"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

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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.

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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

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