The Unbridled Horsemanship Program is a hands-on equine program offered to people with disabilities and veterans who reside in group homes, participate in support groups and learning programs, or are in care at a residential treatment facility.

There is no age limit for this program and groups consist of 3-8 participants. Activities include horse grooming, leading, education about horses and horsemanship, horse handling skills, and more. Southern Reins offers groups interested in the Unbridled Horsemanship Program the opportunity to visit our facility for a 1-hour tour and to learn more about the program.

Professional staff and volunteers work closely with participants to ensure safety working with and around horses. All lessons are taught by PATH Intl. certified riding instructors who have a strong equine background, as well as an understanding of various disabilities.

An unmounted program focuses on ground work and horse care that can enhance a participant's emotional well-being and promote physical activity and recreation.

Participants practice ground work and horse care activities to developing a human-horse bond; which can provide positive emotional and physical benefits.

Participants take part in learning about horses and their behavior, body language, and non-verbal communication.

Horses possess an acute sense of awareness to everything that is going on in their environment, encouraging participants to be "in the moment" with their equine partner.

Learning horsemanship skills can improve confidence, communication, self control and focus.
Unbridled Horsemanship Benefits:

For individuals with cerebral palsy
Unbridled horsemanship is beneficial for people with Cerebral Palsy because it encourages the use of fine and gross motor skills to engage in grooming, haltering, walking, and caring for the horses. Participants are motivated to work with the horses in these ways; which can transfer to improved motor skills to hang laundry, pick up utensils, and participate in other activities of daily living.

For individuals with autism spectrum disorder (ASD)
Working hands on with horses, participants must focus on personal boundaries, following directions, appropriate interactions, and social relationships. All these skills are beneficial in working with horses, as well as when they are away from the barn. Working with horses provides a positive incentive to promote positive behaviors and discourage negative behaviors.

For individuals with traumatic brain injury (TBI)
For individuals with traumatic brain injuries, working hands on with the horses can benefit them emotionally as they are able to care for another being, physically as they practice coordination and strength, and cognitively as new skills are learned and practiced. Horses live in the moment, which can be soothing and comforting for those who has suffered from a TBI.

For individuals with Multiple Sclerosis
The soothing and social nature of horses can assist individuals living with multiple Sclerosis to learn coping skills, self-reflection, and self-acceptance.

For those with MS, it is important to be physically active to maintain or slow the decrease in physical function. The motivation participants feel working with and caring for horses can encourage physical activity needed to stay active, stay moving, and maintain a certain level of independence away from the barn. As horses are also accepting, unbridled horsemanship invites participants to work at their own speed and ability level.

For individuals with intellectual and learning disabilities
For those with intellectual and learning disabilities, the unbridled horsemanship program gives an interactive and hands-on approach to learning allowing participants to discover at their own pace. Lessons are creative and provide many ways to practice the skills at hand, as well as repetition to reinforce skills learned.

Changing lives . . .
through the healing power of horses

Southern Reins
CENTER FOR EQUINE THERAPY

For more information, visit our website
WWW.SOUTHERNREINS.ORG