

OUR THERAPY HERD



VELVET

An 18.2 hand Trakehner gelding, Velvet is the primary therapy horse of the herd. He is the namesake of the group and was raised by Dr. Susan as a foal. He kicks a soccer ball, plays Simon Says and rolls a horse ball to play catch. He is intelligent as well as intuitive. He's also funny.



PRECIOUS

A 14 hand Haflinger pony, she is a definite diva. She loves dressing up and is learning to dance and play the piano. Her favorite past-times are eating and being groomed. She will do anything for a treat.



LIL' ANNIE

Annie is an adorable little miniature horse. She has a heart of gold and is just the right size for a hug. She was rescued from a "pony-mill". She loves being taught new tricks by the kids.

FOR MORE INFORMATION OR TO
MAKE A DONATION VISIT OUR WEB-
SITE AT WWW.TEAMVELVET.COM

A child is at the center



of everything our horses do.

TEAM VELVET, INC.

Dr. Susan Edwards, Psychologist, Director

A Not-for-Profit 501(C)(3) Charitable Organization EIN# 26-2167394

Mail to: PO Box 268, Rocky Hill, NJ 08553-0268

Facility: Journey's End Farm, 79 Old Clinton Rd., Flemington, NJ 08822

Phone: (609) 924-4330

Email: sedwardsnj@earthlink.net

Website: www.teamvelvet.com

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**EQUINE FACILITATED
MENTAL HEALTH
SERVICES FOR CHILDREN**



**A NON-PROFIT 501©(3)
CHARITABLE ORGANIZATION**

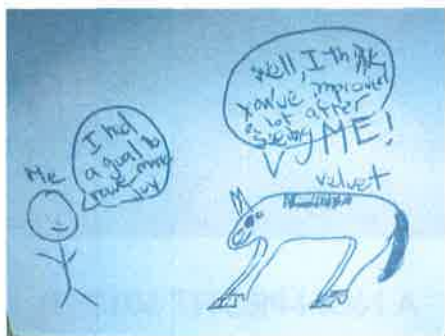
Who do we help?

Children ages 5-12 who have experienced trauma, profound grief or adjustment issues.



What is childhood trauma?

Each day there is a child who experiences the death of a loved one, witnesses violence, is victimized by crime or intense bullying, disfigured by an accident, or other countless events - all resulting in severe childhood trauma. In the extreme, child trauma may cause flashbacks, blackouts, and may result in severe and harmful physical behavior. Research has shown that traumatic experiences that occur during childhood can have lasting effects into adulthood.



What do we do?

Non-mounted equine facilitated mental health is a form of interactive psychotherapy. Children do not ride the horses; they interact while working toward goals of increased self-esteem and resiliency. It may involve a psychologist, child, parent, and/or horse handler at any given time working with a therapy horse to facilitate the child's clinical learning. Therapy horses may be involved in interactive games, kick a soccer ball, dance or be taught liberty performance. Having fun and being silly helps the child feel joy again.



How do we do it?

An initial assessment is conducted by Dr. Edwards to determine the fit between the child's need and the program. Horse therapy can supplement traditional forms of therapy or can stand alone under the supervision of the treating psychologist. Therapy goals are determined, the therapy process takes place in the round pen, stable or arena area and may be assisted by a clinical horse handler working with the psychologist. Treatment activities differ based on the child's therapeutic goals and are structured in a multi-modal horse therapy format.

How does it heal?

Through their therapy sessions, children gain trust, bond with their horse partners, build resiliency and learn coping skills to overcome adverse events. Most importantly, they learn that it is OK to be happy, to have love in their hearts, and to have hope for the future.



Why horses?

As therapy partners, horses offer a special combination of resources. Intelligence, physical power and keen emotional intuitiveness are some of the attributes that make a horse a good helper. While horses have been helping physically handicapped individuals for years, most applications in mental health have been within the past twenty years. Today, equine facilitated therapy is one of the fastest growing areas of mental health in the world.

Why non-mounted?

Children don't ride these therapy horses. They interact with them under the supervision of the lead psychologist who designs the treatment program for each child. The interaction is face-to-face and communication-focused rather than riding skill focused. As such, it offers a special perspective for the child to grow in clinical understanding.