From Victim to **Survivor**

Utilizing Trauma-Focused, Equine-Assisted Psychotherapy

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A good principal is a good principal no matter where it is applied.
You cannot control the chaos around you, **until** YOU control the chaos within.

Our thoughts and emotions affect the heart’s magnetic field, which energetically affects those in our environment, whether or not we are conscious of it.
Horses are social beings
They relate to you like humans do.

Boys story
Sue’s story about Manny with Tim

If this is your brain
The neuropathways of your brain are like a cattle path.

Trauma blocks the neuropathways of the brain and prevents us from moving forward.
So we get stuck

Through bottom up regulation we create new neuropathways in the brain and can work through trauma
Bottom-up Regulation

Neocortex

Limbic

Diencephalon

Brainstem

Rhythmic Patterned Repetitive
Thinking/Cognitive Process

Rhythmic Patterned Repetitive
Relational Interactions

Rhythmic Patterned Repetitive
Movement that is Active

Rhythmic Patterned Repetitive
Somato-Sensory Input that is Passive

RYTHMIC+PATTERNED+REPETITIVE = REGULATE

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REASON

RELATE

REGULATE
Why do we put pressure on the horse’s rear when asking for attachment or engagement?

This is where the horse has the **MOST CHOICE** to ignore, resist or cooperate.

When ignored **INCREASE** pressure
During resistance
**KEEP THE PRESSURE THE SAME**

When you get Cooperation
**RELEASE** the pressure
Ignore,
Resist,
Connect

Connection
Through
Detachment
The healing power of relationship
How Barnabas Horse Foundation Use Horses to Ameliorate the Effects of Trauma

Relationship is the Vehicle for Change

- **Relationship with Self**
  - **Rhythmic Riding**
    - (uses physiology of horse to address physiology of trauma)
    - **Self Regulation – Processing**
      - (or reprocessing) trauma
      - **REGULATION**

- **A Connected Relationship is Always the Goal!**

- **Relationship with Others**
  - **Relationship Logic**
    - (uses psychology of horse to address psychology of trauma)
    - - Principle based
    - - Relational patterns
    - - Reorganize the brain
    - **RELATIONSHIPS**

Rhythmic Riding For regulation
Rhythmic riding to deepen relationship

Regulate—anyone can do it!
Regulated vs. Dysregulated

Relate
Reason

Relate
Relate

Regulate And Relate
Relate

Reason
CIRCLE

GREEN
SQUARE

TRIANGLE
BLUE

She feels as if she's flying, the wind whispering at her ears.

The moonlight illuminate the fields, creating an ethereal aura.

Her eyes scan the landscape, taking in the beauty of nature.

As she rides, she feels a sense of freedom and peace.

It's as if the world has slowed down, and time stands still.

She continues her journey, enjoying the moment.

As the sun sets on the horizon, casting a warm glow over the land, she feels a sense of contentment.

The ride is over, but the memories will last a lifetime.

Together they enjoy the perfect ending to a perfect day, knowing that they have found their true north.
“There is something about the outside of a horse that is good for the inside of a man”

Winston Churchill

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