



Flying High Farm, Inc.

Psychotherapy Services for Youth

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Flying High Farm Expanding!

Flying High Farm incorporates the therapeutic magic of animals toward optimizing one's emotional growth.

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(shown above with Duncan, Christine and a young rider), will join all of us at Flying High Farm three days a week.

Sarah has been interning at Flying High Farm since June 2006 and in that time she has earned her NARHA Registered Therapeutic Riding Instructor certification and worked toward her clinical internship in equine-facilitated psychotherapy (EFP). In addition to her Monday and Wednesday afternoons, Sarah will also be working on Fridays starting the week of May 7.

Christine Randle, LICSW, NARHA Registered Therapeutic Riding Instructor and President of Flying High Farm, Inc., will continue to work with children Mondays through Fridays. Utilizing a variety of therapeutic interventions—EFP, bibliotherapy, play therapy, behavior modification, etc.—Christine works with children with a variety of behaviors and diagnoses— anxiety, depression, Asperger's Syndrome, autism, behavioral issues, ADHD, ADD, etc.

All of these behaviors interfere with a child's ability to reach his/her academic poten-

tial and also significantly challenge a child socially. Many of these children are unable to positively interact with peers on the playground and rarely get invited to parties or play dates. By helping a parent or caregiver understand his/her child's behavior and aiding the child in the development of positive and effective behaviors and communication, the child can begin to reach his/her potential for a happy and healthy life.

For more information on EFP or to talk with Christine about your child, please contact her at 978-582-7103 or email at Christine@flyinghighfarm.com.



Flying High Farm has slowly been expanding. First with our Great Dane Zar and cat OXER in 2003, followed by our chestnut pony Duncan in 2004, our puppy Smitty in 2005, then with MSW Clinical Intern Sarah Charest in 2006 and finally with our pinto pony Pixie later in 2006.

This month we are excited to report that upon graduation from Bridgewater College School of Social Work, Sarah Charest

FHF accepts:

- Aetna
- BCBS
- Fallon
- Magellan
- PacifiCare
- Tricare
- UBH/UHC
- ValueOptions

How Guinness helps Alcoholics at The Priory to Beat Booze

By Celia Hall, Medical Editor



A horse called Guinness has a new role in life helping people with drug and alcohol problems to overcome their addictions. Equine Assisted Psychotherapy (EAP) is being used for the first time in a clinical setting in England by the Priory Hospital, north London.

The private center that provides a range of mental health services began using the treatment six months ago, first in addiction group therapy and with patients with eating disorders. It is now planning to extend it to adolescents with a wider range of problems.

Dr Neil Brenner, the medical director at the hospital, said horses were a 'wonderful tool' in helping patients get through to their emotions very quickly.

"We find working with horses can provide a very solid basis for recovery," he said.

The hospital has joined forces with a local riding school, which provides Guinness, an 18-hand Shire horse, Fred, Bilbo, other

horses and Shetland ponies, for the hour-long sessions. Guinness measures 72" to his back.

Watching a demonstration of the horses and therapists at work yesterday was Monty Roberts, the inspiration for the best-selling book *The Horse Whisperer*.

"As a young adult I was told that this approach was crazy. Then, nothing like this had appeared on the face of the earth," he said. "Now I am sitting here among academics who have studied the theories and found them to be sound."

Mr. Roberts, who lives near Santa Barbara, California, was physically abused as a child. "Horses and children are flight animals. I used horses as my therapy, running away with them, learning from them, hiding with them," he said.



Yesterday a disparate group of journalists and Priory staff were put through their psychotherapeutic paces with uncooperative Fred and a much more amiable Bilbo, with some of the tasks the same as those given to patients in group therapy.

Working as a team of 12, one task was to persuade the horse,

without touching the animal, to jump a small fence.

In another, with only one person in a group of three allowed to speak and the other two allowed only to use one arm each, the task was to catch the horse, put on a halter, lead it, take off its blanket and put on its saddle.

Horses, Dr Brenner said, have small brains but relatively large limbic systems, the part of the brain that is involved with emotion.

This is said to be one reason why they are empathetic with humans, when treated in the right way.

Dr Brenner said, "There is something about a horse that gives it an ability to communicate with us. They read people very easily, they know when we are happy or sad. Horses don't lie, they set boundaries, they have defined roles within herds. In an era when immediate gratification and the easy way are the norm, horses require people to be engaged in physical, emotional and mental work—a valuable characteristic in all aspects of life."

Horses also have the ability to mirror human body language. A frustrated patient is not going to find the horse is cooperative.

Steve Cole, the addiction treatment program coordinator, said he was planning a clinical evaluation of the therapy over the next year. 🐾

Flying High Farm goes Corporate!

In January 2007, Flying High Farm became an incorporated business. You may have noticed that the official name of FHF is now Flying High Farm, Inc.

Since I incorporated my practice, parents may notice a difference with their insurance companies. Some of your health insurance plans will not have my individual name, Christine Randle, listed on the plan. Instead, my practice will be listed as “Flying High Farm.” Each insurance company is different so this depends on your particular plan—whether I am listed as Christine Randle or Flying High Farm.

This incorporation also requires that I sign all documents as “President,” so you will notice that on all future correspondence.

A few other items to note are:

- **New fax number:** 775-582-7103
- **Sarah’s email:** Sarah@flyinghighfarm.com

Other contact information stays the same:

- **Phone number:** 978-582-7103
- **Christine’s email:** Christine@flyinghighfarm.com



Common Misconceptions about Horses

Ever wonder what a horse is doing when she looks like this??

This is called the “flehmen reaction” and this horse is not just smiling at you!

Horses actually pull their lips back, and may look like they are “grimacing” at you, but actually they are examining scents left by other horses and sometimes people. Curling the upper and lower lips helps the horse expose the fleshy part of their lips called the “vomeronasal organ.”



By doing this silly-looking behavior the horses are actually drawing scent molecules back toward the horse so that they can get a better “whiff” of what is near by. Sometimes horses may do this when they have eaten something that smells new to them. So next time you see a pony that looks like she is smiling at you...she may just be smelling around! 🐾

Flying High Farm, Inc.
 Christine Randle, LICSW & President
 615 Leominster Road
 Lunenburg, MA 01462
 978-582-7103
 www.flyinghighfarm.com



Valentine Word Search

What would Duncan, Pixie & Penny like for Valentine's Day?

Find each of the following words twice in the wordsearch below.

carrot, apple, treat, peppermint, valentine, kiss, nice words, grass

