

Milestones Resilience Care

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Equine Assisted Therapy

Equine assisted therapy has been shown to be an effective way to build a variety of important skills necessary for developing resilience, such as self-awareness, emotional regulation, self-confidence, and empathy, just to name a few. Horses are large and emotionally intelligent creatures, and working with them can be an extremely meaningful and rewarding way to help facilitate progress in your healing journey.



Nancy Beers, PATH Intl. Equine Specialist in Mental Health and Learning

Nancy became involved with horses at an early age. Introduced to therapeutic horsemanship in 1984, she found the perfect blend of her interests. She is a PATH Certified Therapeutic Riding Instructor, as well as an Equine Specialist in Mental Health and Learning, a Mentor, and a CHA Certified Riding Instructor.

In addition to direct facilitation, she provides program direction, support, and training to other professionals locally and nationally. She is involved in PATH Intl. as workshop faculty on the national level, helping to provide education and certification to its members. Her passion is offering a bridge between horses and humans to enhance each one's learning, growth, and quality of life.

She believes that the horse is the true teacher and only by honoring its voice will optimum learning and growth occur. That belief is key to her platform for empowering clients in healthy relationship skills. The program is based on relationship skills explored out of the saddle, from the ground. Being on the same level as the horse emphasizes communication over control and allows skills to develop in a non-threatening way.

To learn more about Equine Assisted Therapy, better understand how it can play a role in your healing journey, or to schedule an appointment, you can contact Milestones Resilience Care at 719-255-6453.