

Hooves For Healing Introduction

Who we are:

We are a group of compassionate people who have all experienced mental, emotional, or physical trauma. In 2020, after a dear family member passed away of Alzheimer's/dementia, we started a non-profit 501(c)(3), Loscutoff Equine Rescue in Arizona.

Recently we moved the business to Petaluma California and have adjusted our goals to focus more on the side of equine-assisted psychotherapy.

What is equine-assisted psychotherapy (EAP)?

EAP is a treatment that includes an equine environment with activities to promote physical, occupational, and emotional growth in persons with a plethora of issues from anxiety and depression to dementia, post-traumatic stress disorder (PTSD), genetic syndromes such as Down syndrome, and more.

It is also beneficial for treating patients who have suffered traumatic brain injuries or for those who have experienced abuse and those with drug and alcohol addiction.

What we do:

For people of all ages and all levels of equine experience, our treatment includes an introduction to the world of the horse, the emotional connection, and its benefits. After the intake process, we set up everyone with a program specific to their needs.

A horse has a unique sense of intuition. For example, in a herd setting, if one horse senses danger, their heart rate increases and flows through the whole herd. This is a warning signal, usually, of danger. Another example is if someone is sad the horse will console by just being there, being quiet and still, and conveying their calmness and sense of balance to that person.

Our sessions include grooming, daily care, riding, saddling horses, and much more. Clients learn how to care for horses, which can help develop skills such as concentration, teamwork, and selflessness. This allows them to use multiple senses to process their emotions.

Horses are very attuned to human vibes they can sense when people are in a mental, physical, or emotional state of trauma. They process the information and begin to rebuild and mend that person. For example, there was a young teenager who was sent to us by her mother. On her first day with us, she was extremely closed off and reserved. She came into the barn and started off

petting the horses, still quiet and keeping to herself. We worked around her and watched her bloom day by day. After a few days, she was, by herself, opening up to us and asking questions and asking to be involved. As time went on we introduced her to the horses and at the end she was riding, laughing, and smiling. It was a sight to see.

According to the Equine Assisted Growth and Learning Association (EAGALA), horses are large and powerful, as we all know. It creates a natural opportunity to overcome fear and develop confidence, because of the size of the horse.

Our goals:

To help people through their anxieties, depression, and to show them that their situations or life can be built to create forward movement, manage symptoms of depression and anxiety, Improve self-esteem, self-awareness, confidence, and empathy.

We teach all of this through our extensive equine knowledge program. It is equipped with multiple levels where students will strive to complete each stem. Each level works through the steps it takes to become an equine caretaker or competitive rider resulting in many types of personal growth.