

RIDING HOME



TIM HAYES

THE POWER
of
HORSES TO HEAL

RIDING HOME



TIM HAYES
FOREWORD BY ROBERT REDFORD
St. Martin's Press

Riding Home The Power Of Horses To Heal

Heather Henson



Riding Home The Power Of Horses To Heal:

Riding Home Tim Hayes, 2015-03-03 **Riding Home The Power of Horses to Heal** Horse Nation's must read book of 2016 is the first and only book to scientifically and experientially explain why horses have the extraordinary ability to emotionally transform the lives of thousands of men, women and children whether they are horse lovers or suffering from deep psychological wounds. It is a book for anyone who wants to experience the joy, wonder, self-awareness and peace of mind that comes from creating a horse-human relationship and it puts forth and clarifies the principles of today's Natural Horsemanship or what was once referred to as Horse Whispering. Everyone knows someone who needs help: a husband, a wife, a partner, a child, a friend, a troubled teenager, a war veteran with PTSD, someone with autism, an addiction, anyone in emotional pain or who has lost their way. **Riding Home** provides riveting examples of how Equine Therapy has become one of today's most effective cutting-edge methods of healing. Horses help us discover hidden parts of ourselves whether we're seven or seventy. They model relationships that demonstrate acceptance, kindness, honesty, tolerance, patience, justice, compassion, and forgiveness. Horses cause all of us to become better people, better parents, better partners, and better friends. A horse can be our greatest teacher for horses have no egos, they never lie, they're never wrong, and they manifest unparalleled compassion. It is this amazing power of horses to heal and teach us about ourselves that is accessible to anyone and found in the pages of Tim Hayes's **Riding Home**. The information and lists of therapeutic and non-therapeutic equine programs which are contained in the book are also available at the book's website.

Horses, Humans, and Love Tim Hayes, 2025-02-01 A remarkable follow-up from the author of **Riding Home The Power of Horses to Heal**. If you were asked to make a list of all the people you love, how long would it take until you put yourself on the list? Years ago, when asked this question, Tim Hayes didn't have an answer. But today, after working with horses for more than 30 years, he not only puts his name on the list, he puts it first. When humans learn to love themselves, they become more compassionate. They become better parents, children, husbands, wives, partners, and coworkers. In fact, they have more successful relationships in general. Over the course of his career, learning about horses and horsemanship and eventually teaching it to others, Hayes gained an understanding of the profound social skills evident in horse relationships. This is known by many as herd dynamics and includes what he names as 10 specific qualities:

Acceptance, Tolerance, Patience, Understanding, Kindness, Honesty, Trust, Respect, Forgiveness, Compassion. In **Horses, Humans, and Love**, his follow-up to **Riding Home**, the book Robert Redford called "A beautiful volume of healing and love between man and nature" and Temple Grandin said was "Essential reading," Hayes explains how and why, when humans emulate these 10 qualities of herd dynamics witnessed in horses in their own human relationships, they naturally express and thus demonstrate the true altruistic meaning of what we call love, both for others and for ourselves. Through his personal journey and inspiring stories of those he has worked with through the years, Hayes reveals how horses can teach us all how to compassionately reconnect.

with our shared global humanity and put an end to self created antagonistic superficial human differences such as race religion nationality wealth and ideology He shows us how horses have the ability to instantly remind us that we all share the same world share the same fears and desires and more than anything else desperately desire to get along with each other In his thoughtful descriptions of his own experience and research Hayes illustrates his spiritual and philosophical struggles to understand the state of the world today and how we each can work in simple yet impactful ways to make it better His conclusions having reflected upon and shared what he has learned through the horse leave readers with an infectious optimism one might even call hope His book a gentle treatise for change from a remarkable horseman will be enjoyed by all those seeking to improve their own lives and that of our global community

Equine-Assisted Mental Health

Interventions Kay Sudekum Trotter, Jennifer N. Baggerly, 2018-10-10 Written by internationally renowned equine assisted mental health professionals this edited collection teaches counselors how to design and implement equine assisted mental health interventions for different populations and various challenges Supported by ethical considerations and theoretical frameworks chapters cover common issues including depression anxiety grief ADHD autism eating disorders substance abuse self esteem social skills and communication couples and family work and professional development Each chapter provides practical tips for implementing treatment strategies case studies with transcript analyses and sample session notes This book will appeal to both the expert equine assisted mental health counselor and the seasoned counselor who is open to partnering with an equine practitioner to help their clients in new and innovative ways

Healing Power of Horses Wendy Beth Baker, 2004-06-15 Wendy Beth Baker's *The Healing Power of Horses* is devoted to the world's greatest horsepeople the Oglala Lakota Indians of Pine Ridge South Dakota She begins the book by sharing the philosophy of these great horse loving people There are those who feel the sun rises and sets on the back of a horse and no matter what obstacles life sets in their way they never dismount The spirit and fortitude of the Lakota Indians inform Baker's words as she describes how this once nomadic tribe came to view the horse as sacred and assigned it great significance in their culture religion and lifestyle The Indians who live on the Pine Ridge Reservation have grown spiritually and as a community through their relationship with their horses and it is through this connection to the natural world that the power of healing and ultimately health flows With photography by Hope Vinitsky *The Healing Power of Horses* tells the individual stories of over a dozen Lakota Indians and how horses have affected each of their lives Baker was able to interview each of these inspiring individuals for inclusion in this book The empowering stories told come from Wayne Waters Marlin Moon Weston Eugenio White Hawk Wendell Yellow Bull Aldeen Twiss Phillip Jumping Eagle and Billy Dale Vocu Emma and Shelly Waters Wilmer Mesteth Vernell White Thunder Pat Heathershaw Lester Waters and the Carlows While the stories of each of these exceptional men and women are different the common denominator in each is the horse's transformative power to heal their minds spirits and bodies These are stories of artists athletes and common noble folk all of whom have struggled to overcome life's many obstacles to thrive and become

better people The author s intention in this book as she describes in the final section The Future of the Lakota Horsepeople is to have her readers gain a better understanding of horses in Lakota culture while at the same time affording some of the Lakota people an opportunity to reconnect with their cultural identity In reading this book it is clear that the Lakota people have preserved the emotional power of their ancient culture and strength as a people by maintaining their connection to horses animals that they deeply love Fiercely loyal to the United States the Lakota horsepeople are a strong proud and brave community who have much to teach all people about life and the pursuit of healing *Guide to Equine Assisted Therapy* Yuval Neria, Prudence W. Fisher, Allan J. Hamilton, 2025-02-12 Approximately one in five adults and one in seven children and youth suffer from mental health disorder over their life span Yet available treatments for mental health problems are only moderately effective and about half of those who need treatment are not benefitted by current treatments and many don t even seek them Equine assisted therapy is a novel experiential treatment approach showing significant promise for adults children and youth across a range of mental health problems These treatments use a horse or horses to facilitate communication and mindful awareness of thoughts emotions and behaviors in an experientially oriented approach via groundwork or riding Interactions with horses have shown to foster emotional regulation self confidence reflection and insight by which well being is facilitated The current book describes the rationale for these treatments add to the knowledge about recent progress in applying them to posttraumatic stress disorder PTSD anxiety attention deficit hyperactivity disorder ADHD and more and analyze the nature of the bonding between humans and equines which makes these relationships so therapeutic and healing **The Whole Sky** Heather Henson, 2017-08-22 When a devastating sickness spreads through a thoroughbred farm community a young horse whisperer is determined to find out why all the foals are dying in this tightly woven tender coming of age novel from award winning author Heather Henson Twelve year old Sky and her father are horse whisperers their preternatural tenderness and understanding of horses and Sky s uncanny ability to actually understand what they re saying become their livelihood during the foaling season at multimillion dollar horse farms They re sought after by the most prestigious farms in the country to keep pregnant horses calm and stress free until they give birth But this spring something awful is happening foal after foal is a stillborn and no one knows why And worse for Sky who lost her mother only months earlier her most beloved horse is about to have her first foal In agony Sky takes it upon herself to figure out what the vets are missing and stop it before even more foals are lost **please help me die well** Joanne Chitwood RN, 2024-09-25 Please Help Me Die Well reveals the seven crucial promises you must make to your end of life patient if they are to make their journey through their final days in peace and comfort Whether you are a nurse a caregiver in a nursing facility or are caring for your own loved one at home this book is a powerful resource for you Full of grace compassion and deep insight this guide will change the way you look at the dying process forever JoAnne shows us how to take the inevitable pain suffering and loss at the end of life and infuse it with meaning and deeply attuned care for our loved ones Please Help Me Die

Well is an in depth and trustworthy guide for navigating the myriads of personal existential medical and ethical issues that confront everyone who is charged to care for someone at the great transition which awaits us all at the end If you ve ever wondered how to practically love and support a dying loved one as they begin to cross over the great threshold of life this is the book to read Gary D Salyer Ph D author of *Safe to Love Again* *Shadows & Light (Volume 2: Talks & Reflections)* Francis J. Kaklauskas,Carla J. Clements,Dan Hocoy,Louis Hoffman,2020-06-10 *Shadows Light Theory Research and Practice in Transpersonal Psychology* is a groundbreaking 2 volume series covering many essential topics in transpersonal psychology *Shadows Light Vol 2* builds on the tradition of transpersonal psychology to cover vital contemporary psychological topics ranging from mindfulness creativity compassion and the real world application of the integration of spirituality and psychology The range of topics and contributors is broad diverse and inclusive and will bring the reader on many inward and outward journeys of human growth and potential This collection contains talks and reflection pieces that are enjoyable and fascinating in the immediacy of the authors voices and their messages for the individual and the collective A wonderful selection of pieces by established leaders such as Charlie Tart angel Kyodo williams Judy Lief and Roger Walsh as well as influential emergent scholars such as Ian Wickramesekera II Dan Hocoy and Louis Hoffman These volumes are destined to become a classic text in the field *Riding on the Power of Others* Ren Hurst,2015-04-06 Ren Hurst finds her way to horses as a teenager following a turbulent and painful childhood They are her saving grace her first experience of pure joy and freedom She soon becomes a passionate horsewoman intent on riding her way to the top Her ascent takes an unexpected turn when compassion becomes the key component to success after she discovers an entirely new paradigm regarding equine understanding and practices This understanding leads her to walk away completely from riding and training horses and into a world where relationship is all that matters These innovative currents of change reveal themselves to be demanding and controversial but also exceptionally rewarding and unavoidably far reaching into Ren s personal life She embarks on a wild quest of radical transformation finding an ever deepening compassion for herself and all life around her This book is the story of a woman s metamorphosis through her falls rises and life changing insights under the wise and benevolent guidance of a powerful animal *Embodiment and the Treatment of Eating Disorders* Catherine Cook-Cottone,2020-09-22 Tools for the clinician to help clients turn their bodies into resources for healing from eating disorders Embodiment refers to the lived attunement of the inner and outer experience of self Cognitions are aligned with the sensing and feeling body Further in an attuned experience of self positive embodiment is maintained by internally focused tools such as self care practices that support physiological health emotional well being and effective cognitive functioning For those who suffer from eating disorders this is not the case in fact the opposite is true Disordered thinking an unattuned sense of self and negative cognitions abound Turning this thinking around is key to client resilience and treatment successes Catherine Cook Cottone provides tools for clinicians working with clients to restore their healthy selves and use their bodies as a positive resource for

healing and long term health The book goes beyond traditional treatments to talk about mindful self care mindful eating yoga and other practices designed to support self regulation

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Table of Contents Riding Home The Power Of Horses To Heal

1. Understanding the eBook Riding Home The Power Of Horses To Heal
 - The Rise of Digital Reading Riding Home The Power Of Horses To Heal
 - Advantages of eBooks Over Traditional Books
2. Identifying Riding Home The Power Of Horses To Heal
 - Exploring Different Genres
 - Considering Fiction vs. Non-Fiction
 - Determining Your Reading Goals
3. Choosing the Right eBook Platform
 - Popular eBook Platforms
 - Features to Look for in an Riding Home The Power Of Horses To Heal
 - User-Friendly Interface
4. Exploring eBook Recommendations from Riding Home The Power Of Horses To Heal
 - Personalized Recommendations
 - Riding Home The Power Of Horses To Heal User Reviews and Ratings

- Riding Home The Power Of Horses To Heal and Bestseller Lists
- 5. Accessing Riding Home The Power Of Horses To Heal Free and Paid eBooks
 - Riding Home The Power Of Horses To Heal Public Domain eBooks
 - Riding Home The Power Of Horses To Heal eBook Subscription Services
 - Riding Home The Power Of Horses To Heal Budget-Friendly Options
- 6. Navigating Riding Home The Power Of Horses To Heal eBook Formats
 - ePub, PDF, MOBI, and More
 - Riding Home The Power Of Horses To Heal Compatibility with Devices
 - Riding Home The Power Of Horses To Heal Enhanced eBook Features
- 7. Enhancing Your Reading Experience
 - Adjustable Fonts and Text Sizes of Riding Home The Power Of Horses To Heal
 - Highlighting and Note-Taking Riding Home The Power Of Horses To Heal
 - Interactive Elements Riding Home The Power Of Horses To Heal
- 8. Staying Engaged with Riding Home The Power Of Horses To Heal
 - Joining Online Reading Communities
 - Participating in Virtual Book Clubs
 - Following Authors and Publishers Riding Home The Power Of Horses To Heal
- 9. Balancing eBooks and Physical Books Riding Home The Power Of Horses To Heal
 - Benefits of a Digital Library
 - Creating a Diverse Reading Collection Riding Home The Power Of Horses To Heal
- 10. Overcoming Reading Challenges
 - Dealing with Digital Eye Strain
 - Minimizing Distractions
 - Managing Screen Time
- 11. Cultivating a Reading Routine Riding Home The Power Of Horses To Heal
 - Setting Reading Goals Riding Home The Power Of Horses To Heal
 - Carving Out Dedicated Reading Time
- 12. Sourcing Reliable Information of Riding Home The Power Of Horses To Heal
 - Fact-Checking eBook Content of Riding Home The Power Of Horses To Heal
 - Distinguishing Credible Sources

13. Promoting Lifelong Learning
 - Utilizing eBooks for Skill Development
 - Exploring Educational eBooks
14. Embracing eBook Trends
 - Integration of Multimedia Elements
 - Interactive and Gamified eBooks

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