



Hudson Valley HorsePlay

Children | Teens | Adults

Individual | Family | Group

Why Horses?

Horses are prey animals whose survival relies on their ability to be highly attuned to their environment and read and respond to non-verbal cues from others.

They live in the moment, are authentic and non-judgmental.

Herd observations and structured *unmounted* activities with horses provide unlimited opportunities for personal, academic, and professional growth.

The Benefits

Awareness, Accountability Achievement

Social & Emotional Skills
Life Skills & Leadership
Self Esteem • Self-Regulation
Communication Skills
Empathy • Self-Advocacy
Healthy Boundaries
Assertiveness
Addictions Preventions &
Treatment • Trauma • Eating
Disorders • PTSD •
Depression • Anxiety
& more

Who is this for?

Individuals: children, youth, teens and adults, as well as families, couples, groups and teams!



What is HorsePlay?

On-the-ground activities to build social and emotional skills, support personal and professional growth, and help persons who suffer from abuse, trauma and/or addictions.

Solution Based, Short-Term, Engaging,
Growth Orientated and Fun!

Equine-experiential is an emerging field in which participants partner with horses and a facilitation team: a professional mental health counselor and equine specialist. Activities are structured to support growth, development and / or recovery in a safe, non-threatening and memorable way.

Activities with the horses can range from herd observations to non-verbal interactions to attempts at navigating challenges together. Our role as facilitator is not to coach, but rather to aid clients in making sense of their observations and experiences.

Benefits Any Problem:

For almost any personal goal or emotional or mental health challenge, HorsePlay can structure and facilitate





Veterans' Services



Trauma, Addictions, Empowerment



Rosely Roubana, LMSW, L with Cori Nichols, ES

For more information:

[Hudson Valley
HorsePlay.com](http://HudsonValleyHorsePlay.com)

Eagala.org

[HorsePlay SlideShow](#)

[JayC Dugard Foundation](#)

interactions to help participants recognize their beliefs and behaviors and understand how these play out with respect to self, peers, partners and the world at large. Using feedback from the horses, clients have the opportunity to experiment with and practice new ways of relating to self and others.

On the Ground:

In the HorsePlay Model of EAL and EAP, there is no riding involved. All exercises with the horses take place on the ground. Absolutely no horse experience is required.

From a Clinical Perspective:

Equine interactive experiences rapidly break down defense mechanisms that interfere with growth and development.

Immediate cause and effect situations provide stimulation for long-term change.

HorsePlay captivates and embraces attention, while promoting the process of change from unhealthy behavioral and communication patterns to successful ones.



Farm visits offered daily by appointment. Complimentary industry demonstrations offered year-round. Client services offered March - December.

[email Cori.Nichols@aol.com](mailto:Cori.Nichols@aol.com)

or call

Hudson Valley HorsePlay at (845) 616 – 3608.