



50
YEARS

HIGH HOPES

50 Years of Empowering Lives



**Therapeutic
Horsemanship
Programs
at High Hopes**

Therapeutic Horsemanship Programs

About **Therapeutic** Horsemanship

Our Therapeutic Horsemanship Programs offer various options. All programs partner with horses to focus on individuals, families, or groups with a variety of needs and prioritize safety, enjoyment, and progress toward individual goals. Activities may be curriculum-based, or workshop format.

Depending on the program, they are co-facilitated by a HIGH HOPES Path Intl. Certified Equine Specialist in Mental Health and Learning (ESMHL), or a HIGH HOPES Equine Professional.

All programs incorporate the different ways participants learn: introduction and discussion, interactive horse activities, and processing what they have learned.

Thoughtful, **Beneficial** Programming

“There is something about the gentle wisdom in a horse’s eye that can put even the most troubled soul at peace.”
- Author Unknown.

Sure, the view between a horse’s ears is great; but have you ever looked into a horse’s eyes?

Our Ground-Based Horsemanship Programs offer a connection between participants and horses by working with them from the ground.

People experience numerous psychological benefits while working with horses, including calmness, lower stress levels, feelings of happiness, and increased patience.

Ground-Based Horsemanship



Curriculum

This curriculum is goal-oriented and tailored to each participant's personal life goals. This program allows students to work at their own pace, focusing on a self-driven approach while mastering horsemanship skills to achieve specific outcomes.



Horsemanship Skills

Horsemanship skills include but are not limited to: reading horse body language, connecting with horses, grooming & leading exercises, massage, and having fun!

Horsemanship 101



Curriculum

Participants will learn how to care for a horse from the ground up. Students will enjoy weekly interaction with horses and ponies, to assist them in gaining basic horse knowledge as well as life skills such as respect, responsibility, communication, and teamwork.



Horsemanship Skills

Horsemanship skills include but are not limited to: nutrition & feeding, taking vitals, body condition, grooming & tacking, leading, identifying gaits, footfalls & soundness.

Pony Express: History of Horses



Curriculum

Participants will learn how horses made history and played a large role in the development of our society. Curriculum will combine both classroom and interactive sessions with horses. Participants will partner with an equine and will ultimately present on their equine partner and how their breed might have contributed to our history!



Horsemanship Skills

Horsemanship skills include but are not limited to: identifying different horse breeds and genetic traits, researching how horses were used for different jobs, connecting with horses on the ground, and having fun!

HORSEPOWER: a Vocational Program



Curriculum

Participants will learn how to manage a herd of horses and care for the land they live on. Curriculum will be workshop and project formatted. Participants will accomplish one large project at the end of their 8-week session.



Horsemanship Skills

Horsemanship skills include but are not limited to: maintaining fences, sheds, trails, paddocks, feeding horses, managing hay, etc. Participants will get a true feeling of what it is like to own horses!

Equine-Assisted Wellness Programs



About

It is believed that the magnetic field produced by a horse's heart is stronger than that of a human heart and that this field can have a positive effect on the human body. Some people believe that being in close proximity to a horse's heart can help to improve circulation, reduce stress and anxiety, and promote feelings of well-being and relaxation.

Our Equine Assisted Wellness Programs are for participants who have experienced trauma, grief, loss, depression, anxiety or PTSD. The curriculum is designed to help develop skills to be resilient and move forward in life.

Therapeutic Riding Programs

About Therapeutic Riding

This program enables participants to improve cognitive, emotional, social, and behavioral abilities by learning riding skills.

Therapeutic Riding has several benefits which include:

- Improves body awareness, spatial orientation, endurance, balance, and posture.
- Stimulates the nervous, circulatory, and respiratory systems, as well as the speech and memory centers of the brain.
- Teaches horsemanship and supporting skills, such as communication, decision-making, and problem-solving.
- Improves fine and gross motor skills.

Goal Driven Curriculum

Specific goals are identified for each participant at the beginning of the semester and evaluated throughout their riding sessions.

All Therapeutic Riding Programs are taught and supported by a PATH Intl. Certified Instructor to ensure the safety of both participants and horses.

Therapeutic Riding Classes



Curriculum

Participants will learn various riding skills including steering, halting, half-seat, walking, and trotting. Riding curriculum progresses as the riders learn more skills throughout their semester sessions.



Horsemanship Skills

Each participant is carefully paired with a horse that will positively affect their body posture, strengthen specific areas (such as core), and positively influence their rider's energy levels.

Matches are critical in developing strong riding skills and connecting the rider with the horse.

Our Therapeutic Horsemanship Programs Include:



Therapeutic Riding

- Group Therapeutic Riding (45 min) \$60
- Private Therapeutic Riding (30 min) \$130



1-Hour Opportunities

- Group Combined Therapeutic Riding and Horsemanship \$75
- Group-Based Horsemanship \$75

** Please note that each program curriculum is subject to adjustments. However, rest assured that we remain committed to achieving the goals set for participants, and we will provide exciting opportunities to ensure progress in the therapeutic horsemanship experience. Participant safety, along with their well-being and advancement, remains our highest priority.