

We Can Help

- Navigate Major Life Changes
- Teach Life and Leadership Skills
- Recover from Domestic Violence
- Cope with anxiety and depression
- PTSD and Complex PTSD
- Building Confidence and Self-Esteem
- Communication and relationships
- Eliminate Self Limiting Beliefs

At HorseSpeak you will find a skilled team who has helped clients just like you to build a richer more rewarding life. Utilizing the healing spirit of horses and their uncanny ability to reflect and uncover your authentic self.

"Where the Pavement Ends and Your Adventure Begins"



Mission Statement

Our mission is to provide counseling, emotional support, and personal growth services utilizing experiential methods with horses. As a non-profit corporation, we will provide services at reduced or no cost to eligible clients.

Visits welcome by appointment only, due to the confidential nature of our services.



Cowgirl Up Ranch
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Non-Profit #46-3137973

HorseSpeak Center for Personal Development, Inc.

Tel: 209.772.3871

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Equine Assisted Personal Growth And Learning

Clients have the best solutions for themselves when given the opportunity to discover them...

We provide:

Workshops, Retreats, Camps, and Individual Sessions at our "Cowgirl Up Ranch" Facility.

Whether you are struggling with a particular issue or just can't shake the feeling that there should be more to life, we can help. We provide a caring environment in which you can identify and explore those issues that may be getting in the way of a more rewarding career, home life, or more fulfilling relationships. The goal is to help provide you with the insights and tools you need to move beyond those old self-limiting beliefs and behaviors.

Company Workshops

Customized workshops to improve and enhance your company communications and work place environment. Improving your "front line" will improve your bottom line! Ask us about a team building experience developed specifically for your needs.

Women's Retreats

Designed primarily to enhance your self-awareness and provide you solid insights and techniques to discover the power that is within you. A weekend at the ranch is filled with nature, animals and time to reflect with other women. With the assistance of our equine therapist you may just have a chance to truly find your authentic self.

Youth Leadership Camps

Our Summer Camps are set up for elementary to high school aged girls. Either a weekend or a weeklong experience campers will never forget. The programs emphasis is on self esteem, empathy and good decision making. This is an absolutely unique program, combining equine facilitated coaching and challenge course activities, all designed to develop essential life skills. The camp is filled with comradery, fun, and laughter.

We are proud to have accumulated quite an alumni of campers coming back year after year.

Equine Assisted Therapies

Equine assisted counseling incorporates horses for emotional growth and learning. **It does not involve riding.** It is a collaborative effort between a licensed therapist and a horse professional working with the clients and horses to address treatment goals. Activities with the horses are designed to mimic real life issues allowing the client and therapist to "see" where the problems are and find solutions that work. Clients quickly recognize unhealthy patterns and enact new behaviors. The horses only respond to sincere beliefs and actions, making them perfect mirrors of your emotions.

Equine assisted counseling

Can address a wide range of mental health issues including addiction, behavioral disorders, trauma, eating disorders, anxiety, depression, PTSD, relationship difficulties, anger management, or dealing with crisis.

Equine assisted coaching

Can provide guidance in stress management, coping skills, communication, team work, organizational development, wellness, life and leadership skills and more...

Therapeutic riding programs

Can help those on the autism spectrum, ADHD, special needs and TBIs.

**A non-profit corporation
dedicated to our rural communities**

Equine Assisted Psychotherapy

**Provided by our therapeutic team
Of EAGALA Certified Professionals**

