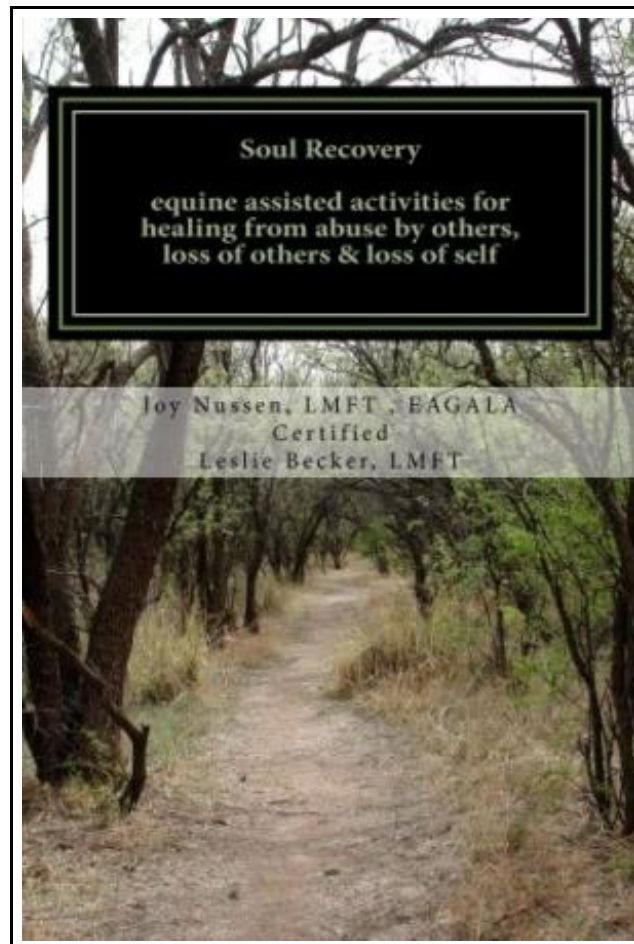


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Createspace. Paperback. Book Condition: New. This item is printed on demand. Paperback. 67 pages. EquineWorks , Inc was formed in 2009 to provide innovative psychotherapy services incorporating the use of horses. We hope the following activities are of help to you in the mental health industry that are searching for innovative strategies. They have been created by two of us at EquineWorks in addressing varying types of abuse and loss; all calling for the recovery if not discovery, of the soul. While technology has blessed our lives in numerous ways, it frequently isolates us, keeps us out of touch with our true selves and further from nature. We are texting and instant-messaging instead of face-to-face communicating and our loved ones are having an increasingly difficult time knowing how to talk directly with one another. Our equine-assisted activities create opportunities for improving communication skills and re-connecting. Due to the state of the economy and with so many unemployed, there are increased feelings of hopelessness and more than ever, a need for creative problem solving. Our equine assisted activities create opportunities to gain insight into ones coping strategies and to think outside the box. Alcohol and drug abuse dependency are societal issues that deepen with increased job, relationship and home loss we face during the hardships of a struggling economy. Our equine-assisted activities create opportunities to face our addictions creatively and without judgment. Impulse control and anger management issues in our personal lives and at the work place are heightened concerns during a weakening economy. Our equine-assisted activities create opportunities to cool our jets, take a breather and learn adaptive coping skills. Job dissatisfaction drains our economy further due to decreased work performance or missed work days. Employers are often out of touch with the poor morale of those that report to...

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