

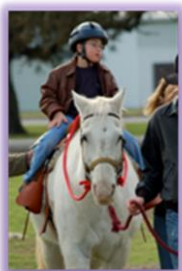
**“There’s something about the outside of an animal that’s good for the inside of a person.”**

**– Will Rogers**

## TREAT

TREAT, Tarleton Equine Assisted Therapy, was established in the spring of 1995. More than 70 riders come on a regular basis to take advantage of the benefits of TREAT. TREAT is designed to utilize horseback riding as a form of Physical, Emotional, and Recreational therapy

TREAT also serves as a training program for college students who plan to enter careers in different phases of the equine assisted therapy industry and for students who will be involved with children with special needs in their chosen profession. TREAT provides a hands-on laboratory for a variety of classes including special education, nursing science, adaptive physical education, psychology and various agriculture classes.



All of this would not be possible without the dedicated support from Tarleton students, local businesses, organizations, and individuals from the community.

### Our Corporate Sponsors:



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# TREAT



**Tarleton Equine Assisted Therapy**



## Horseback Therapy

This type of therapy improves the individual's self-awareness, confidence, and discipline along with improving fine motor skills, posture, balance, and coordination.

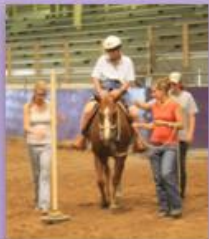
Therapeutic riding involves all of the muscles of the body and stimulates all body systems. The rhythmical gait of the horse causes the rider's pelvis, trunk, and shoulder girdle to react in ways similar to those produced by the normal human walk.

Those with the following disabilities respond to equine therapy: Autism, Cerebral Palsy, Developmental Delay, Emotional Disturbance, Head Injuries, Poliomyelitis, Scoliosis, Spina Bifida, Stroke, and many others others.



## TREAT EVENTS

TREAT conducts several special events each year. Two Special Kids Rodeos, involve over 200 Kids with special needs from area schools at each event. Horseback riding at the Military Child Festival at Ft. Hood every April reaches over 4,000 children of military families. Other programs include EXCELS, SMILES, Juvenile Probation, Summer Sky Chemical Abuse Rehabilitation, and Rock House Picnic.



**“No hour of life is wasted when spent in the saddle”  
-Winston Churchill**

## The Benefits to Riding:

### Physical

- Decreased spasticity
- Improved appetite and digestion
- Improved balance
- Improved coordination, faster reflexes, and better motor planning
- Improved respiration and circulation
- Increased range of motion of the joints
- Reduction of abnormal movement patterns
- Sensory integration
- Strengthened muscles
- Stretching of tight or spastic muscles

### Psychological

- Development of patience
- Emotional control and self-discipline
- General sense of well being
- Improved risk-taking abilities
- Improved self-confidence
- Increased interest in one's own life
- Increased interest in the “outside world”
- Increased sense of control
- Sense of normality

### Social

- Development of friendships and trust
- Development of respect and love for animals
- Experience a sense of being part of a team
- Experience independence

## Partnering with the HORSE to CHANGE LIVES

TREAT riding sessions during the long semesters are Monday & Wednesday afternoons between 3-6pm. Riders receive a 30 minute ride under the supervision of a PATH Certified Therapeutic Riding Instructor and a group of college students. The base cost is \$10 per ride. Scholarships are available for riders. Contact us to schedule specific riding times.

To maintain a minimum cost to our riders, TREAT accepts donations of horses, equipment, and funds to help with operational expenses. Scholarships help more kids to be able to participate.

TREAT has begun a capital campaign to raise funds for a dedicated therapeutic riding facility to better serve our riders and to train more students for the industry.

If you have any question or would like to learn more about our program, please contact Dr. Snyder or visit our web site.

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(254)-968-9656

[www.tarleton.edu/~treat](http://www.tarleton.edu/~treat)

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