



Flying High Farm

Mental Health Services for Youth

Benefits of EFP

November 2004
Volume 2, Issue 9

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



Equine-facilitated psychotherapy incorporates horses in the therapeutic process between client and therapist. Flying High Farm in Lunenburg, MA, is one of about three programs in MA that utilizes equine-facilitated psychotherapy (EFP) as the primary form of therapeutic intervention.

As an LICSW and a Therapeutic Riding Instructor, Christine Randle, owner of Flying High Farm, has found that horses are a strong force in developing a therapeutic relationship with children. Some benefits of EFP follow (this list was compiled by the Aspen Ranch, UT, but these benefits have been experienced by many practitioners of EFP):

- Breaks down defense barriers
- Time effective
- Challenges students in a non-threatening manner
- The horse is a non-judgmental, honest friend
- Promotes a motivating learning environment
- Builds the therapeutic relationship
- Enhances problem-solving skills
- Provides immediate cause-and-effect situations
- Decreases feelings of hopelessness
- Stimulates creativity
- Encourages responsibility
- Captivates and holds attention
- Helps teach empathy
- Empowers and gives a sense of control over self
- Develops social skills
- Teaches better communication skills
- Promotes both teamwork and individual leadership

These attributes can help enhance a child's relationships within the family or with peers; improve the desire to concentrate on homework; promote ownership of one's actions; provide a child with a topic to discuss with peers; etc.

Imagine the self-esteem boost a child receives on her first ride when initial attempts were met with de-

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ilitating panic attacks. When she conquers this challenge, her sense of self and ability to quell her fears strengthens enormously.

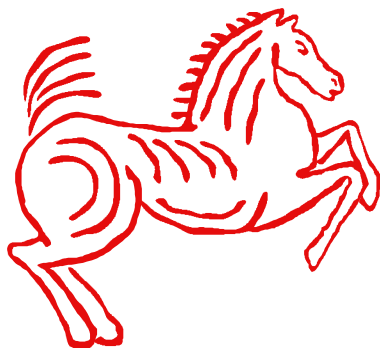
To schedule an appointment for your child or for more information, call Christine Randle, LICSW and Therapeutic Riding Instructor at 978-582-7103 or visit www.flyinghighfarm.com.

Flying High Farm accepts the following forms of insurance:

- BCBS
- Fallon
- Magellan (HMO Blue, Blue Choice Plan 2, Network Blue, etc.)
- UBH
- ValueOptions

Equine Assisted Psychotherapy at Aspen Ranch in Utah—Part 2

by Julie K. Trevelyan
Equine Coordinator, Aspen Ranch



“The horse is a non-judgmental, honest friend and promotes a motivating learning environment.”

Horses are most effectively used in EAP as metaphors for life, attitudes and behaviors. For example, students may be asked to make a horse go over a jump set up in the arena, which sounds simple until the rules are stated: No touching the horse whatsoever; cannot use a lead rope or halter; cannot bribe the horse with food real or imagined; there will be a consequence for every rule broken.

When the activity starts, students discover how difficult it can be to complete the task. Issues such as anger management, frustration, control and others can quickly rear up and provide interesting fodder for a discussion afterward. Students are also asked to relate the activity to themselves by deciding who was represented by the horse, by the students, by the activity itself. Oftentimes, students decide that they were the horse and that their parents were represented by themselves. Students sometimes will have a better appreciation for what their parents may have gone through in trying to get them to do what their parents want!

When parents come to visit their children at Aspen Ranch, they are introduced to the concept of using horses therapeutically by actually participating in activities themselves. One simple but powerful demonstration of how EAP uses horses is to ask the parents how best to make the horse move forward: Should they pull with all their might on the lead rope and demand that the horse follow them? Hold onto the end of the rope and let the horse mostly wander where it will? Stand in front of the horse and extend a hand in hopes that the horse will walk forward by its own choice? Stand directly behind the horse and wave their arms at it?

The best place, of course, is at the horse's side, quietly and gently holding the lead rope and guiding the horse while walking by its side the entire time. Yanking on the horse can cause it to become stubborn and defy the person leading it. Letting the horse wander freely can allow too much space in which the horse can get into trouble or run afoul of dangers. Hoping that the horse will choose to move forward when the parent is in front of it is a common but inaccurate attempt; inaccurate because the parent is actually blocking the horse's path and, in effect, saying “stop.” Getting behind the horse to make it move is a very effective method, but that can also be scary; who knows where the horse will go or what it will do if set free with no restrictions? When next telling the parents that the horse represents their child, the parents can quickly and easily understand how EAP works through metaphor and begin to perhaps see how their actions have precipitated their child's reactions. The power of using a horse as a therapeutic tool cannot be underestimated in such a situation.

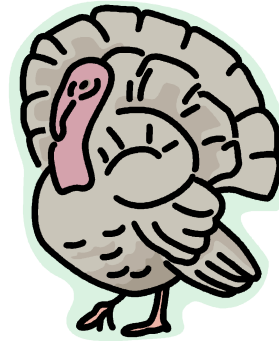
All the staff at Aspen Ranch work together so that the students can learn to change their approach to their lives, act in more positive ways and understand themselves better. Between staff, therapists, and peers, students at Aspen Ranch have a strong set of tools to utilize in their journeys to more complete selves. And with their equine friends available to open their eyes to even greater possibilities, Aspen Ranch students have a remarkable chance of achieving their goals and finding their wings to fly.

♦www.nationalyouth.com/equine-assisted.html ↪

Creature Kindness:

Limit leftovers to Rover

Many of us celebrate Thanksgiving with large meals—turkey, ham, stuffing, mac & cheese, bread, cake, cookies. Maybe Rover was sitting or lying on the floor while you ate and you slipped him a few pieces of turkey or ham. While these small amounts of food probably won't hurt him, giving him big portions of food is likely to harm him. In order to avoid a trip to the veterinarian after Thanksgiving, please remember and practice the following regarding leftovers:



- Get your parents' permission before giving your dog some leftovers.
- Do not give him any bones.
- Be sure the leftovers are cut up in small enough pieces so your dog doesn't choke on them.
- Instead of giving your dog a lot of food at one time, mix a little bit in with his regular meals over the course of a few days.
- A common ailment in pets who eat leftover turkey is salmonella food poisoning. Salmonella is an organism that lives in the turkey's intestinal tract. The cooking process usually destroys all the organisms, making the turkey safe to eat. Occasionally, the center of the turkey may be undercooked, especially if it's large or full of stuffing. If the meat sits out at room temperature for too long, the salmonella organisms can multiply and cause contamination. Pets may become poisoned if they eat any of the turkey that has been sitting out.

Symptoms of salmonella poisoning include gastrointestinal upset, vomiting, diarrhea, depression, a high temperature, loss of appetite and listlessness.
- Make sure he has plenty of water to drink since the leftovers are probably more salty than his standard dog food. ☞

Horse Food Word Scramble

Unscramble these foods that horses like.

papels _____ nirag _____

taos _____ sargs _____

scroart _____ ayh _____

wrate _____ ptrinpepem _____

Equine Facts



Winter Coats

Horses stay warm in the winter by growing longer and fuzzier coats. They start shedding their shorter summer hair in late August. The longer winter hairs grow in as these shorter summer hairs shed out.

Shorter days or sudden cold temperatures cause the horse's hair to start changing. The horse is preparing for the cold winter ahead.

The horse's winter coat differs from the summer coat in that the hairs are longer and coarser. The horse is able to fluff up his coat, the individual hairs standing out, rather than laying flat against the skin, trapping air close to his body and thereby insulating him from the cold. The additional grease which accumulates in this thicker coat, especially in pastured horses, gives additional insulation.

If a horse is going to be exercised a lot in the winter, then his owner may clip his hair off and keep the horse warm with blankets (see above). This prevents the horse from sweating with the heavy winter hair and then getting sick from being wet. ☞



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November 2004 Issue

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Compliance with HIPAA

At Flying High Farm, your and your child's privacy is a priority. We follow strict federal and state guidelines to maintain the confidentiality of your child's protected health information. Protected Health Information (PHI) is any information about your child's past, present or future health care or payment for that care that could be used to identify him/her.

You can view all HIPAA documents at
www.flyinghighfarm.com/HIPAA.htm. ☺

Individual and Group Treatment

Limited openings are currently available for individual and group treatment. To schedule an intake or for more information, call Christine Randle, LICSW, at 978-582-7103.

