



Equine assisted psychotherapy
provided by our team of therapeutic
professionals



contact us

209.772.3871
PO Box 674
Burson, CA 95225

Visits welcome by
appointment only due to
the confidential nature of
our services.

Mission Statement

Our mission is to provide
counseling, personal growth
and therapeutic riding services,
partnering with horses and
other animals.

Non-Profit 501 (c) 3 #46-3137973



Animal Assisted CoUnseling



**HORSESPEAK CENTER FOR
PERSONAL DEVELOPMENT,
INC**

(209) 772-3871
WWW.HORSESPEAK.COM



A truly unique approach to psychotherapy and personal growth

Whether you are struggling with a particular issue or just can't shake the feeling that there should be more to life, we can help.

We provide a caring environment in which you can identify and explore those issues that may be getting in the way of a more rewarding career, home life, or more fulfilling relationships.

WE CAN HELP YOU

- Rise above anxiety
- Find the light out of depression darkness
- Transform trauma into resilience
- Identify and manage PTSD
- Improve your relationships
- Navigate life's challenges
- Move through grief
- Have the support and listening ear you need



Services

Counseling

*Adults *Teens *Family

Professional counseling provides a map to get you on the path you want to be and navigating life is easier with a caring and gentle guide. Whether in the office gazing out into the pasture with a cat in your lap, sitting in the petting zoo in the company of goats, or interacting with the beautiful horses, you will feel the support all around you.

Therapeutic and Adaptive Horseback Riding

Designed to increase confidence, develop communication, and improve relationship skills, **therapeutic riding** is far more than a riding lesson. This practice is extremely effective for managing ADHD symptoms, Autism, and TBI. Horses provide immediate feedback to the rider, allowing them to develop and practice skills that transfer to their day to day life.

Adaptive riding allows those with disabilities to experience motion and movement, build core strength and balance and enjoy the riding experience in the capable hands of trained sidewalkers to keep them stable and safe.