



The Horsemanship Center



Building Life Skills  
Through  
Horsemanship

(505) 690-1230

The Horsemanship Center offers  
programs for

Youth and Young Adults  
At Risk Youth and Young Adults  
Youth and Adults in Recovery  
Youth and Adults suffering with  
PTSD and Trauma  
Private Group Coaching  
Individual Counseling Sessions



Individual and Group sessions involve working with and  
around the horses at the Center. Individual counseling and coaching  
is also available as a supplement to the equine work.

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To find out more and for a schedule of activities call

**505-690-1230**

Some Scholarships and Sliding Scale fees are available



# The Horsemanship Center



**Experiential Education Through Horsemanship**

**Focusing on:      Development of Life Skills**

**Thoughtful Processing and Positive Outcomes**



**Attention Deficit Behavior**



**Self-Regulation of Emotion**

**Calmness and Stress Reduction**



**Confidence and Self Esteem**

**Healthy Social Engagement**

**Setting and Maintaining Boundaries**



**Clear and Confident Body Language**

**Psychological Resilience**

**Human – Horse - Nature Connection**

**(505) 690-1230**

## Bio for Horsemanship Center



**Ginger Gaffney** Ginger has been teaching horsemanship for over 25 years. She trains and teaches riding and horsemanship to a wide variety of people here in N.M. and travels out of state to teach and conduct horsemanship clinics. She currently is working with the Delancey Street Foundation, developing a horsemanship program for their two-year residents in recovery. Delancey Street has profoundly influenced Ginger's belief that horsemanship is a catalyst for immense change through hard work, determination and

a well-structured recovery program.



**Adrienne Sloan, LMHC** Adrienne is a licensed mental health counselor and life coach who specializes in working with relational trauma. Over the last 10 years she has witnessed the benefit of humans connecting with horses for increased emotional development. Adrienne has served women and teens through her work in domestic violence, crisis line, and residential treatment centers. While studying Counseling Psychology at Prescott College she had the opportunity to work with pioneers in the field of equine facilitated psychotherapy and learning. This

experience was pivotal in her work and continues to guide her. Adrienne is passionate about working with girls and women to become their best selves through partnering with horses. With a trauma informed and neurobiological approach it is her belief that empowered women change the world.



**Lynne Whitbeck** Lynne is a horsewoman, organic farmer, environmental educator and backcountry guide. She currently teaches riding and horsemanship to children and adults. Time spent outdoors and in the company of horses helped her see that people's connection to their natural environment was essential to their health as an individual, community member and world citizen. Lynne sees horses as a powerful bridge between the natural world and humanity and as a profound catalyst for growth and health. She will be exploring the horse-human connection in her work with the Horsemanship Center.