



Transcending Traditional Therapy for Today's Unique Needs

Come for the horses. Stay for the self-discovery.



Rise Canyon Ranch is a California **non-profit 501(c)(3)** providing Equine-Assisted Psychotherapies capitalizing on the unique emotional connections and healing capacity of horses to engage children, teens and adults in healing, self-discovery and enrichment.



HORSES HOPE HEALING

We serve children, teens and
adults requiring physical,
mental or emotional healing...



HORSES HOPE HEALING

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-
- ✓ At-risk youth
 - ✓ Veterans and others with PTSD
 - ✓ The elderly
 - ✓ Individuals with socialization and communication needs
 - ✓ Individuals diagnosed with cancer
 - ✓ Substance abuse treatment center clients
 - ✓ Women survivors of trauma and abuse

Equine-Assisted Psychotherapy

Focuses on mental health / behavioral changes.

Provides immediate cause and effect.

Encourages change from dysfunction to success.

Challenges clients (non-threatening).

Rapidly deconstructs defense barriers.

Focuses on learning / educational goals.

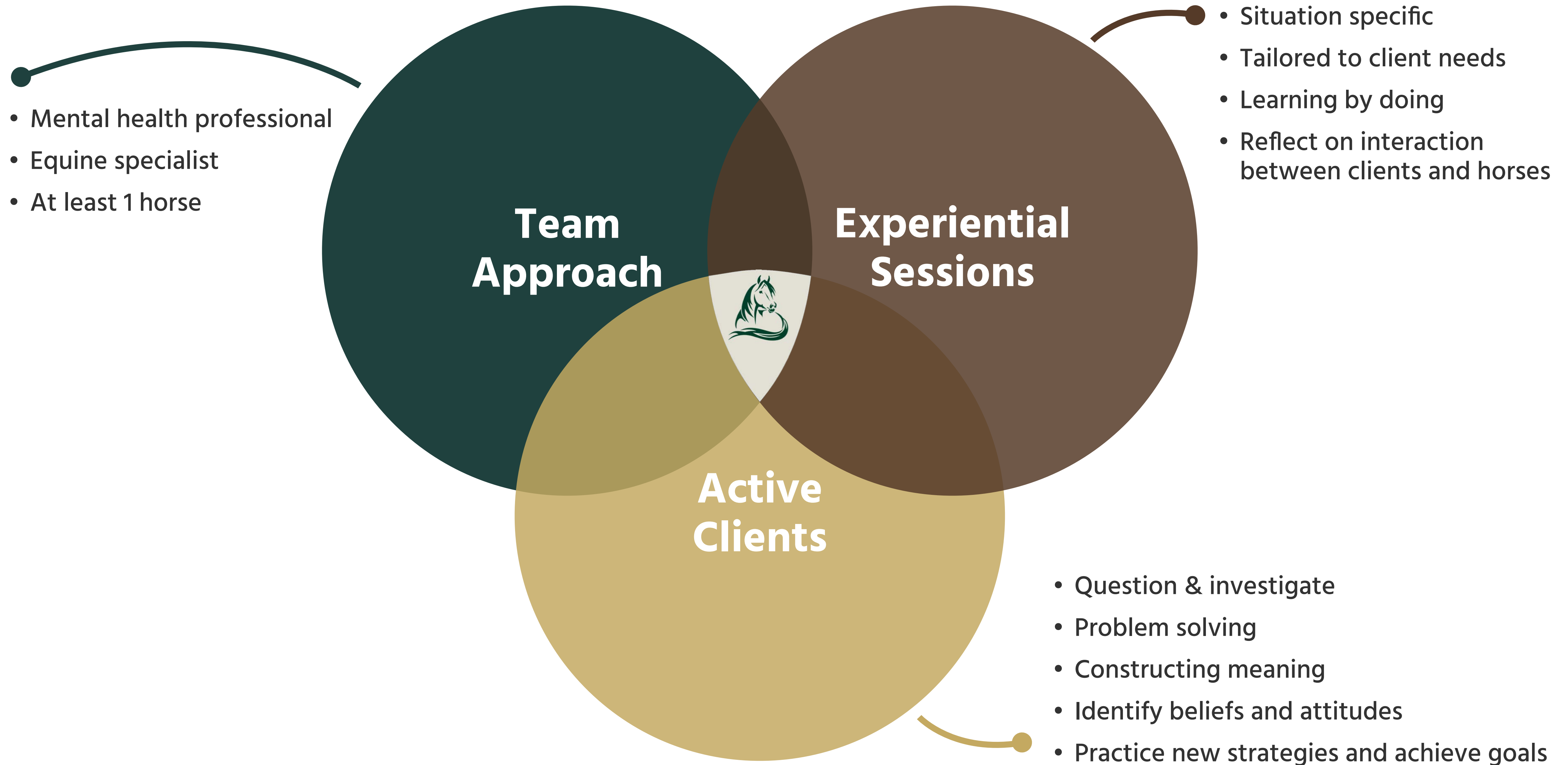
Improves leadership / sales skills.



A photograph of three women and a horse in a paddock. On the left, a woman with long dark hair in a green shirt and dark pants stands with her back to the camera. In the center, a woman with blonde hair and sunglasses in a green shirt and jeans smiles. On the right, a woman with blonde hair and sunglasses in a pink shirt and jeans holds the lead of a brown horse with a white blaze. The background shows a white fence and a building.

Mental Health Professional
focused on the individual's behaviors


Equine Specialist
tuned to the horse during session



**EAP can address a variety of
mental health concerns...**



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- 
- The background of the slide features a photograph of four women and a horse walking down a long, well-lit stable aisle. The women are dressed in casual attire, and the horse is a light brown color. The aisle is flanked by white wooden fences and has a polished floor that reflects the overhead lights. The overall atmosphere is calm and professional.
- ✔ Post-Traumatic Stress Disorder
 - ✔ Substance Abuse & Addiction
 - ✔ Victims of Abuse
 - ✔ Grief and Loss
 - ✔ Depression
 - ✔ Attention Deficit Disorder
 - ✔ Assertiveness
 - ✔ Trauma
 - ✔ Interpersonal Relationships
 - ✔ Anger Management
 - ✔ Eating Disorders
 - ✔ Behavior Problems
 - ✔ Abuse and Neglect
 - ✔ Self-Esteem
 - ✔ Emotional Regulation
 - ✔ Anxiety

EAP can help...

Define / achieve personal goals

Improve relationships

Alleviate emotional / psychological symptoms

Reframe negative thoughts to positive

Understand why things bother you

Discover remedies

Overcome fears and insecurities

Cope with stress

Improve sleep

Reduce anxiety / depression

Understand past trauma

Identify triggers

End destructive habits

and cultivate...



CONFIDENCE

BOUNDARIES

IMPULSE MODULATION

TRUST

SELF-EFFICACY

ASSERTIVENESS

COMMUNICATION

SOCIAL SKILLS

RESILIENCE



A woman with long blonde hair, wearing a dark red t-shirt and blue jeans, stands next to a brown and white horse. She is smiling and has her arm around the horse's neck. The horse is wearing a halter and a lead rope. They are in a stable or barn with wooden fences in the background.

“

Some patients get anxious in confronting something in a traditional seated face-to-face interaction. Being on the ranch interacting with the horses, I just talk, it's easier than sitting in an office.”

D.J.

PARTICIPANT

LET HORSES LEAD THE WAY

Horses are the ultimate conduit for processing challenging emotions.



Why we use horses

Social hierarchy

Predator-prey dynamic

Limbic vs. Cortex

Size and strength

Distinct personalities, attitudes and moods





The role of the horse

Non-verbal communication

Confront behavior / attitudes

Provide metaphors for relationships

Immediate, unbiased feedback

The reflection connection (mirroring)

Stay in the present

The value of the herd

Social structure

Structure and substructures are based on “rank”

Emotional / physical boundary requirements

Behaviors aligned to demands of leaving “system”

Use keen observation skills



A man wearing a cowboy hat and a blue shirt is riding a brown horse in a corral. The horse has a white blaze on its face. The background is a blurred corral fence. The entire image is overlaid with a semi-transparent dark teal filter.

“

**Horses have an amazing power to heal and to teach.
Horses are incredibly forgiving. They fill in places we are
not capable of filling ourselves.”**

BUCK BRANNAMAN

HORSE TRAINER

HELP OTHERS RISE

www.RiseCanyonRanch.org

714-477-1630

Rise Canyon Ranch is a 501(c)(3) Charitable Organization. Donations are fully tax-deductible. Federal tax ID #82-4700130.



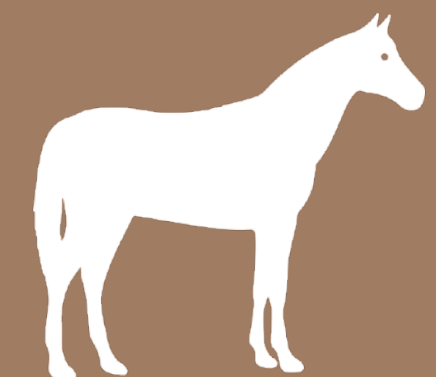
Sponsor a client



Sponsor a horse



In-Kind Giving



Donate a horse

Thank You

