



8894 W. Martha Ave
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www.SHEtherapy.org
www.DreamRiverRanch.org

Students and Horses Excel, a therapeutic horseback riding program for youths at risk.



S.H.E. Therapy
A therapeutic horseback
riding program for girls
and boys at risk

Students and Horses Excel

SHE, Inc. is a 501(c)(3) charitable organization. All donations and/or sponsorships for students and horses are tax-deductible. To find out how you can help, call 208-602-3265 or visit www.SHEtherapy.org.

- ♦ Find mental and physical balance.
- ♦ Improve self confidence and self esteem.
- ♦ Commune with the giving spirit of the horse.
- ♦ Enjoy the pleasures of simplicity.

S.H.E. Therapy

is an equine assisted activities program providing specialized training to youths at risk; using the generous spirit of the horse as a life coach.



Enjoying the most simple pleasures of outdoor life like fresh air, good exercise and a connectedness with one of the most beautiful, graceful and yet powerful creatures on our planet is a precious gift and very nurturing for the soul.

"No hour of life is wasted that is spent in the saddle."

Winston Churchill



Recommended number of sessions is twenty-four that take place privately, in small groups or overnight camps. Scholarships available.

Each session focuses on:

- ◆ Learning the language and movement of Equus... the horse.
- ◆ Learning to focus, concentrate and complete a goal.
- ◆ Learning time management, problem solving and anger management.
- ◆ Gaining confidence in individuality and leadership capabilities.
- ◆ Finding mental balance through determining a direction, setting a pace and applauding the spirit of success.
- ◆ Finding physical balance through centered riding and mounted gaming.
- ◆ Basic horse handling and understanding safety zones.
- ◆ Basic horse care and grooming.

By demonstration,

students are taught to assess the difference in danger, fear or confusion and experience the consequences of over reaction versus thoughtful response.



Students learn

techniques to redirect an intense situation towards the positive. Applied in life,

this has the potential to keep emotional reactions in check and have the confidence to take self-protective affirmative action.



"Working with horses helped me find the confidence I needed as a young woman in developing authentic relationships with family, friends and in business. Their generous spirit continues to amaze me, and students



recognize their trusting nature. This in itself is healing."

...Willia Rose
Program Director

