

TREAT Riding Programs

TREAT Riding works regularly with approximately 30 children from Foster's Home for Children, more than 50 Rock House clients, and many other individuals from our community and surrounding communities.

The growing population of veterans is largely underserved in the local community. Trying to make a difference for these men and women, TREAT offers a riding time for veterans and their families, generally on the 4th Friday of each month. The date is subject to change due to holiday and/or bad weather, but we will keep that posted on our Facebook page and our website.

Under the guidance of a research team (Dr. Susan Rugari from Nursing, Drs. Julie Merriman and Allison Stewart from Counseling and Psychology and Dr. David Snyder from Animal Sciences) and a number of Counseling and Psychology graduate students, TREAT Riding conducted a research project to determine the effects of training and experience in therapeutic riding on college students. Preliminary results were presented at the National Conference of PATH, Intl in November 2013. A follow up study was conducted in the Fall 2013 semester.



Therapeutic Riding

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 therapeutic riding: Autism Spectrum Disorder, Developmental Delay, Emotional Disturbance, Head Injuries, Poliomyelitis, Scoliosis, Spina Bifida, Stroke and many others.



*"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 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 a part of a team
- Experience independence



I would like to become the following sponsor of TREAT Riding:

- Corporate - \$5000**
Large print name or company on back of next special kids rodeo t-shirts, provided 4' x 8' arena wall space, optional logo on headwear and/or jackets
- Platinum - \$1000**
Small print name or company on back of next special kids rodeo t-shirts, provided sponsorship arena banner flag
- Gold - \$500**
Small print name or company on back of next special kids rodeo t-shirts, listed as donor outside of TREAT Riding office
- Silver - \$250**
Listed as donor outside of TREAT Riding office

All amounts of donations are welcomed.

Please make checks payable to
Tarleton State University (TREAT)

Name: _____

Address: _____

City: _____ State: _____

Phone: _____

Email: _____

Please tear off and mail to:
Tarleton Equine Assisted Therapeutic Riding
Tarleton State University
Box T-0070
Stephenville, TX 76402



Our mission at Tarleton Equine Assisted Therapeutic Riding is to provide therapeutic horseback riding experiences for people with special needs in the local community and to teach college students how to use the horse in various forms of therapy.

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

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

TREAT Riding 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.

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

- Will Rogers

TREAT Riding

TREAT Riding, Tarleton Equine Assisted Therapeutic Riding, was established in the spring of 1995. More than 100 riders come on a regular basis to take advantage of the benefits of TREAT Riding. It is designed to utilize horseback riding as a form of physical, emotional, and recreational therapy.

TREAT Riding 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 Riding provides a hands-on laboratory for a variety of classes including special educations, nursing science, adaptive physical education, psychology and various agriculture classes.

TREAT Riding Events

TREAT Riding conducts several special events each year. Two Special Kids Rodeos which involve over 200 kids with special needs from areas schools at each event. Other programs include Brushy Top Cowboy Church Champion Kids Rodeo, EXCELS Camp for the visually impaired and their families at Butman Methodist Camp, Summer Sky Chemical Abuse Rehabilitation, and helping the local schools with special events.

*Partnering with
the HORSE to
CHANGE LIVES*

TREAT Riding is a Premier Accredited Center with the Professional Association of Therapeutic Horsemanship, International (PATH, Intl).
www.pathintl.org

TREAT Riding’s sessions are Monday through Thursday in the afternoon. Riders receive a 30 minute ride under the supervision of a PATH Intl Certified Therapeutic Riding Instructor and a group of college students. The base rate is \$10 per ride. Scholarships may be available for those in need. Contact us to schedule specific riding times.

If you have any questions or would like to learn more about our programs, please see our contact information below. You may also visit our website, check us out on Facebook or Instagram for updated news and events.

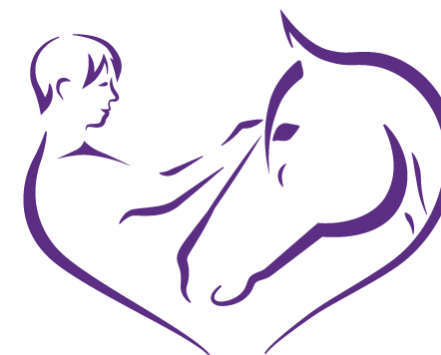
www.tarleton.edu/treat

treat@tarleton.edu
(254) 968-9847

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TREAT RIDING

TARLETON STATE UNIVERSITY



TaRleton Equine Assisted Therapeutic Riding

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**A Premier Accredited Center
through PATH International**