



**SHARE** new mexico™

## **Mentoring Horse Program**

Using equines to assist with treatment is a relatively new practice with its first recorded use in the United States in the 1960s. Today, it is viewed as an innovative alternative to traditional therapies. As prey animals, horses are extremely adept at reading body language which makes them uniquely qualified to provide immediate feedback. By their very nature, they make humans assess their actions and the responses those actions elicit. Tasks performed with the horses teach coping skills. First, participants will quickly understand that the horse is a mirror. If a participant is negative and anxious, the horse responds in kind. When the participant begins to exhibit a positive attitude and consistency in their interactions, the horse will begin to trust the participant. Because it is an experiential form of therapy, participants learn from natural mistakes and successes which leads them to discover how to apply the problem-solving techniques learned from the horse to their lives. Ultimately, this form of therapy helps people help themselves. It imparts the life skills necessary for participants to achieve stability in their lives. The goals of the program are to offer the program to offenders on a voluntary basis and change the participants' attitudes and values so they become better decision makers.

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### **Details**

**Ages:** All ages

**Races:** All

**Genders:** All

**Intake Process:** Call

**Payment Options:** Fee for service

**Special Needs:** Behavioral health or substance abuse Persons involved in judicial system Veterans

**Waiting List:** Never

**Minimum Age:** 11

**Maximum Age:** 110

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### **Services**

Domestic Animal Services   Educational Programs   Rehab Services   Offenders and Ex-Offenders

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### **Locations**

*840 Simon Lane SW  
Albuquerque, NM 87105*

**Phone:** 505-379-1974

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### **Parent Organization**

## **Southwest Horse Power, Inc.**

Southwest Horse Power's mission is to incorporate equine-assisted learning into the counseling process to facilitate therapeutic outcomes and to provide learning, healing and growth in individuals and families through coordinated interaction with horses, horse professionals and therapists.

*840 Simon Lane SW  
Albuquerque, NM 87105*

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