

From Shadows to Sunshine: A Journey of Transformation with Equine Assisted Therapy

A Masked Arrival - Her Hidden Struggles

The first time she joined us her demeanor was guarded, she was wearing a black hooded sweatshirt and a mask. She carried the weight of the world on her shoulders, keeping her emotions hidden from others.

A Spark Ignites

A couple weeks later, she arrived and her mask was droopy, revealing more of her face. She began showing interest in her horse during therapy sessions, as if a spark had been ignited within her.

Finding Solace - A Love for Horses

She expressed her love for horses, finding solace, confidants, and friends in these majestic creatures. They provided her with a sense of calm and peace she had never experienced before.

Shedding the Old - A New Identity Emerges

She started showing signs of saying goodbye to her old self, arriving without a mask and with the hood down. She actively engaged with her team and horse, embracing a new identity and finding her voice.

Awe inspiring Transformation - Her Healing Journey

By the final week, she was completely transformed. She arrived without a mask or hood, engaging with her team, laughing, smiling and sharing her thoughts and feelings. Witnessing her blossom was truly remarkable.

Continuing the Journey - a Return with Renewed Enthusiasm

After a short break, she returned for the fall session, wearing her hoodie and mask as a reminder of caution. She felt comfortable continuing her journey, quickly reconnecting with the horses and thriving in their presence.

Inner Strength and Personal Growth

Every interaction with the horses laid the foundation for a new milestone, building her inner strength and coping skills. The impact on her emotional well-being was immeasurable.

Touching Hearts - Inspirational Takeaways

Her story touched all of our hearts. She made a courageous decision to join the program and embrace the unknown. She discovered her own strength by working with and being in the presence of these beautiful creatures.

From Shadows to Sunshine

This story is one person's journey from shadows to sunshine - each participant has their own story and each story is a testament to the power of equine assisted therapy.

There is always hope for healing and growth, even in the darkest of times. Equine assisted therapy impacts lives and creates lasting change, not only for individuals but for the entire community.

Through self discovery, the solace and companionship of the horses, there is an opportunity to learn to embrace our own strength. With determination and the support of these majestic creatures, one can overcome any struggle and find their way back to the light.