



'I feel I have gone from being extremely depressed much of the time to having confidence and a sense of purpose and direction.'

US Marine Veteran

— Therapy Incorporating Equines —

Licensed therapy professionals working with VSM incorporate horses in six distinct therapies: counseling, psychotherapy, occupational therapy, physical therapy, recreational therapy and speech-language pathology.

— Equine-Assisted Learning —

Qualified professionals can facilitate the outcomes of the non-therapeutic learning activities to promote valuable life skills and personal growth that provide benefits to the VSM by utilizing the innate kindness of the horse. Equine-assisted learning includes:

- ★ Development of mindfulness skills
- ★ Enhanced coping skills
- ★ Improved relationship and communication skills

— Get Involved —

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