

# HORSE SPEAK!

GROUPS AT SOUTHEAST PSYCH

## Now at Latta Plantation!

HorseSpeak is a powerful and effective intervention involving horses in ground activities and mounted in the saddle. Under the direction of Dr. Marcus, individual goals are addressed with the aid of equine "co-therapists." HorseSpeak has been used to help treat a number of social/emotional difficulties including conduct/behavior disorders, autism-spectrum disorders, trauma, depression, anxiety, low self-esteem, and eating disorders.

HorseSpeak is experiential. Participants learn about themselves in a hands-on environment through specific activities. Benefits include:

- improved self-esteem and self-awareness
- developing trust in a safe environment
- providing social skills training
- combining body awareness with motor planning
- developing choice-making and goal-setting skills
- encouraging responsibility
- promoting prosocial attitudes through caregiving experiences

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SOUTHEAST  
PSYCH



DR. SARA MARCUS

To reserve a spot  
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## CONFIDENCE AND STRENGTH!

