Equine Assisted Therapy
A Resource of Programs in Virginia

Rhonda Wilder, BS, RN
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What is Equine Assisted Therapy?

Equine Assisted Therapy (EAT), also known as equine therapy, utilizes horses in therapy. EAT can be used with a variety of patients with developmental disabilities and mental health issues. Many countries recognize equine therapy as important in the medical field.

Horses have the ability to immediately respond and give feedback to the participant’s actions and behaviors. Horses can mirror a participant’s emotions. It is easy for a participant to establish a connection with a horse because horses and human have similar social and responsive behaviors.

People who have cognitive, psychomotor, and behavioral disabilities can be addressed effectively when taught by a certified equine therapist. Equine therapists help the participant cope with their disability.

The overall goals for equine assisted therapy are:

• Build a sense of self-worth and self-concept
• Build trust and self-efficiency
• Develop socialization skills and decrease isolation
• Improve communication
• Learn impulse control and emotional management
• Learn their limits or boundaries
• Set perspective

Equine assisted therapy is not just horseback riding. Lessons are catered to the participant’s needs. Due to the intimidating size that some horses are, many people start with lessons consisting of basic horsemanship skills, horse care and grooming. Some participants even advance toward saddling a horse and having mounted lessons.

There are several types of equine assisted therapy. These include: equine assisted learning (EAL), equine assisted psychotherapy (EAP), hippotherapy, and therapeutic riding.
Types of Equine Assisted Therapy

**Equine Assisted Learning (EAL)**
Equine assisted learning focuses on building cognitive processing skills through experiences with horses. This could be accomplished either under saddle or on the ground. Participants attempt to manage and direct their own behavior to evoke desirable responses from the horse. The participants learn to recognize and give non-verbal communication cues to their horses through pressure, release, and posture. This process allows the participants and facilitators to reflect on their behavior and the horse's response through thoughts, feelings, and communication skills and then apply these skills to a human partner. The program is designed to improve self and social awareness, personal responsibility, goal directed behavior, self-management, communication skills, and positive behavior.

**Equine Assisted Psychotherapy (EAP)**
Equine assisted psychotherapy focuses on the emotional health of clients and families, and sessions typically involve an individual or the individual and key family members. The participants goals determine the content of the sessions and the number of sessions.

**Hippotherapy**
Hippotherapy is a form of therapy using the movement of the horse as a viable surface to encourage and motivate participants to reach physical therapy, occupational therapy, and speech therapy goals. Hippotherapy is medical therapy and no riding skill is being taught. Hippotherapy consists of a team. A team consists of a Physical Therapist (PT), Occupational Therapist (OT), or Speech Therapist, a PATH certified instructor, and an equine partner (horse). The PT, OT, or Speech Therapist must be certified by the American Hippotherapy Association in order to provide this service.

**Therapeutic Riding**
Therapeutic riding is a program where the participant rides a horse. The main goal of therapeutic riding is to increase the participant’s quality of life. Therapeutic riding will help the participant with physical, mental, social, educational, and behavioral objectives. Physically it helps with fine motor skills, muscle strengthening, muscle stretching, increased mobility, and increased coordination. It also encourages independence, self-awareness, and self-confidence; improves communication skills; and promotes positive behavior and socialization.
Equine Assisted Therapy Associations

Professional Association of Therapeutic Horsemanship (PATH) International
PATH Intl., a federally-registered 501(c3) nonprofit, was formed in 1969 as the North American Riding for the Handicapped Association to promote equine-assisted activities and therapies (EAAT) for individuals with special needs. With more than 4,500 certified instructors and equine specialists and more than 850 member centers around the globe, more than 7,600 PATH Intl. members help 58,300 children and adults—including more than 3,310 veterans and active-duty military personnel—with physical, cognitive and emotional challenges find strength and independence through the power of the horse each year. In addition to therapeutic riding, our centers offer a number of therapeutic equine-related activities, including hippotherapy, equine-facilitated mental health, driving, interactive vaulting, competition, ground work and stable management. More recently, programs offer services in human growth and development to serve wide-ranging audiences for such educational purposes as leadership training, team building and other human capacity enhancement skills for the workplace and for daily use.¹

Equine Assisted Growth and Learning Association (EAGALA)
Founded in 1999, the Equine Assisted Growth and Learning Association (EAGALA) is the leading international nonprofit association for professionals using equine therapy (horse therapy) to address mental health and human development needs. Our vision is that every person worldwide will have access to these therapy services known as Equine Assisted Psychotherapy and Equine Assisted Learning. There are now over 600 EAGALA programs, with professionals trained and certified through EAGALA, providing services helping change the lives of people with a diverse range of struggles such as street children in Mexico and South Africa, those suffering from addictions, depression and trauma, and improving relationships in families and groups. EAGALA has over 4,500 members in 50 countries.²

Therapeutic Riding Association of Virginia (TRAV)
The Therapeutic Riding Association of Virginia, Inc. (TRAV) is a non-profit organization formed to foster equine-assisted activities by offering educational and networking opportunities to operating centers and to raise public awareness of the benefits of these activities to individuals with disabilities.³

¹ Please note this information was copied from www.pathintl.org
² Please note this information was copied from www.eagala.org
³ Please note this information was copied from www.travinc.org/about-trav/mission
### Equine Assisted Therapy Facilities by Location

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*Please note, information in this resource guide is subject to change at anytime without prior notice.*
Astride with Pride, Inc.
1913 Bell Town Road, Bedford, VA 24523
Phone: (540) 587-0668
astridewithpride@aol.com
www.astridewithpride.org

PATH member

Type of therapy: Therapeutic Riding
Ages: 3+
Clients Served: amputations, autism, cerebral palsy, cognitive difficulties, emotional difficulties, multiple sclerosis, muscular dystrophy, spina bifida, stroke, traumatic brain injury

Instructors
1 PATH Advanced certified instructor
2 back-up PATH certified instructors, one of which is EAGALA certified as well.

About
Astride with Pride is a therapeutic riding program that serves children and adults with disabilities. Riders are given the opportunity to participate in demonstrations, local horse shows, and state competitions.

Application Process
Referrals can be made by anyone, but physician approval is needed. Submit paperwork to Astride with Pride Therapeutic Riding, Inc. for review. Decisions will be made as to whether or not the person will benefit from participating in the program, enough volunteers are available, and an appropriate horse is available. If all criteria are not met, the person will be put on a waiting list.

Lessons
Astride with Pride operates from April to mid November. Sessions run 6-8 weeks, depending on the time of year. Lessons are tailored to the participant’s needs.

Cost
Lessons are billed for the session. Scholarships are available.
B&R Ranch
Physical Address: 426 Greenbank Road, Fredericksburg, VA 22406
Phone: (540) 368-2685
Cell: (540) 273-4919
goko5353@gmail.com
www.b-r-ranch.com

PATH member, TRAV member

Therapy: Therapeutic Riding
Ages: 2 ½- 71
Clients Served: aggression, Angelman syndrome, Asperger syndrome, attention deficit disorder, attention deficit hyperactivity disorder, autism, cerebral palsy, DiGeorge syndrome, Down syndrome, manic depression, muscle disorders, Rett syndrome, selected mute, Williams syndrome, wounded warriors

Instructors
Boris Gokovski
Rachel Gokovski

About
B&R Ranch operates on the philosophy that everyone has a special talent in something, and when students are able to see their special talent, it brings about improved self-esteem and improved self-confidence to allow the student to learn anything. B&R Ranch serves about 60 students each week.

Application Process
The parent or guardian can bring the student in for a free evaluation, and then fill out paper work. Once the evaluation and paper work are complete the student will be put on the schedule.

Lessons
Private lessons are 30 minutes and group lessons can last 45 minutes to 1 hour. The professionals at B&R Ranch take the time to identify the strengths and weaknesses of each individual so that the strengths can be used to build on areas that need improvement. Expected results include increased cognitive skills, improved balance, increased stamina, better muscle control, increased muscle strength, better posture, and improved self-esteem.

Cost
$40-$45 per lesson
Blue Ridge Center for Therapeutic Horsemanship (BRCTH)
Mailing Address: PO Box 438, Boyce, VA 22620
Physical Address: 420 Russell Road, Berryville, VA
(540) 533-2777
brcthinc@hotmail.com
www.brcth.org

PATH member, TRAV member

Therapy: Equine Assisted Learning (EAL), Therapeutic Riding
Ages: 5+
Clients Served: anxiety, autism, depression, cerebral palsy, developmental delay, Down syndrome, hearing impairments, learning disabilities, multiple sclerosis, PTSD, traumatic brain injury, visual impairments

Instructors
Marjorie Youngs, M.Ed., PATH certified advanced instructor
Babe Romine, PATH equine specialist, EAGALA certified instructor

About
Blue Ridge Center for Therapeutic Horsemanship (BRCTH) is a non-profit, 501(c)(3) organization, which was founded in 2006 to serve persons with disabling conditions in the northern Shenandoah Valley. The facility includes a large bluestone arena, a barn with wide aisles, large tack room, and plenty of storage space. BRCTH does not have a wheelchair ramp.

Application Process
A detailed intake interview will take place over the phone or by email. Once a determination has been made that the individual can be served by the program, a packet of registration materials are provided to the family. Some of the information requested includes a full medical history, education information, cognitive level, communication issues, physical issues, and emotional issues. A physician's statement will also need to be completed to make sure there are no contraindications for the individual to participate. Release of Information forms can also be sent to service providers such as occupational therapists, physical therapists, and special education teachers to allow for collaboration and consultation. Goals will also be identified for each individual. A $100 deposit is required before the student can be scheduled for lessons.

Lessons
Parents, children, and adult participants are encouraged to tour the facility before the start of the session to discuss the lesson format and see the layout of the facility. Typically, lessons last 50-55 minutes. Lesson format and content vary with each individual. Participants generally learn basic horse handling skills such as moving safely around a horse, the grooming process, what certain tools are used for, and tacking up a horse. An average of 35-40 minutes is spent in the saddle. Most students start their lessons individually; however, some students may move into semi-private lessons. Games are incorporated into lessons, and a variety of props are utilized.

Cost
Lessons cost $400 for an 8-week session occurring during the fall and spring. If necessary, BRCTH can assist families with locating sources for scholarships and sponsorships.
Breaking Free
Physical Address: 15150 Strooptown Road, Timberville, VA 22853
Phone: (540) 896-8505
jennyfoltz@breakingfreesaddledoctor.com
ajmorey@breakingfreesaddledoctor.com
www.breakingfreesaddledoctor.com

EAGALA certified

Therapy: Equine Assisted Learning (EAL), Equine Assisted Psychotherapy (EAP)
Clients Served: PTSD, at-risk and court ordered youth and families. Breaking Free is not able to offer services for children or adults with either severe physical or severe intellectual constraints.

Therapy Facilitators
Two to four mental health therapists, EAGALA certified
Two to three equine specialists, EAGALA certified

About
Breaking Free is a 501(c) non-profit service serving the community with activities that encourage people to break free from circumstances preventing them from reaching their potential in life. The Saddle Doctor is a for-profit facility that houses Breaking Free. Breaking Free is located near the Shenandoah River on 52-acres.

Application Process
Referrals are accepted from counselors, courts, and veteran organizations.

Therapy Sessions
Sessions for veterans starts with small groups of 3-4. Veterans are encouraged to identify a horse they like and develop a relationship with that horse. Here is an example of a session activity: A "bowling alley" is set up in the arena consisting of PVC pipes laid on the ground and 2-liter bottles filled with sand to serve as the pins. The client leads the horse through the alley and tries to knock down the pins using the horse as the bowling ball. This is experiential therapy. It gets people moving and thinking at the same time, and although it sounds rather simple, it produces complex results.

Cost
Veterans are fully funded. FAPT, insurance, and Medicaid are accepted for youth and families. The cost includes Mental Health Specialist and Equine Specialist for all sessions. Please note that costs can be different if the Mental Health Specialist accepts insurance.
Individual therapy session- $120 per hour
Family therapy sessions- $150 per hour
Group therapy (2 clients) session- $120 per hour; Group therapy (3 clients) session- $130 per hour; Group therapy (4 clients) session- $140 per hour
Week long High Conflict Family Camp base rate- $4,400
Bridle Paths
Mailing Address: 1909 Woodgate Lane, McLean, VA 22101
Physical Address: Stone Horse Farm, 43247 Spinks Ferry Road, Leesburg, VA 20176
(571) 216-9089
bridlepaths@gmail.com
www.bridlepathsva.org

EAGALA, PATH, and TRAV member

Therapy: Equine Assisted Psychotherapy (EAP), Therapeutic Riding
Ages: children, adolescents, teens, adults, families
Clients Served: anxiety, attention deficit hyperactivity disorder (ADHD), autism, cerebral palsy, cognitive delays, depression, emotional disabilities, genetic disorders, learning disabilities, post-traumatic stress disorder, sensory processing disorder.

Instructor
Kathleen Fallon, PATH certified advanced level therapeutic riding instructor and EAGALA certified equine specialist

About
Bridle Paths is a non-profit organization that offers strength, support, and healing to individuals and families through safe, effective, and high-quality equine-assisted activities and therapies. By combining the ground-based activities of equine-assisted psychotherapy and the mounted and horsemanship activities of therapeutic riding, Bridle Paths programs can benefit both families and the community.

Application Process
Forms are available on the website. Separate packets are available for therapeutic riding clients (including medical information forms, a student contract, and liability releases) and EAP clients. Currently there is no waiting list.

Lessons
Therapeutic riding lessons are generally scheduled on weekends, although weekday lessons can be scheduled as well. The facility includes both indoor and outdoor arenas and a climate controlled observation area, so sessions are held regardless of the weather. Therapeutic riding lessons generally run for about one hour and include both un-mounted horsemanship instruction and mounted work. Each lesson teaches riding skills, adapted to the needs of the rider. Games are often used to reinforce lesson concepts.

Cost
Therapeutic riding lessons are billed on a monthly basis at a cost of $50 per lesson and a $50 per month horse usage fee. EAP rates vary depending on the arrangements in place with the attending mental health professional.
Brook Hill Farm
Physical Address: 7289 Bellevue Road, Forest, VA 24551
Phone: (540) 586-7432
executivedirector@brookhillfarm.org
www.brookhillfarm.org

PATH Center Member
Horse Rescue: Fully Accredited by Global Federation of Animal Sanctuaries

Therapy: Equine Assisted Learning (EAL), Therapeutic Riding
Ages: 10- adults
Clients Served: at-risk youth including: anorexia, anxiety, autism, diabetes, emotional disabilities, learning disabilities, oppositional defiant disorder, physical disabilities, PTSD, and more. Traditional therapeutic riding by request.

Instructors
Jo Anne Miller, Executive Director, PATH certified instructor, equine specialist in mental health in learning
Meghan Nedow, PATH certified instructor
Rachael George, equine specialist in mental health and learning

About
Brook Hill Farm, a non-profit 501(c)(3) organization, exists to provide rehabilitative focused services and safe haven for unwanted horses, as well as a therapeutic riding program. The farm is open year-round. Their signature program, United Neigh focuses on the problem of the high school dropout rate, and to date has a 100% graduation rate amongst its members.

Application Process
Call Brook Hill Farm and make an appointment for a visit, complete an application, and an appropriate program will be discussed. There is a waiting list, and members may not be chosen based on the order of the application received, rather it is based on having a suitable rescue horse available for the potential member.

Lessons
During an equine assisted learning lesson, participants attempt to manage and direct their own behavior to evoke desirable responses from the horse. The process allows the participants and facilitators to reflect on their behavior and the horse’s response through thoughts, feelings, and communication skills and then apply these skills to a human partner.

Cost
$175 a month for United Neigh
This program is 2 days a week after school (approximately 10 hours). Members are assigned to their project horse and assist with farm chores. Homework must be completed before riding lessons. Tutoring is available from college interns and adult volunteers. Riding lessons are viewed as a reward for completing chores and schoolwork.
Charlottesville Area Riding Therapy (CART)
Physical Address: 5924 Fried Farm Road, Crozet, VA 22932
Phone: (434) 823-1178
Sarah: (434) 242-1570
Fax: (434) 823-6688
cart@cartcrozet.org
cartcrozet.org

PATH member

Therapy: Therapeutic Riding
Ages: 4+
Clients Served: amputations, attention deficit disorder, attention deficit hyperactivity disorder, autism, brain injuries, cerebral palsy, cognitive defects, hearing impairments, learning disabilities, muscular dystrophy, speech impairments, spina bifida, spinal cord injuries, stroke, visual impairments, and many other emotional and physical disorders

Instructors
Sarah Daly: PATH certified instructor
One additional instructor

About
Charlottesville Area Riding Therapy (CART) is a non-profit organization devoted to bringing therapeutic recreation horseback riding to children and adults with special needs in the Charlottesville area.

Application Process
Fill out the rider registration, rider waiver, and rider physician's release forms available on the website. Then the individual will be invited to CART, where Sarah will do an evaluation to see what class would be best for the individual. Sarah will also match the individual to a horse.

Lessons
Lessons last about one hour. There are three 8-week sessions are conducted during the year: spring, summer, and fall. One to three volunteers are paired with each rider (as needed), with four to five riders participating in each class, in order to work closely with each individual student. Each lesson is tailored to each student’s unique needs.

Cost
The cost of one 8-week session is $240.
Please contact CART about options for scholarships if finances are a concern.
Dream Catchers at the Cori Sikich Riding Center
Mailing Address: PO Box 1261, Williamsburg, VA 23187
Phone: (757) 566-1775
info@dreamcatcherswilliamsburg.org
www.dreamcatcherswilliamsburg.org

PATH Premier Accredited Center

Therapy: Therapeutic Riding
Clients Served: Asperger’s syndrome, attention deficit/hyperactivity disorder, autism spectrum disorders, bipolar disorder, cerebral palsy, development delays, Down syndrome, PTSD, sensory integration disorder, seizure disorders, spinal cord injury, stroke, traumatic brain injury

About
In 2003, the Sikich Family donated 22 acres in Williamsburg to Dream Catchers in memorial to their daughter, Cori Sikich, an accomplished equestrian who lost her life to an eating disorder. The first six-stall barn was built in 2005. The Roy R. Charles Trust funded the design and construction of a 20-stall horse barn, an administration building, a covered round-pen, an outdoor riding arena, and a lighted indoor riding arena where lessons could be conducted at night and during inclement weather.

Application Process
Before the assessment, all paperwork, application, physician's statement, waiver and emergency medical consent form must be completed. Before starting lessons, each rider will be given an assessment by a team of PATH certified instructors. During the assessment, which usually last about 30 minutes, the team evaluates the capabilities and needs of the rider as well as safe techniques for mounting and dismounting. Choices for tack or adapted equipment, helmet fit, volunteer needs and proper horse assignments will also be determined during this time. Once a student is accepted, an individualized lesson plan is then created.

Lessons
Lessons are one hour, once per week for the session. Sessions are generally ten weeks or so, depending on the calendar. Therapeutic riding lessons are taught by a PATH certified instructor that last approximately 45 minutes once per week. The instructor will lead the lesson that is designed for the specific needs of the rider(s). During that lesson, the rider will be instructed on horsemanship, grooming, tacking, and mounted riding skills. The rider’s capabilities and their assigned instructor determine the skills addressed each week. Once a student has started lessons, their progress is monitored weekly and documented by their assigned instructor.

Cost
Three ways to pay for lessons include $60 per week, paid in full at a discounted rate during the first week of session, or paid in two installments at discounted rate.
EQUI-KIDS Therapeutic Riding Program
Physical Address: 2626 Heritage Park Drive, Virginia Beach, VA 23456
Phone: (757) 721-7350
information@equikids.org
www.equikids.org

PATH Premier Accredited Center, TRAV member

Therapy: Equine Assisted Learning (EAL), Equine Assisted Psychotherapy (EAP), Hippotherapy, Therapeutic Riding
Ages: 5+
Clients Served: attention deficit disorder, amputation, autism, cerebral palsy, Down syndrome, mental disabilities, multiple sclerosis, physical disabilities, spina bifida, and more

About
Founded in 1989, EQUI-KIDS Therapeutic Riding Program has grown to become one of the largest accredited equine riding programs in the country benefiting the special needs community. Currently, the program has over 300 volunteers who support their mission outreach by sharing passion to make a positive, impactful difference in the lives of others every day.

Instructors
Kathy Chitwood, Program Director, PATH certified instructor
Molly Morrow, Susan Watkins, Molly Lingua, Michelle Fredericks, Amanda Rosenstein- PATH certified instructors
Joanne Hartshorn, Physical Therapist
Melanie Huss, Licensed Professional Counselor

Lessons
30-minute private lessons, 45-minute semi-private lessons (2 riders in each semi-private), and 60-minute group lesson (not to exceed 4 riders) are offered. Lessons are offered throughout the year at 4, 6 and 8-week sessions.

Cost
Therapeutic Riding
Private (1 participant) 30 Minutes $50.00 per lesson
Semi-Private (2 participants) 45 Minutes $35.00 per lesson
Group (3 – 4 participants) 55 Minutes $35.00 per lesson
Individual Physical Therapy and Occupational Therapy is $50 per 30-minute session.

Equine Assisted Psychotherapy
Please contact for billing and insurance information.
Contact: Melanie Huss, LPC, ATR
Galloping Acres Foundation
Physical Address: Tall Cedars Farm, Inc., 11353 Rocky Ridge Road, Glen Allen, VA 23059
Phone: (804) 883-3003
shannon@gallopingacres.com
www.gallopingacres.com

PATH member

Therapy: Therapeutic Riding
Ages: 5+
Clients Served: autism, cerebral palsy, learning disabilities, muscular dystrophy, spina bifida

Instructors
PATH certified instructors: Shannon Lawson, Julie Rath, and Mary Helen Crowder

About
Galloping Acres Foundation, Inc. is a 501(c)(3), non-profit foundation. Galloping Acres Foundation is co-sponsored by Hanover County Parks and Recreation.

Application Process
All riders need to complete required paperwork. Forms are available on the website. Applicants will need to answer additional questions beyond the standard registration form to determine eligibility and course placement.

Lessons
Classes are taught at Tall Cedars Farm, Inc. in Glen Allen. This program is taught for 6 weeks in the fall and two, 6-week sessions in the spring. Classes will be taught by PATH certified instructors. A typical lesson would begin with mounting, a warm up, review of an old skill, learning new skills, playing a game, and finally dismounting.

Cost
Private lessons are $208 for a 6-week course, where lessons last for 30 minutes.
Graz'n Acres Therapeutic Riding Center
Physical Address: 14492 Ivor Road, Sedley, VA 23878
Phone: (757) 653-9615
Fax: (757) 653-0219
craiford@graznacres.org
www.graznacres.org

PATH Premier Accredited Center

Therapy: Therapeutic Riding
Ages: 3- adult
Clients Served: ADD or other hyperactivity disorder, at risk youth, autism, cerebral palsy, developmental delay or disability, down syndrome, emotional, behavioral, or mental health, genetic conditions/disorders, head trauma/brain injury, hearing impairment, learning disability, mental retardation, muscular dystrophy, orthopedic, paralysis, speech impairment, spina bifida, stroke, visual impairment

Instructors
Cyndi Raiford, Director & Lead Instructor, PATH certified
All instructors are PATH certified

About
Graz’n Acres Therapeutic Riding Center is a non-profit organization that provides therapeutic equine assisted activities for people with physical, mental, emotional and learning disabilities.

Application Process
Individuals can call or go to the website for the student paperwork. Applications are available on the website. Once completed and returned, the lead instructor will contact the individual for additional information and discuss possible lesson openings. If there is an opening, an evaluation is scheduled.

Lessons
Lessons last for 25-30 minutes. All of the lessons are based on the individual’s diagnosis with input from therapists, parents, and teachers regarding the individual education program (IEP). A lesson plan will be developed and progress reports will be made. Evening lessons are private, not in a group, so the focus is on the individual. Lessons are based on specific goals to improve function and quality of life, not recreational riding. The overall functional ability of the individual is accomplished though partnering the individual with the horse and the environment.

Cost
Evening lessons are 10-week sessions (30 minute private lesson each week for 10 weeks) in the spring summer and fall. The cost for a 10-week session is $250 (or $25 a lesson).
Healing Strides of VA
Mailing Address: PO Box 456, Boones Mill, VA 24065
Physical Address: 672 Naff Road, Boones Mill, VA 24065
Phone: (540) 334-5825
info@healingstridesofva.org
www.healingstridesofva.org

EAGALA certified, PATH Premier Accredited Center

Therapy: Hippotherapy, Therapeutic Horsemanship
Ages: Hippotherapy- pediatric patients only, Therapeutic Horsemanship- 2+
Clients Served: amputee, at-risk youth, autism, brain injury, cerebral palsy, developmental delay or disability, Down syndrome, genetic disorders, intellectual disability, muscular dystrophy, paralysis, speech impairment, spinal cord injury, stroke, substance abuse, trauma, violence, visual impairment, and many other disabilities not mentioned. Please call if you have a client that you may feel can be served by our services.

Instructors
All instructors and therapists are certified or licensed for the classes or services they provide.

About
Healing Strides of VA is a 501(c)(3) non-profit organization that was originally established in 1991 as the Roanoke Valley Therapeutic Riding Program. Healing Strides of VA operates 12 months out of the year. Healing Strides of VA averages about 130 participants a week.

Application Process
Registration forms are available on the website. Call to schedule an evaluation. During the evaluation, a decision will be made as to whether the individual should have a private lesson or group lesson. Then the individual is matched with a horse and instructor. Currently, there is not a waiting list for therapeutic horsemanship or mental health; however, there is a waiting list for hippotherapy.

Lessons
Private therapeutic lessons last for 30 minutes and group therapeutic lessons last for 1 hour. The goal is for every individual to be as independent as possible. The general outline for a lesson begins with stretching and a warm up and then it continues with the skill being taught, a time to practice that skill, sometimes playing a game that incorporates the skill, followed by wrapping up the lesson up with a cool down and review. The participant may also have an opportunity to groom and learn how to tack his or her own horse.

Cost
Therapeutic riding lessons cost $30 per lesson with a 12-week commitment. Individuals are expected to pay for lessons at the beginning of every month. Please call for cost of other programs offered.
Heartland Horse Heroes
Physical Address: 16680 W. James Anderson Hwy, Buckingham, VA 23921
Phone: (434) 983-8181
heartlandhorseheroes@ymail.com
www.heartlandhorseheroes.com

PATH Premier Accredited Center

Therapy: Equine Assisted Therapy, Therapeutic Riding
Ages: children of all ages
Clients Served: children with physical, mental or emotional disabilities, children with special needs from Buckingham County School District, at-risk youth who are socially challenged, victims of domestic violence, and who are in any at-risk situation.

Instructors
LaRue Sprouse Dowd, Program Director, CHA certified instructor and PATH certified instructor

About
Heartland Horse Heroes is a non-profit 501(c)(3) organization. Heartland Horse Heroes is located on Sprouses Corner Ranch, a full service training, lesson, show, and boarding facility owned by program director, LaRue Sprouse Dowd. A wide variety of lesson and boarded horses are available, allowing Heartland Horse Heroes to allow for a unique match between horses to an individual. Heartland Horse Heroes is also affiliated with Inner City Slickers, which is a national program for at-risk youth. Horses used in therapy sessions also participate in “Therapy for Therapy Horses” where the horse goes through a series of release and relax exercises to relax the body and mind of the therapy horses.

Application Process
Contact Heartland Horse Heroes, and complete all paperwork consisting of application, physician’s statement, waiver, and emergency medical consent form. The assessment will usually last about 30 minutes where the capabilities and needs of the rider as well as safe techniques for mounting and dismounting will be evaluated. LaRue Sprouse Dowd, also creates and/or studies their IEP reports.

Lessons & Therapy
A PATH certified instructor guides the lesson designed for the specific needs of each rider. The lessons are on a weekly basis and last about one hour. During the lesson the rider will be instructed on horsemanship, grooming, tacking and mounted skills. The rider’s capabilities and their assigned instructor determine the skills addressed each week. Once a student has started lessons, their progress is monitored weekly and documented by their assigned instructor.

Cost
Lessons cost $45 per hour. Scholarships are available for individuals who are unable to pay.
Hoofbeats Therapeutic Riding Center
Mailing Address: PO Box 979, Lexington, VA 24450
Phone: (540) 464-3337
hoofbeats@rockbridge.net
www.hoof-beats.com & hoofbeatscenter.wordpress.com

PATH Premier Accredited Center, TRAV Center Member

Therapy: Therapeutic Riding
Ages: 4+
Clients Served: Asperger's syndrome, autism, brain injuries, cerebral palsy, developmental delays, Down syndrome, emotional difficulties, intellectual difficulties ranging from mild to profound, learning difficulties, multiple sclerosis, PTSD, social issues, speech, etc.

Therapy Facilitators
Carol Branscome, Program Director, head instructor with 40+ years of experience working with horses and teaching
Maria Pennine, Assistant Instructor, PATH certified instructor, Special Olympics coach

About
Hoofbeats is an active member of the Special Olympics of Virginia (SOVA). Hoofbeats is a 501(c)(3) charity. They are also a member center of the Global Federation of Animal Sanctuaries. About 70% of Hoofbeats' riders have a mental component to their disability. Hoofbeats seeks to give people a soft place to land and a place to belong.

Application Process
Go to the website- www.hoof-beats.com- for the application, or riders may request a packet. Barn tours are by special appointment. Sessions are scheduled afterward.

Lessons
Lessons are developed to meet individual rider needs. Hoofbeats includes working with the horse on the ground and under saddle. We encourage relationships with the horses. Lessons run approximately one hour, but it could last longer.

The lesson program is dressage based with opportunities for Quadrille and Show Teams. The program models the USPC method (United States Pony Clubs) with an emphasis on independence, teamwork, work ethic, horse knowledge, citizenship, and empathy for horses and people (and all other living things).

Cost
Lessons come in 8-week session blocks. A session is $240, which comes to $35 per weekly ride.
Inspiring Strides Therapeutic Horsemanship Inc.
Mailing Address: PO Box 1694, Midlothian, VA 23113
Physical Address: Keystone Acres, 12830 River Rd. Chesterfield, VA 23838
Phone: (804) 519-9486
inspiringstrides@gmail.com
www.inspiringstrides.com

PATH Center Member, TRAV Center Member

Therapy: Therapeutic Riding
Ages: 5+
Clients Served: autism, cerebral palsy, Down syndrome, learning disabilities, mental disabilities, physical disabilities, social disabilities, traumatic brain injury, visual impairment, and more

Instructors
Three PATH certified instructors

About
Inspiring Strides is a 501(c)(3) non-profit organization founded in 2013 to serve the Greater Richmond Area. The instructors are committed to helping each rider reach his or her individual goals in a caring atmosphere. Inspiring Strides also has a great group of volunteers dedicated to the mission of the program.

Application Process
The application is available on the website. To apply, the individual needs to complete the first part of the rider packet and submit it to Inspiring Strides. The application will be reviewed, and an in-person rider evaluation will be set-up. Following the evaluation, Inspiring Strides’ staff will determine if the staff, volunteers, horse, and necessary equipment are available to support the participant’s needs. The participant will then either be enrolled in the upcoming session or placed on a waiting list. If enrolled, the entire rider packet must be completed and returned along with full payment at least one week prior to the start of the session.

Lessons
Lessons are taught by PATH certified instructors in sessions ranging from four to six weeks in length. Each lesson is designed to meet the goal of each individual. Lessons may include grooming, riding, learning how to take care of a horse, etc. Horsemanship is incorporated into all aspects of the program.

Cost
$40 per lesson
Loudoun Therapeutic Riding, Inc.
Physical Address: 41793 Tutt Lane, Leesburg, VA 20176
Phone: (703) 771-2689
jhart@ltrf.org
www.ltrf.org

PATH Premier Accredited Center, TRAV Center Member

Therapy: Hippotherapy, Therapeutic Carriage Driving, Therapeutic Riding,
Ages: 2-73 (must be 4 for therapeutic riding)
Clients Served: autism, cerebral palsy, Down syndrome, emotional disorders, hearing impaired,
intellectual disabilities, learning disabilities, psychological disorders, stroke, visually impaired

Instructors
11 PATH certified instructors (registered level, advanced, and master)

About
Loudoun Therapeutic Riding, Inc. (LTR) was formed in 1974. LTR has been a PATH Premier
Accredited Center for over 20 years, and is one of the first centers to achieve national
accreditation. Also, LTR is located on the 1000-acre Morven Park Equestrian Center in
Leesburg with access to arenas, barns, trails, and the historic side of the property as well. LTR
is partnered with several community organizations as well including Loudoun County Public
Schools, North Spring Behavioral Healthcare, Northern Virginia Community College, and
Shenandoah University.

Application Process
Contact Kathy Blaine to set up an evaluation meeting at the barn to determine suitability and
assess individual needs, goals, and requirements with regard to LTR's resources (horses, staff,
volunteers). Each prospective student is evaluated using a Risk/Benefit Analysis. Once space is
available and it is determined that equine assisted activities/therapies are appropriate, the
individual needs to fill out the necessary forms. Most individuals self-refer; however, doctors,
teachers, therapists may also refer.

Lessons
Private lessons are 30 minutes, and a group lesson with 2-3 participants is 45 minutes to 1
hour. Lesson plans are developed based on the participants stated goals for the session and life
goals such as: communication, relationships, desired physical changes, emotional health,
improvements to self-confidence, new leisure skill, etc. Classes are taught in the barn on
horsemanship and horse care. Mounted lessons are taught in the riding arenas or on trails
around the property. Skills taught include riding, horsemanship, leadership, and
communication both verbal and non-verbal.

Cost
8-week session, 1 day per week- $495
Northern Virginia Therapeutic Riding Program (NVTRP)
Physical Address: 6429 Clifton Road, Clifton, VA 20124
Phone: (703) 764-0269
Fax: (703) 764-0269
office@nvtrp.org
www.nvtrp.org

Therapy: Hippotherapy, Therapeutic Horsemanship
Ages: 4+ years for therapeutic riding, 2+years for hippotherapy, 6+ years for community lessons
Clients Served: autism, cerebral palsy, developmental delays, Down syndrome, hearing impairments, vision impairments, and others

Instructors
Six PATH certified instructors

About
The Northern Virginia Therapeutic Riding Program (NVTRP) is a nonprofit 501(c)(3) charitable organization. NVTRP was started in 1980 by a small, but dedicated group of people in Clifton, VA. In the early years everyone was a volunteer and there was barely enough money for dues to the national accrediting organization. Neighbors lent horses, time, and love, and the program grew over time. Over the next 34 years, NVTRP weathered storms, including a damaging barn fire, and grew with respect to riders, staff, and volunteers. Today, NVTRP owns a Little Full Cry farm in Clifton, VA and has ingrained itself within the community. The Clifton Town Council has declared September 19 as “Peachy Keen Day” to honor NVTRP’s Community Ambassador, who recently retired from the farm after serving as a therapeutic horse for thirty years. NVTRP’s staff and volunteers create a community atmosphere for every rider who comes for a lesson making the experience a warm, welcoming, and positive one.

Application Process
Download and fill out all required rider forms completely and send in the forms by either mail, fax, or email. Once all required forms are received, the individual will be placed on the waiting list. When a time slot becomes available, the individual will be contacted to set up an interview ride. A therapist and a PATH certified instructor determine whether the rider should receive hippotherapy or therapeutic riding by conducting the interview rides.

Lessons
Each lesson includes mounting and dismounting, the riding session, and sometimes grooming and tacking the horse. Hippotherapy sessions are one on one with the therapist and last 45 minutes. Riding sessions are typically 12-14 weeks long and are conducted throughout the year, beginning in February and ending in December.

Cost
Please contact for price.
Opening Gates, LLC
Physical Address: 670 Highway Ninety-Two, Boydton, VA 23917
Phone: (434) 738-6566
openinggates@mail.com
www.openinggates.org

EAGALA certified

Therapy: Equine Assisted Learning (EAL), Equine Assisted Psychotherapy (EAP)
Ages: 8+
Clients Served: Individual, couples, family, and group therapies are available for mental health problems such as depression, ADHD, anxiety, PTSD, anger, communication problems, family discord, and stress. Opening Gates does work with individuals who have mild autism and mild disabilities if they are able to negotiate the facilities without needing physical accommodations.

Therapy Facilitators
Jimmy Walters, Equine Specialist, EAGALA certified equine specialist
Mary Alice Walters, Licensed Clinical Social Worker (LCSW), Substance Abuse Counselor (CSAC), Certified Employee Assistance Professional (CEAP)

Application Process
Individuals can self-refer to Opening Gates or a medical or mental health provider can refer them.

Therapy Sessions
Sessions are by appointment only. Depending on the group size, lessons can last 1-2 hours. An initial session is set-up to determine the diagnosis, problems, goals, treatment plan, and an introduction to EAP. All sessions include on-the-ground structured activities with horses. The EAL is psychoeducational and is generally for groups and corporate groups to address communication, staff development, goal setting, etc. EAL sessions can be for half a day to a full day to address team development, improved communication, problem solving, goal planning, stress management, and retreats to achieve balance.

Cost
Payments are accepted by cash or check only. No insurance or credit cards accepted.
Project Horse Empowerment Center
Mailing Address: 20015 Great Falls Forest Drive, Great Falls, VA 22066
Physical Address: 16334 Berlin Turnpike, Purcellville, VA 20132
Phone: (703) 517-6964
Fax: (571) 405-5442
info@projecthorse.org

EAGALA member

Therapy: Equine Assisted Psychotherapy (EAP)
Ages: 5 - 80
Clients Served: anxiety, attachment disorder, autism spectrum disorders (mild to severe),
attention deficit disorder (ADD), attention deficit hyperactivity disorder (ADHD),
depression, eating disorders, PTSD, substance abuse, trauma recovery

Therapy Facilitators
Equine Specialists are EAGALA certified
Licensed Therapists (LCSW or LPC)

About
Project Horse is one of a few organizations that do not offer riding. The horses are viewed
as partners in the treatment team. Both the horse and individual are both partnered on
equal footing working towards treatment goals. Project Horse’s treatment approach
maximizes relationship-building skills, promotes positive communication, creative
problem solving, and helps build self-esteem.

Application Process
Interested individuals can make an inquiry either through the website or over the phone.
Brief screening questions will be asked as a follow-up to help determine what services and
programs would be the best fit for the individual. Then the individual will be paired with a
therapist where an intake assessment would be preformed.

Therapy Sessions
Therapy sessions vary in the activities that are used. All non-riding activities are deemed
therapeutically appropriate based on the individual’s treatment goals.

Cost
For individuals, therapy sessions are $200 per hour. Group therapy prices vary, but the
sessions cost approximately $70-$90 per hour.
Rainbow Center 4-H Therapeutic Equestrian Program Inc.
Mailing Address: P.O. Box 479, Haymarket, VA 20168
Physical Address: 16198 Silver Lake Road, Haymarket, VA 20169
Phone: (703) 754-6159
rainbow@rainbowriding.org
www.rainbowriding.org

PATH member

Therapy: Therapeutic Riding
Ages: 4-70
Clients Served: all emotional, physical, and mental disabilities

Instructors
Four PATH certified instructors

About
Established in 1985, the Rainbow Center is a non-profit organization that is strictly a therapeutic center. Staff are caring, understanding, and completely dedicated to the families. The Rainbow Center has a wounded warrior program with sessions held every other week. Four to six soldiers come from the Walter Reed Hospital. The Rainbow Center also has a high school program for special education students at two local high schools. Additionally, the Rainbow Center has an at-risk youth program with an alternative high school located in the area.

Application Process
Complete the student application from the website. Once the application is received, it is reviewed and the student is placed with an instructor that will best support the student’s needs. Then the instructor will contact the parent to set up a time when the student can be placed on the schedule. From the time the application is received to when a student begins lessons takes about one to two weeks. Each student receives an evaluation, and sometimes this could lead to a change in the instructor the student was initially placed with. Short term and long term goals will be set for the upcoming sessions. Currently there is a short waiting list; however, every effort is made to place all students with an instructor as soon as possible.

Lessons
The Rainbow Center is highly individualized. Lessons are tailored to meet the goals of the individual rider. Basic riding skills and formal exercises are combined to strengthen muscles and encourage relaxation and coordination. The instructors work with the riders to achieve individual goals.

Cost
Private: $260 for 4-week session for 30 minutes per week
Group: $200 for 4-week session for 45 minutes per week
Simple Changes
Mailing Address: PO Box 991, Lorton, VA 22199
Physical Address: 10406 Gunston Road, Mason Neck, VA 20119
Phone: (703) 402-3613
Fax: (703) 372-2625
simplechanges@hotmail.com
www.simplechanges.org

PATH Premier Accredited Center, TRAV member

Therapy: Hippotherapy, Therapeutic Riding, Wounded Warriors
Ages: 2+
Clients Served: All disabilities unless there is a contraindication for riding (typically severe physical or emotional difficulties), youth-at-risk, work programs, summer camp, horse shows and more.

Therapy Facilitators
Corliss Wallingford, Executive Director, Registered Instructor
Jenny Spain, Program Director, Registered Instructor
Adrianne Manzelli, Registered Instructor
Jill Wagner, MS, PT
Sophia Scott, MS, PT
Connie Roof Kohler, MS, OT
Debbie Heitmann, PTA

About
Simple Changes is a non-profit organization that offers therapeutic horseback riding, hippotherapy, and a variety of volunteer opportunities. An indoor arena is available to allow for year-round riding. There are also accessible trails through the woods.

Application Process
Rider forms may be submitted online, by fax or by mail. All rider forms, including the physician form, are needed in order to be placed on the waiting list. Once a place becomes available, potential riders will be invited for an evaluation ride. The physician form must be completed and submitted before the evaluation ride.

Lessons
Simple Changes’ hippotherapy program is run by a licensed physical therapist and uses the movement of the horse to facilitate treatment. A licensed occupational or physical therapist conducts individual client sessions. Lessons are held every day but Sunday.

Cost
Therapeutic riding lessons are $55 per lesson. Please contact for hippotherapy fees.
Spirit Open Equestrian Program
Mailing Address: PO Box 1342, Great Falls, VA 22066
Phone: (703) 600-9667
spiritoep@gmail.com
www.spiritequestrian.org

PATH Center Member

Therapy: Equine Assisted Learning, Equine Assisted Psychotherapy, Therapeutic Riding
Ages: 3-99
Clients Served: ADD or other hyperactivity disorder, at risk youth, autism, cerebral palsy, developmental delay or disability, down syndrome, emotional, behavioral, or mental health, genetic conditions/disorders, intellectual disability, learning disability, speech impairment, stroke, violence, abuse or trauma, weight control disorders

Instructors
Sue Bell & Sarah Morehouse, PATH certified therapeutic riding instructor
Veronica Lac, MA, LPC, GEP, PATH certified therapeutic riding instructor
Ioana Boie, PhD, LPC, NCC, Equine Assisted Psychotherapist
Elizabeth Porter Moran, LCSW, EAGALA certified mental health specialist
Ashley Nunn, EAGALA certified mental health specialist
Davorka "Dada" Suvak, Founder/Executive and Program Director, PATH certified therapeutic riding instructor

About
Spirit Open Equestrian Program (Spirit OEP) is a nationally recognized, 501(c)(3) non-profit organization. The founder and program director of Spirit OEP brought an international experience and concept to provide a non-typical approach and a set of procedures in order to achieve social integration and fulfillment of personal potentials of each individual.

Application Process
Forms are available on the website. Completed forms can be emailed or mailed. Prospective participants can sign in for most of Spirit OEP’s program using Parktakes Online, calling Frying Pan Farm Park (703-437-9101), or contacting Spirit OEP directly.

Lessons
All activities are chosen at the discretion of each individual instructor, mentor, or leader. Some of the session activities include working with/riding horses, crafts, games, farm chores, and life skills. A secondary goal of the program is to educate an individual in equine safety and husbandry. All activities are structured to accomplish the primary goal of creating a safe and healing environment.

Cost
Therapeutic riding costs $65 per session. Scholarships are available for individuals with a financial need.
Sprout Therapeutic Riding & Education Center
Mailing Address: P.O. Box 8, Aldie, VA 20105
Physical Address: 40685 John Mosby Hwy, Aldie, VA 20105
Phone: (571) 367-4555
brooke.waldron@sproutcenter.org / info@sproutcenter.org
www.sproutcenter.org

PATH member

Therapy: Hippotherapy, Therapeutic Riding
Ages: hippotherapy 2+ years, therapeutic riding 4+ years
Clients Served: autism, attention deficit disorder, attention deficit hyperactivity disorder, arthrogryposis, Asperger's syndrome, cerebral palsy, developmental delays, Down syndrome, fetal alcohol syndrome, sensory integrative disorders, seizure disorders, spina bifida, spinal muscular atrophy, traumatic brain injury, Williams syndrome

Instructors
Brooke Waldron, Founder, Executive Director, PATH certified instructor
Amy Perez, Melissa Wightman, Anna Koopman, PATH certified instructors
Susan Schmieg, PT, DPT, PATH certified instructor, American Hippotherapy

About
Sprout Therapeutic Riding and Education Center is a mission-based non-profit organization. Sprout is housed in a specifically built, ADA-accessible, all-weather facility. The program utilizes a herd of well-educated, semi-retired show horses that have patience, kindness, knowledge, skill, and movement to be of true benefit to riders.

Application Process
Sprout enrolls students before each new session. The enrollment process closes 2 weeks before the start of the session, and all paperwork is due to Sprout at a minimum of 1 week before the beginning of the session. A physician release/medical history form, emergency information, waiver, and media release is required to be completed before riding at Sprout.

Lessons
Sprout offers four sessions of lessons per year (fall, winter, spring and summer). Sessions range from 5-8 weeks in length and students ride on a weekly basis in a predetermined time block. Riding skills are related to applicable life skills to include pre-vocational skills, expressive and receptive communication, and functional physical goals. Mounted riding lessons are designed to improve the physical, cognitive, psychological, and social skills of riders. Horsemanship lessons allow for personal growth of students by providing activities that encourage interaction with the horses. Hippotherapy includes physical, occupational, or speech therapy protocol that is a component of an integrated treatment plan of care prescribed by a licensed therapist to achieve desired therapy goals and improved functional outcomes.

Cost
Lessons cost $55 per lesson. Sprout will work to find financial scholarships for families with limited budgets.
Tackfully Teamed Riding Academy
Address: 7975 Henry Road, Henry, VA 24102-3005
Phone: (276) 627-0024
tackfullyteamed@gmail.com
www.tackfullyteamed.com

PATH member

Therapy: Therapeutic Riding
Ages: all ages
Clients Served: attention deficit hyperactivity disorder, Alzheimer's disease, anxiety, autism, behavioral issues, blind, cerebral palsy, closed head injuries, depression, developmental delays, Down Syndrome, learning disabilities, multiple sclerosis, muscular dystrophy, paralysis, strokes, wounded warriors

Instructors
Susan Warren, PATH certified instructor, TRAV member
Kimberlee Fulcher, PATH certified instructor, TRAV member
Abigail Fullerton, PATH certified instructor, TRAV member

About
Tackfully Teamed Riding Academy Inc. is a non-profit organization specializing in therapeutic horseback riding. The center serves individuals of all ages with disabilities from Henry, Patrick, Pittsylvania, and Franklin Counties. There is an occupational therapist and a recreational therapist that plans and implements activities specifically for each rider according to their needs. Currently, Tackfully Teamed Riding Academy has a new project doing research on Alzheimer’s disease and the impact of therapeutic riding and sensory integration. The center is collaborating with local nursing homes in order to do this valuable research

Application Process
A doctor, occupational therapist, physical therapist, teacher, or a family member of riders refers individuals to Tackfully Teamed Riding Academy. The prospective individual has to fill out participant forms and have a doctor’s approval to participate. An occupational therapist observes new prospects before they begin riding. She advises Tackfully Teamed on activities to do and shares any precautions she observes so that contraindications can be avoided. Prospective individuals come and see the facility, observe lessons, and meet the volunteers and horses before they begin lessons.

Lessons
Riders assist in grooming and saddling horses before their lessons. Sensory issues are addressed while mounted and un-mounted. During lessons, some activities include patterns, problem solving, following steps, and horseback riding skills. Activities are incorporated to enhance sensory input with visuals aids for understanding. Tackfully Teamed Riding Academy also has a sensory trail to help with sensory integration.

Cost
Lessons cost $25 per lesson for new individuals.
Unbridled Change
Mailing Address: PO Box 157, Boones Mill, VA 24065
Physical Address: 1176 White Oak Road, Boones Mill, VA 24065
Phone: (540) 334-2171
Fax: (540) 334-2173
mhollingbrooks@unbridledchange.org
www.unbridledchange.org

EAGALA member, PATH member

Therapy: Equine Assisted Psychotherapy
Ages: 4+
Clients Served: mental health problems, Autism, emotional disabilities, learning disabilities, obsessive compulsive disorder (OCD), oppositional defiant disorder (ODD), PTSD, Reactive Attachment Disorder, trauma

Instructors
Michelle Holling-Brooks, EAGALA advanced certified equine specialist, PATH certified registered instructor, PATH certified equine specialist for mental health & learning
Cami Murnane, MSW, Lead Therapist

About
Unbridled Change is unique in that they are the only origination in south-western Virginia focusing solely on mental health, which allows specialization in helping clients address those needs with the highest professional standards. Unbridled Change also has a heated indoor arena that allows them to operate year round.

Application Process
First, a referral form would be filled out either by a parent or a medical professional. Then the client would schedule a free farm tour. During the tour, a determination will be made as to whether the individual’s treatment goals could be met with the program. Once that is finished, the client will be scheduled on a weekly time slot. The programs vary in time from 12 weeks to 36 weeks.

Lessons
Sessions are individualized to meet a participant’s treatment goals. All sessions include interaction with horses whether that is mounted or un-mounted sessions. Participants are able to address thoughts and behavior patterns that are not working for them or causing them to have issues with general relationship, communication, and social skills through the development of a relationship with the horses. Sessions typically last for 50 minutes on a weekly basis.

Cost
Cost varies depending on the program. Participants are able to apply for a sliding fee scale. The riding based social and self-regulations skills program cost is $50 a session and equine assisted psychotherapy sessions are $125 per session.
Untamed Spirit Therapeutic and Educational Program
Physical Address: 3943 Dawley Road, Virginia Beach, VA 23457
Phone: (757) 288-5999
barb@untamedspirit.org
www.untamedspirit.org

PATH member, TRAV member

Therapy: Therapeutic Riding, School/Organization Tours, Wellness Advocacy
Ages: 3+
Clients Served: Autism, Down syndrome, depression, learning disabilities, etc.

Instructors
Barbara S. Ford, Owner, PATH registered instructor
Ashley S. Ford, PATH registered instructor
Hannah Yasemsky, Hannah Carey, instructors-in-training

About
The concept of moving forward is the basis for a new horse facility located in Virginia Beach. Forward Motion Farm, LLC was developed by Barbara S. Ford, Ashley Ford and Shaun Gayhart in the summer of 2010 as a blended equine community, bringing both able-bodied and special needs individuals together in a positive equine facility and encouraging outdoor farm environment. The farm encompasses almost 25 acres of farmland, surrounded by aged trees in an idyllic and tranquil setting. Facilities include a 28-stall barn, indoor riding arena, outdoor jumping ring, outdoor dressage ring, round pen and numerous pastures. Untamed Spirit is a 501(c)(3) tax-exempt organization. In 2015, new programs for mental health services and grandparent/senior programs will begin.

Application Process
Interested participants can email Barb Ford at barb@untamedspirit.org to inquire about therapeutic riding. A doctor’s clearance is needed in order to participate. A slot appropriate to each individual’s needs will be chosen for the participant. Currently there is no waiting list.

Lessons
Sessions range from 6-8 weeks throughout the year. Lessons are mounted and un-mounted. Traditional and therapeutic riders may be incorporated together in group lessons. As a part of the farm experience, riders take an active part in grooming their horse prior to each lesson as able. Mounted lessons include fun games and exercises. Riding to music and riding to dressage tests could also be part of the lesson.

Cost
1-hour group lesson (2-3 participants)- $40/per lesson
1-hour private lesson- $50/per lesson