

Equine Assisted Personal Growth & Learning

Equine Assisted Psychotherapy

What is it?

Equine Assisted Growth and Learning and Equine Assisted Psychotherapy have a focus on personal development, mental health, and learning / educational goals. This is an experiential approach; meaning learning and growth come from the actual experience with the horse(s).

The focus is on education and learning specific skills chosen by the individual or group, such as improved confidence, managing life challenges, emotional, social and academic growth, communication, leadership skills; and so much more.

Participants learn about themselves and others by participating in activities with the horses, and then processing feelings, behaviors, and patterns. This approach has been compared to the ropes courses used by therapists, treatment facilities, and human development courses around the world. But equine assisted activities have the added advantage of utilizing horses, non-judgmental, responsive, and dynamic, powerful living beings.

Beth Allen has a deep passion for working with horses and humans. Horses have been a strong, positive, and empowering force in her life. Her mission is to share this with others of all ages.

-Westfield State-BS in Education

-Endicott College-M. Ed.

Organizational Management

-Licensed Educator 20+ Years

-EAGALA Certified Equine Specialist

-Mustang Trainer in Extreme Mustang Makeover competitions

The potential applications for both EAP and EAL are individual and powerful! Contact us and let's see what we can create to move forward with Successful Strides

CONTACT INFO:

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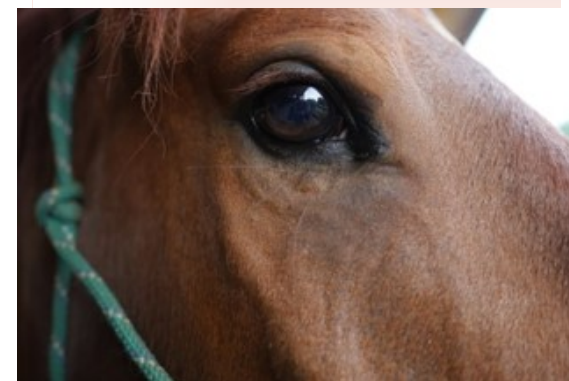
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**Facebook: [http://
SuccessfulStrideslearningwithhorses](http://SuccessfulStrideslearningwithhorses)**



*A new adventure
that has the potential
to change your life.*



Why do we partner with horses?

Horses have an innate sense and read people and situations in ways that help us gain confidence, feel empowered, and open up to new challenges. Horses become the conduit for emotions that may be otherwise difficult to share and/or manage. Horses cannot lie. They respond to situations and people honestly and without judgement. There is something special and powerful that occurs when spending time with horses, something that brings patience and strength to take successful strides towards a more positive future.

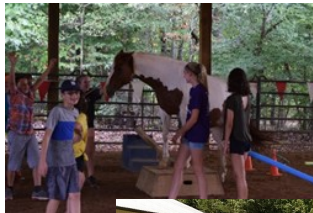


Here are a few of the programs offered @ Successful Strides. Please contact us for more information and we can create something just for you!

- ◆ Tutoring with a Twist
- ◆ Horse Powered Reading
- ◆ Girls Rule
- ◆ Triumph through Transitions
- ◆ Savvy Seniors
- ◆ Y.E.S.

Youth + Empowerment = Success

- ◆ Personal Growth and Learning
- ◆ Small group development
- ◆ Equine Assisted Psychotherapy



Please contact us so we can discuss your need and create a successful solution.

What are people saying?

"I thought the program was AWESOME! The kids are still talking about it." S.L.

"It was wonderful.. I only wish we could afford to have this for a week long event so the children could spend more time with the horses over 5 days..." L.S.

"The kids were extremely engaged in their learning. They were excited to write about their experiences. Thank you for the awesome learning experience!" K.B.

"Thank you so much for your warm welcome to your barn for EAL/P class. You were the perfect example of an equine specialist-in knowledge and as a therapeutic presence. I'm so grateful to have had that experience with you." K.A.

"Our group really enjoyed our experience last Friday. We came away with many insights, and we all had such a great time being out of the office on a Friday afternoon – especially being on your beautiful property with your magnificent horses." K.L.

"Thank you so much!! The girls had a wonderful time this morning. They came back and were excited to talk about their experience." J.P.