



WORKSHOP FOCUS



Develop deeper intimacy as you learn about each other and work together as a couple.



Improve your connection as you discover how personality can impact the way you communicate.



Build upon new bonds and break old patterns as you play games and interact with horses.

Recipient:



Redeeming Valor
3355 Mission Ave., Suite 111
Oceanside, California 92058

HOOFPRINTS AND HEARTBEATS



Couples Workshop
6657 Camino del Rey, Bonsall, 92003



“The horse is a mirror to your soul. Sometimes you might not like what you see. Sometimes you will.”

-Buck Brannaman

WHY HORSES?

Studies have shown that Equine-Assisted Psychotherapy, (EAP), is effective for treating those experiencing depression, anxiety, trauma-related symptoms, as well as ADHD, autism, dissociative disorders, and other mental health diagnoses. In one study, subjects showed increased confidence, self-esteem, assertiveness, emotional regulation, and resourcefulness as a result of this form of therapy. In some cases, just a few sessions of equine therapy can produce improvement.

Additionally, EAP eases anxiety and reduces depression. Spending time with horses has shown to lower blood pressure and increases oxytocin, a hormone that promotes feelings of positivity and connection.

If EAP can do all of this in individual therapy sessions, imagine the impact it can have on your marriage.

WHAT DO OUR CLIENTS HAVE TO SAY?



See more on our website!
www.truenorthpsychologicalservicesinc.com

M & M - May 05, 2021



I would leave 6 (or more) stars if I could. Dr. Wooden is a truly gifted psychologist who has an almost unbelievable ability to see past the surface and get to the real cause of problems. She has been able to speak to both of us in a way that helps us to keep our defenses down so that we can learn, understand, & grow. If you are serious about healing, healing a relationship, and ready to do the work, then look no further.

Thank you again, Dr. Wooden, for helping save our marriage & helping each of us to grow.

WHERE WE PRACTICE:



Redeeming Valor
6657 Camino del Rey
Bonsall, California 92003
Ph: 760-810-1440
F: 760-826-4900

KEY OFFERINGS

“There is something about the outside of the horse that is good for the inside of a man.”

-Winston Churchill

- Educational activities in a beautiful, safe, grounding, and fun, environment.

-Meet new friends.

-Learn about the energy you project to your surroundings and others.

-Enjoy locally-grown fruit and fresh, squeezed juices.

-Dress comfortably, keeping weather in mind, with closed toe shoes.

***SOME INSURANCE ACCEPTED AND SLIDING SCALE IMPLEMENTED**

CHARGE WITHOUT INSURANCE:
\$250 per person for all three weeks of two-hour (2 hr) workshops.

