

The Center at Heron Hill

Nature Based Therapy & Education

Equine Eco Program



503.221.4531

www.TheCenterAtHeronHill.com



“In every walk with nature one receives far more than he seeks.”—
John Muir

Facility Tour

Our facility is designed for therapeutic work. From the entrance to the garden and the campsites, Heron Hill is a destination where growth and healing is the focus. The following slides introduce you to the property, our purpose and the full program.



Arriving at Heron Hill





Follow the sign to Heron Hill Arabians; home of
The Center at Heron Hill.





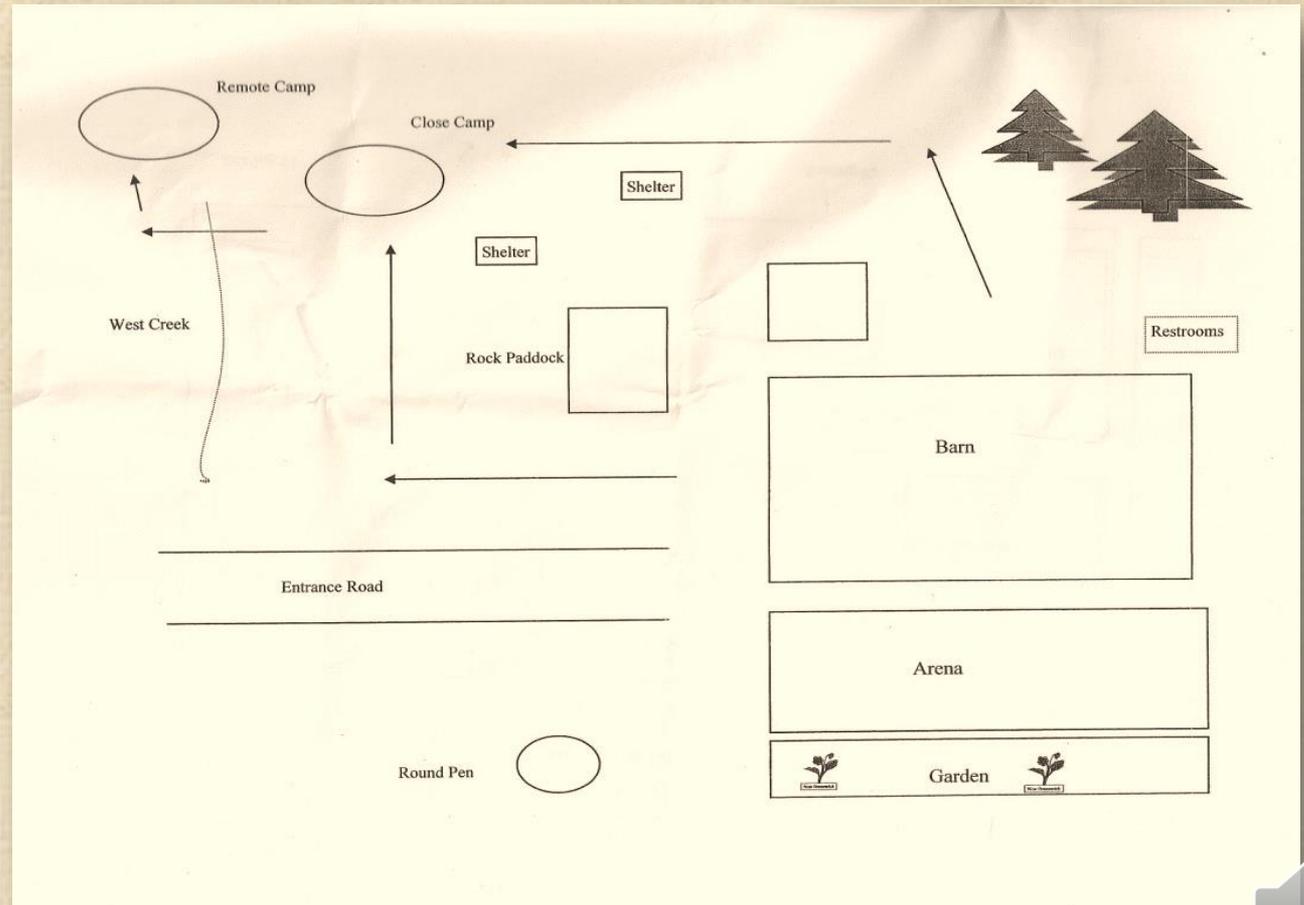
The Center at Heron Hill



- Natural setting in Rural Canby
- 36 acres, covered arena and full sized garden
- Professionally staffed and facilitated groups
- 15 Arabian Horses
- EAGALA Trained Equine Staff



Map of the farm: full of possibilities





Ecotherapy for Individuals, Families and Groups

- Schedule an Assessment
- Develop a Treatment Plan
 - You and your therapist agree on a plan that:
 - Fits your schedule
 - Is what you can afford
 - Has a good chance of helping you heal
 - Allows flexibility for individual, group and/or family therapy



Assessments are conducted in the office. Therapeutic work is usually outside, if possible, but the climate controlled office is always available.





Our garden is an especially soothing environment for therapeutic work.





Our covered arena is first class. We work in here all winter.





The barn has 13 stalls but the horses are always outside with their herd. Even in bad weather, they prefer the company of other horses. Family ties are important to all creatures.





Our archery field finished construction in 2013. The targets speak for themselves; the real question is “What is the arrow and what makes it fly?”





Sometimes we just sit with another animal and talk. The therapists at Heron Hill are not always human.





The trail to high camp allows time for reflection.



Day Treatment Program Tour

This type of program is an all day stay at the farm instead of a single hour as in Individual, single group or family therapy. The activities are the same but participants are in therapy for the entire day; arriving in the morning and going home in the late afternoon. With the additional time the experiential model expands significantly.





Day treatment at The Center at Heron Hill

The Center at Heron Hill is a nature-based therapy and education program that utilizes the principles of Eco Psychology. At Heron Hill we offer opportunities to utilize Equine Assisted Psychotherapy and Education, Horticulture therapy, and numerous other nature-based experiences such as Fire Making and Shelter Construction. Our team of counselors and adventure specialists complete a wide spectrum of experience.



Ecotherapy: Nature-Based Learning



Ecotherapy combines counseling activities that would be done indoors with the healing power of the outdoors and the natural world.

Many people find that the sense of being away in nature encourages peacefulness, self-reflection and a sense of wonder.

There is much research evidence about the health benefits associated with access to and experiences of green spaces.



The Horses: Equine Assisted Learning

In Equine Assisted Learning, we utilize horses to help participants learn about themselves through interaction with the animals. Their uniquely intimidating appearance lends itself to a great deal of potential for personal growth.

While participants are in the program they are asked to engage in situations that the professional staff feel will help them understand themselves better. These activities are practiced throughout the world with individuals, groups and families. Once beginning the program we recommend the participants attend as many sessions as possible.



What we do:

Sample Schedule

Morning Round Up (Breakfast and check-in):

This is a time to make announcements about the days' activities, take roll call and give handouts (includes gear).

Morning Activity (about 90 minutes)

- Building our Eco-Camps
- Advanced Hike and Map Making
- “Equine Billiards” (repeat in the pm)

Lunch (in the barn): Burritos

Afternoon Activity (about 2.5 hours)

- Story-Telling: “Defense Mechanisms”
- Putting the Garden to Bed for Winter

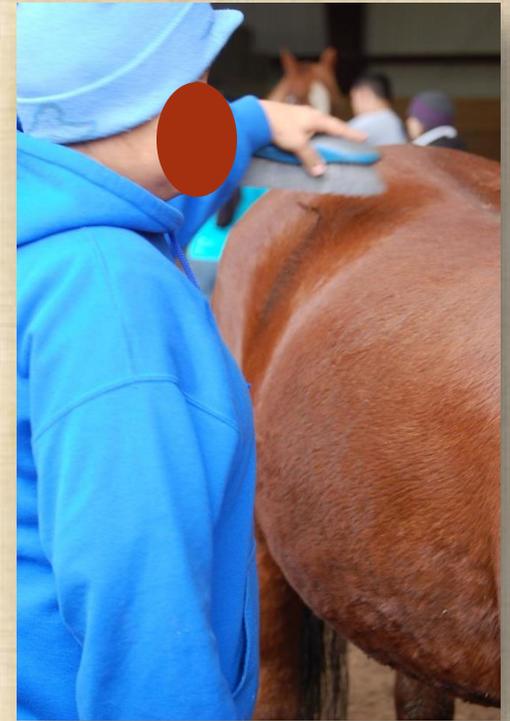
Afternoon Round Up:

Cleaning up, stabling, set up feeding for evening, bead ceremony, talk about next week.



Safety at Heron Hill

- Interacting with horses is supervised by an EAGALA Certified equine specialist.
- Understanding and preparing for the elements (we are an outdoor program!)
- Behavioral expectations: always ask for help
- Use of tools: always supervised by adult staff



Gear at Heron Hill

Each participant is given a box of gear which includes a hat, gloves, blanket and a journal. They are also given a rain suit and boots to wear while at Heron Hill. These articles are their personal property while at the ranch and they are expected to keep it tidy and clean.



Routine Activities

At Heron Hill we make use of the grounds and facility to enhance the individuals understanding of the role nature plays in personal growth and development. The activities listed here are a sampling of our program offerings. It is not an exhaustive list and we are adding new activities regularly.



Shelter Construction (Self-care)

Haltering/Fire (Team Work)

Riding/Hiking (Achievement)

Archery (Goals/Directions)

Challenge course (Growth)

Plant identification (Community)

Natural art (Culture)



EAGALA Based Equine Assisted Psychotherapy (EAP)



In EAP , moments like these cannot be staged and need no props. It's just the magic of horses.



Horse Care and Shelter Construction

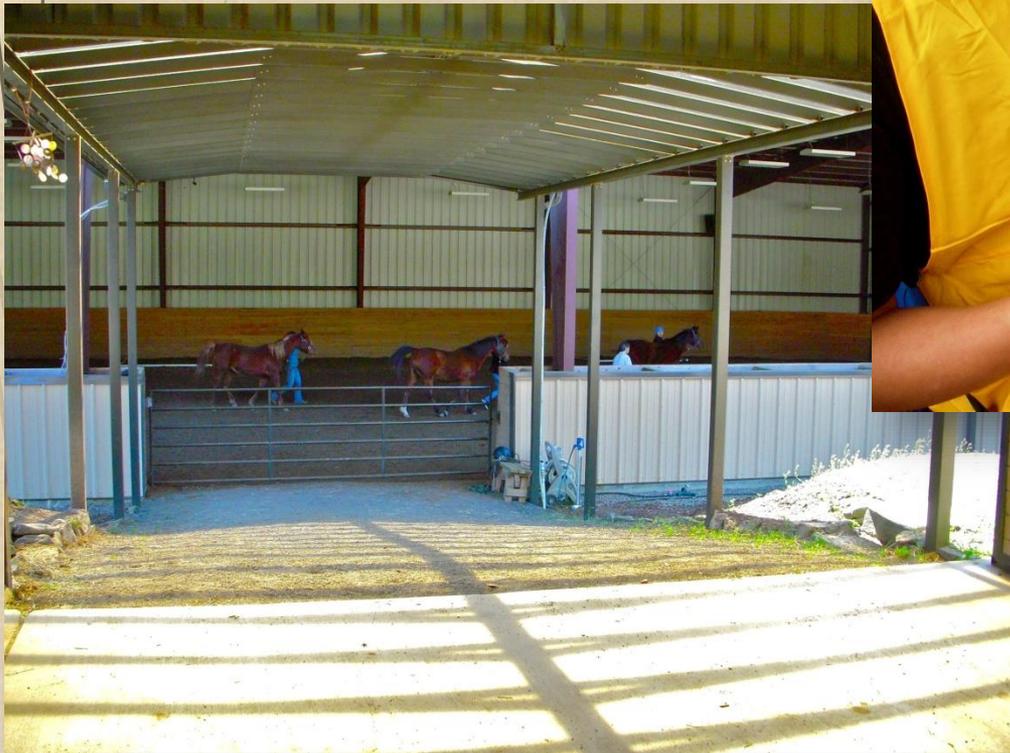


Handling the horses is all about responsibility for another creature. The guiding principle here is self-respect, attending to detail and connection with others.

Creating a safe environment is the deeper meaning behind shelter construction.



Whether its' Horse Centered Activities or Fire making – It's all about Team Work.



Helping others
teaches community
building



Gardening

Planting a garden teaches self care and is also a basic skill participants can take home and use for a lifetime. Themes arise such as what it means to dig deep, what do the roots represent, what is nourishment?



Restoration

Our restoration activities teach the importance of personal history. Participants are encouraged to share personal experience with restoring themselves and their communities.



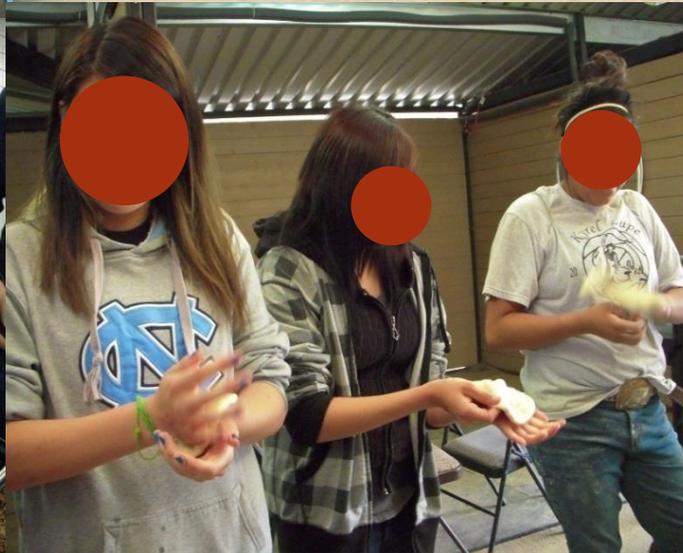
Yoga

Yoga, meditation, and mindful walking teaches important skills in anxiety management, the value of rest, self control, and personal reflection.



Lunch

Lunch is a time for team work and an opportunity to rest, relax and reflect. This was fry bread day. Who knew how many recipes there are for fry bread?



Large Projects: Pond Construction

Pond Construction: Big projects like this teach Teamwork, Achievement and Skill Building. This pond was completed in just two days.



Plant and Animal Identification



Plant and Animal Identification teaches careful respect for the environment.



This frog was rescued and rehomed in the pond building activity.



Bead Ceremony

Our bead ceremony is a time when participants are credited for achievements. Each participant collects the beads and adds the beads to their string. The colorful beads reminds them of the days accomplishments and the goals they are working toward.



Some beads come easily like the one for attendance while others like riding can take most of the year.



"In every walk with nature one receives more that he seeks" ~John Muir



Participant Feedback

The following are comments made by a few of our participants

“I would say it's nice and welcoming, you feel very comfortable and knowing that it's great, you feel great.”

“It's helped me be more calm.”

“I would say it helped me a little more with trust and courage to do things I wouldn't.”

“I learned how to work with other people.”





Thank You...

Thank you for viewing our slide presentation. If you or someone you know would like to make appointment with one of our team members please call:

503.221.4531

Or email us at:

Info@TheCenterAtHeronHill.com

“The strength of the fire, the taste of salmon, the trail of the sun, and the life that never goes away, they speak to me.

And my heart soars.”

Chief Dan George, Tsleil-Waututh





The Heron Hill Wrap Around Curriculum

The Center at Heron Hill and Alliance Counseling offer a 12 week Wrap Around Curriculum. It is available in 7 parts and includes volumes for the following modalities:

- Equine Assisted Therapy
- Ecotherapy: Outdoors & Classroom
- Art Therapy
- Music Therapy
- Occupational Therapy
- Recreation Therapy



Sample Curriculum: ECO

Heron Hill Equine/Ecotherapy Curriculum

Week 2 Theme: Self-Care

Overview-ACTIVITY: SHELTER BUILDING

Students will learn to build both group and individual shelters. They will start with creating a group shelter. To start, the group will be given very basic and minimal instruction in order for problem solving skills to emerge. Group and personal dynamics will also present themselves. Facilitators will gauge the needs of the group in order to step in when appropriate and help the group to successfully build the shelter. If enough time presents itself students will have the opportunity to build individual shelters as well. This will be an important skill for students to master as they move towards the end of the program and will be offered a solo experience.

Objectives

1. To have students attempt and successfully build a shelter using tarps and p-cord.
 - Allow students a somewhat generous amount of struggling and problem solving for this experience.
2. For students to reflect on what they learned about themselves through the process of shelter building. This could include themes such as asking for help, working alone or with others, leadership, creativity, problem solving, and frustration to name just a few.
3. Explore the relationship of self-care with the metaphor of shelter building.

Potential Framing, Processing and Journal Questions

- How did it feel to complete the shelter?
- When working in the group what did you notice your role to be? Was it easy for you to speak up? Why or why not? Did you find yourself wanting to communicate about it? Or did you just go for trying things without asking or letting people know?
- Did you prefer working as a team, or working alone?
- Is it easy for you to ask for help, why or why not?
- How does having a shelter help protect you?
- How is building a shelter a metaphor for taking care of yourself?
- What are the elements in your life that having a "shelter" could be helpful for?

Materials

- One large sized Tarp
- Ample amount of P-Cord
- Several small/individual sized tarps

Other considerations

