops a person's sense of being part of and accomplishing something meaningful.

Horseback-riding is a safe activity. Protective gear, such as helmets, is provided. Horses and personnel are trained, experienced, and insured.

Dismounted activities are available, such as feeding, grooming, and caring for a horse; leading or walking a horse; and cleaning and maintaining tack and facilities.

What Are the Benefits of Equine-Assisted Therapy?

Equine-Assisted Therapy offers a comprehensive approach to overcoming or mitigating many of the challenges a person experiences.

Physical

EAT passively exercises every part of the body and engages the five senses. Balance, muscle tone, and motor coordination improve. The experience is an enjoyable one.

Psychological

EAT generates self-confidence, self-esteem, and a sense of accomplishment by learning to successfully interact with both external and internal stimuli, which in turn reduces feelings of insecurity and anxiety.

Educational

EAT contributes to improved focus, attention, and concentration on their environment and activities. Performing new tasks and participating in more activities in an encouraging setting promotes learning. The horse and human work as a team to accomplish desired results, which promotes thinking and decision-making processes.

Social

EAT establishes bonds of affection and companionship between a human and a horse. (A horse is considered a companion animal, rather than a pet.) This, in turn, helps develop social skills that enable a person to successfully interact at school, home, work, and other situations.

Who Benefits from Equine-Assisted Therapy?

People of all ages can benefit from EAT. EAT is designed to help children and adults with disorders such as the following:

- Mental and emotional disturbances, such as autism, phobias, psychoses.
- Behavioral disorders, such as aggressiveness, nervousness, stress, shyness, insomnia, sedentary habits.
- Victims of abuse.
- Social anxiety.
- Developmental delays, learning disabilities, social problems.
- Down Syndrome, Rett Syndrome.
- Sensory, visual, auditory, and speech problems.
- Physical problems, such as posture, equilibrium, joint degeneration, injuries, congenital defects.

EAT includes programs designed for First Responders, Veterans, and others with PTSD, stress, and anxiety issues.

Additional Resources for Equine-Assisted Therapy

The following websites are available to learn more about EAT and its benefits,

- <https://www.trinity-ec.com/equineservices>
- <https://www.sciencedaily.com/releases/2017/03/170302115822.htm>
- <https://www.sciencedaily.com/releases/2014/04/140424170556.htm>
- <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC5551214/>

Reining Heroes, Inc., is a 501c(3) Colorado nonprofit that provides Equine-Assisted Therapy to children and adults. It is located at Kenlyn Arabian Stables, 1000 Salida Street, Aurora, Colorado 80111.

It has an indoor arena, which enables year-round operation regardless of weather. To accommodate school and work schedules, lessons are held on weekends.

The instructor, Paula Sullivan-Quillen, is a Certified Therapeutic Riding Instructor (CTRI) by the Professional Association of Therapeutic Horsemanship (PATH), International. To contact her, email reiningheroes@yahoo.com or phone or text her at 303-877-0371.