

## **Equine-Assisted Learning**

### Age Requirements

6-12

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13-21

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22-55

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56-60

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60+

### Other Eligibility Criteria

Ages 6 and up. A signed liability release for unmounted work, as well a rider registration packet that includes medical history and physicians statement for mounted work.

### Intake Contact

Katie Fallon

### Intake Contact Email

bridlepaths@gmail.com

### Intake Process

Call or email for more information. Self and other referrals. Online inquires.

### Intake Contact Telephone

(571) 216-9089

### Provider Refer

Yes

### Report Problems

Call the Agency

### Self Refer

Yes

### Bridle Paths

<https://bridlepathsva.org>

<https://www.facebook.com/Bridle-Paths-195319627151681/>

### Main

(571) 216-9089

43247 Spinks Ferry Road  
20176 VA  
United States

Monday: 9:00 am-3:00 pm

Tuesday: 9:00 am-3:00 pm

Wednesday: 9:00 am-3:00 pm

Thursday: 9:00 am-3:00 pm

Friday: 9:00 am-3:00 pm

Saturday: 9:00 am-5:00 pm

Sunday: 9:00 am-5:00 pm

Additional Availability Comments

Monday-Friday 9:00 am - 3:00 pm. Saturday & Sunday 9:00 am - 5:00 pm. Other hours available by appointment.

Fee Structure

Fee Range

Payment Method(s)

Private Pay

Languages Spoken

English

Equine Assisted Learning offers opportunities for clients to engage in hands-on learning opportunities with the horses, as well as to explore the connections that can be made between horses and humans. These activities are especially appropriate and effective for students with emotional, social, or behavioral challenges; working with horses can help students to improve their attention and focus, reduce anxiety, increase self-esteem, and improve social skills.

Among the topics covered for school group visits are:

- horse herd and human family dynamics, including the similarities between horse herds and human families
- nonverbal communication and recognizing social cues, including matters such as body language, greetings and touch, personal space and personal care, and identification of feelings
- recognition of learning styles and use of a positive attitude calm demeanor, and clear communication to foster both horse and human relationships

- discussion of issues and coping strategies observable on horses (and by analogy, in people as well), and if ways to manage issues that arise using concrete coping skills

For many students, family involvement can help students to generalize the skills learned at the farm to other settings and to develop more consistent patterns of appropriate behavior. Equine-assisted learning sessions are scheduled in eight-week blocks in spring, summer, and fall for survivors of traumatic brain injury and for veterans and service members.

Service Area(s)

Arlington County

,

Fairfax City

,

Fairfax County

,

Frederick County

,

Loudoun County

,

Maryland

,

Prince William County

,

Washington DC

Email

[bridlepaths@gmail.com](mailto:bridlepaths@gmail.com)