



**Sunshine Coast
Health Center**
Powell River, BC

Sunshine Coast Recovery News

Your Partner in Recovery

Fall 2010

OSI Therapeutic Group: The Benefits of Equine Therapy

"I like being around horses because it's a challenge to get them to trust me," said a Sunshine Coast Health Center client. "They're just like I am: easily spooked and stubborn."

Clients suffering from stress disorders often struggle to form authentic relationships with others. Often, they lack coping and communication skills, preferring to protect themselves through aggression or withdrawal, thus distancing themselves from others. The purpose of equine therapy is to reverse this defensive posture, helping a client learn to relate to the horse.

Each client is paired with a horse, and sessions are ongoing. Learning to form a relationship with a horse develops skills that are transferable to human situations. Horses are by nature skittish. They don't do well with riders who are noisy or aggressive or too timid.

To form a relationship with a horse demands that the client regulate his emotions, often a challenge for those with severe anxiety. The client has to earn the horse's trust. Not being calm and in control, or demanding behavior from the horse, doesn't work. The client appreciates that he has to change, not the horse.

Self-esteem is another struggle for those with anxiety disorders.



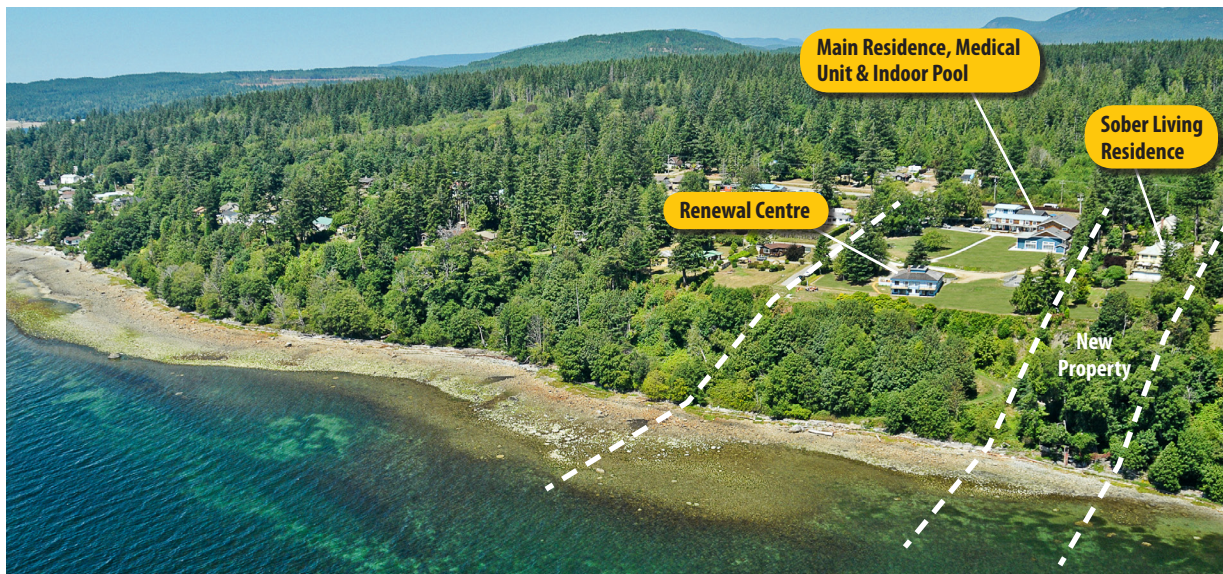
Mastering the art and science of riding provides a success in the client's life, which is usually a catalogue of failures.

Social relationships also develop during equine therapy. Other riders, riding instructors, and volunteers are part of the process.

The program takes place at the Powell River Equine Therapy Association, an approved therapeutic facility. As such, staff, volunteers, and horses have been specially trained. Each client is also paired with an instructor and volunteer.

For more info contact us at 1.866.487.9050 or email info@schc.ca

eNewsletter



Sunshine Coast Acquires Adjoining Property

Sunshine Coast Health Center is pleased to announce its recent purchase of the adjoining property as of September, 2010. With this new acquisition, Sunshine Coast Health Center has increased its campus by half and now has 7.5 acres and 450 feet of ocean frontage in total.

Two existing buildings on the new property have since been renovated and is currently accepting clients who require than longer than 90 days and have already completed primary treatment at Sunshine Coast Health Center. Additional programming enhancements are now being considered.

For more information on our Sober Living program, call Admissions toll-free at 1.866.487.9010.