

WHAT TO EXPECT IN A SESSION

Customized Experiences:
Each session is tailored to your needs and goals.

Activities:
Includes walking, grooming, observing herd dynamics, and mindful interactions with horses.

Safe Space:
Sessions take place in a welcoming environment with a focus on emotional and physical safety.



OUR APPROACH

Led by a LMSW and certified Equine-Facilitated Psychotherapist through The HERD Institute, our sessions are grounded in the principles of The HERD Institute and rooted in trauma-informed care. We use equine-assisted learning and wellness techniques to offer a compassionate, client-centered experience where healing happens through connection.

With horses as intuitive partners, clients are gently encouraged to explore their emotions, process challenges, and experience personal growth in a safe and supportive environment.

BOOK YOUR JOURNEY TODAY

RESERVE AT:



www.DrSussStables.com

OUR CONTACT:



732-823-9655



DrSussStables@gmail.com



Dr. Suss
STABLES

EQUINE WELLNESS

Empowering humans through connections with horses



WHAT ARE EQUINE WELLNESS SESSIONS?



Equine wellness sessions foster personal growth and emotional well-being. Through safe and supportive interactions with horses, clients build self-awareness, emotional regulation, and interpersonal skills. Rooted in Gestalt therapy principles, our sessions promote healing and empowerment by focusing on the present moment.

WHY HORSES



Empathy & Connection:

Horses respond to our emotions and body language, offering immediate, nonjudgmental feedback.



Mindfulness in Motion:

Working with horses encourages clients to stay present in the moment.



Building Trust:

Establishing a relationship with a horse mirrors the skills needed to build trust in everyday life.



Stress Reduction:

The peaceful farm environment and interaction with horses help clients relax and reset.

WHO CAN BENEFIT?

Our equine wellness sessions are designed for individuals of all ages and backgrounds, including:



Children and teens building confidence and social skills



Adults seeking stress relief and personal growth

