



## Soul Recovery Updated: Equine Assisted Activities for Healing from Abuse by Others, Loss of Others Loss of Self

By Joy Nussen

Createspace. Paperback. Book Condition: New. This item is printed on demand. Paperback. 67 pages. EquineWorks , Inc was formed in 2009 to provide innovative psychotherapy services incorporating the use of horses. We hope the following activities are of help to you in the mental health industry that are searching for innovative strategies. They have been created by two of us at EquineWorks in addressing varying types of abuse and loss; all calling for the recovery if not discovery, of the soul. While technology has blessed our lives in numerous ways, it frequently isolates us, keeps us out of touch with our true selves and further from nature. We are texting and instant-messaging instead of face-to-face communicating and our loved ones are having an increasingly difficult time knowing how to talk directly with one another. Our equine-assisted activities create opportunities for improving communication skills and re-connecting. Due to the state of the economy and with so many unemployed, there are increased feelings of hopelessness and more than ever, a need for creative problem solving. Our equine assisted activities create opportunities to gain insight into ones coping strategies and to think outside the box. Alcohol and drug abuse dependency are societal issues...



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