

SAN DIEGO, CA

EQUINE THERAPY

At San Diego Detox, when we discover therapies that truly help our clients heal, we make them part of our care.

Equine therapy has become an important, experiential offering in our program. Surrounded by open skies, quiet surroundings, and the restorative power of nature, clients connect with horses in ways that support emotional, mental, and physical recovery.



📍 SAN DIEGO, CA

📞 (866) 381-6845

🌐 [SANDIEGODETOX.COM](https://sandiegodetox.com)





WHAT IS EQUINE THERAPY?

Equine therapy is a hands-on, experiential approach to healing that allows clients to connect with horses in a safe, structured environment. Unlike traditional horseback riding programs, our equine therapy focuses entirely on groundwork activities — interactions that take place on the ground, side-by-side with the horse.

These activities may include grooming, leading, and guided exercises designed to build communication, trust, and emotional awareness. Each moment with the horse provides immediate, honest feedback, encouraging clients to recognize their emotions, regulate their responses, and explore new ways of relating to themselves and others.

Sessions are facilitated by trained equine specialists working in collaboration with licensed therapists, ensuring that every activity is both therapeutic and aligned with each client's individualized recovery plan. The result is a powerful combination of compassion, structure, and connection that supports long-term healing and growth.





THE HEALING POWER OF HORSES

Horses are remarkably intuitive animals with a natural ability to sense human emotions and respond authentically, without judgment. Their calm yet powerful presence creates a safe space where clients can slow down, become more mindful, and connect with what they're feeling in the moment.

Because horses mirror the emotions and energy of the people around them, every interaction becomes a lesson in self-awareness. Clients quickly see how their body language, tone, and mindset influence the horse's response. This immediate, non-verbal feedback provides opportunities to practice trust, patience, and clear communication in real time.

For individuals in recovery, these moments are transformative. Horses gently encourage clients to process trauma, regulate emotions, and build new coping strategies that can be carried into daily life. Over time, equine therapy nurtures confidence, resilience, and a renewed sense of inner strength — qualities that support lasting recovery and personal growth.

THE PERFECT BACKDROP FOR HEALING

The environment where healing takes place matters. For equine therapy, clients travel to a nearby ranch, where open space, fresh air, and natural surroundings create the ideal atmosphere for connection and growth.

Away from the clinical environment, the ranch setting allows clients to fully immerse themselves in the experience. The simple act of walking through the grounds, brushing a horse's coat, or listening to the steady rhythm of hooves brings a sense of calm and grounding that's hard to find elsewhere.

This offsite experience becomes more than a session — it's a retreat into nature. The ranch environment amplifies the therapeutic power of equine work, reminding clients of resilience, renewal, and possibility. Each visit offers a restorative break that supports both emotional healing and the larger recovery journey.



THE SCIENCE + RESULTS

Equine therapy is more than a meaningful experience — it's also supported by research and proven outcomes. Studies have shown that working with horses in structured therapeutic settings produces measurable benefits for both emotional health and recovery.

- ◆ **Lowers stress and anxiety:** Interacting with horses in a calm, natural environment helps reduce stress hormones, decrease anxiety, and promote relaxation.
- ◆ **Improves mood and self-esteem:** Successfully completing activities with horses builds confidence, creating a renewed sense of self-worth and accomplishment.
- ◆ **Strengthens resilience and emotional regulation:** Horses provide immediate, honest feedback, giving clients the chance to practice staying calm, patient, and centered.
- ◆ **Enhances coping strategies essential for long-term recovery:** By developing trust, communication, and problem-solving skills during sessions, clients gain tools they can apply in everyday life to maintain stability and prevent relapse.

For people in recovery, these benefits extend far beyond the arena. The lessons learned with horses — patience, presence, resilience, and trust — become lifelong strengths that support lasting sobriety and emotional well-being.



WHAT TO EXPECT IN YOUR SESSION

◆ A Warm Welcome & Introduction

Each session begins with a warm welcome from our staff and a gentle introduction to the horses. You'll learn about their personalities, safety basics, and how to approach them with calm and respect. This sets the tone for building trust and comfort.

◆ Guided Groundwork Activities

Next, you'll engage in structured, non-riding activities such as grooming, leading, or navigating simple exercises with the horse. These activities aren't about horsemanship — they're about connection, communication, and presence. Clients often describe these moments as calming, eye-opening, and empowering.

◆ Reflection & Integration

After each activity, facilitators guide you in reflecting on your experience. You'll explore what the horse's responses revealed about your own emotions, boundaries, or communication style, and how those insights connect directly to your recovery goals. This step turns each session into more than an encounter with a horse — it becomes a tool for personal growth, resilience, and healing.





CONTINUING THE JOURNEY

Equine therapy is not just a one-time experience — you can continue throughout your stay at San Diego Detox and beyond. Clients often find that the lessons learned with horses carry forward long after treatment, reinforcing the core principles of recovery.

Sessions help strengthen lifelong recovery tools such as emotional regulation, resilience, and self-confidence. By returning to these experiences, clients deepen their coping skills and continue to grow personally and relationally.

Our commitment is to keep evolving our program with therapies that provide lasting, proven results. Equine therapy remains one of the most powerful ways to build a foundation for continued healing — offering support that extends well past treatment and into the next chapters of life.



EQUINE THERAPY IS MORE THAN AN ACTIVITY — IT'S A POWERFUL PATHWAY TO SELF-DISCOVERY, RESILIENCE, AND RENEWAL.

Come experience the healing power of horses as part of your recovery journey.

**WANT TO TALK
TO A SPECIALIST?**



CALL (866) 381-6845



OR VISIT SANDIEGODETOX.COM

