

10 Week Program of Equine Integrated Therapy

“It’s in the Release”

*** SAMHSA 8 Dimensions of Wellness & 8 Mindfulness Steps & SWHP 5 Accords & Horse Interactive Activities:**

	<i>SWHP Adapted 4 Agreements</i>	<i>Assessments</i>	<i>Activities</i>
Wk 1 – Intro & Assessment & 4 Agreements	Mission statement WT/SWHP “4 Agreements”	1. ACE 2. Group readiness 3. Rosenberg & Happiness	Introduction to program and goals of program
Wk 2 – Spirit: Expanding a sense of purpose & meaning	Patience Accord #2 Intention/Insp	Purpose & meaning questionnaire DC pg. 49	Listen to heart/breathe with and connection with horse
Wk 3 – Intellectual: Recognizing creative abilities & finding ways to expand knowledge & skills	Beginners mind Accord #1 Understand; listen, observe	Listen within DC PG 5 Flourishing Scale	Horses life story & choose a horse for relationship journey; approach, touch, brush
Wk 4 – Social: Developing a sense of connection, belonging & support system	Non-judging Accord #4 Create	Rosenberg Self- Esteem DC pg 8: Family & ecology DC pg 9: Trust A relationship step by step	Move w/stick after repeating w/touch/join up/check feet A relationship step by step
Wk 5 – Environmental: Good health w/pleasant, stimulating environment that support well being	Acceptance Accord #5 Putting in the time	Life Inventory 4 Agreements with Horses	Soft eye Repeat steps to connection; touch, brush, feet
Wk 6– Emotional: coping effectively w/life & creating satisfying relationships	Non-attachment Accord #3 Solicit	Emotional Scale DC pg 11 or pg 7	Walk horses around Medicine Wheel and to Center of Labyrinth Dine Ceremony ‘I am whole.....
Wk 7 – Physical: Recognizing the need for physical activity, health foods, sleep	Non-doing	Happiness Scale Horse ear language	Longeing Repeat steps to check physical & emotional state & check feet again
Wk 8 – Occupational: Personal satisfaction & enrichment from one’s work or life’s purpose	Curiosity	Motivation Scale DC pg 13/pg 10/pg 20	My World
Wk 9 – Financial: Satisfaction w/current & future financial situations	Awareness of preset moment Awareness	DC pg 15/pg 20/pg 77	Life’s obstacles
Wk 10 -	Completion certificates	Program evaluations Final happiness/emotional/flourishing scales	Paint on horse/rock with word or symbols or picture of program take away for each participant Walk horse or ride horse through labyrinth