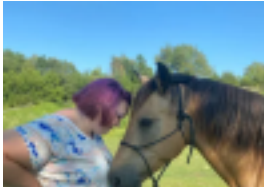




LessonsInHarmonyWI@gmail.com

Equine-Assisted Learning

Terri Schanen of Lessons In Harmony is now providing services in the Fort Atkinson Area!



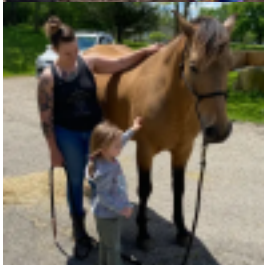
Connection

Build a real relationship with a horse—work through all aspects of any relationship; form a solid foundation, build trust, and make requests.



Understanding

Learn how our brains create pathways that affect our behavior. Learn ways to calm your mind and body. Receiving immediate feedback from the horse helps you understand and grow in your other relationships.



Harmony

Move about the world equipped with the tools of emotion regulation, neuroscience, and the accomplishment of having built a healthy relationship. Create harmony everywhere you go!

Interventions Utilized

Terri Schanen, BS, EAGALA certified and Natural Lifemanship trained, teaches skills to assist with emotional and physical regulation, communication, and relationship building. Terri teaches DBT mindfulness, distress tolerance, interpersonal effectiveness, and emotion regulation skills. Terri works alongside horses to assist in teaching and implementing skills to assist in reaching goals. The horses provide a space for consumers to learn to work on establishing foundations for healthy relationships, problem solving, and building trust. Skills training may be provided by various methods, including modeling, monitoring, mentoring, supervision, assistance, and cueing. This service includes coaching the consumer and family in using skills.
