

## AZ Giving Spotlight: Greg Goodman of Horses Help

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**Horses Help is a PATH International Premier Accredited therapeutic and recreational agency that uses specially trained horses, PATH International- Certified Instructors, AHA- Certified Therapists, and community volunteers to serve participants ranging in age from three to seniors. Participants enjoy weekly sessions enabling them to learn horsemanship, riding skills, build horse and human relationships, and receive therapy.**



### **AFM: What does Horses Help do to help others in Arizona?**

GG: Horses Help is a therapeutic and recreational agency that serves the special needs population in Arizona by providing activities to empower these people. The activities benefit them in many ways, encouraging them to break through physical, cognitive and emotional barriers. We at Horses Help create these animal-assisted opportunities while maintaining high standards. We provide professional therapists, instructors, staff and volunteers to help keep our organization diverse and to make collaborative effort in keeping a safe and productive therapeutic and recreational equine environment.

### **AFM: What are some specific programs that Horses Help offers?**

GG: Some programs we offer include therapeutic riding, hippotherapy, and equine facilitated learning. Therapeutic riding has individual programs based on each rider's need. Our instructors are certified through the Professional Association of Therapeutic Horsemanship International, which promotes safe equine activities for people with and without disabilities. Riders learn basic skills in a fun way. Our hippotherapy program is focused with a licensed therapist to assist with physical or speech therapy by incorporating the horse with the patient. Our Equine Facilitated Learning Program is a way of using the natural interactions with a horse to teach trust, boundaries, and self-awareness. Children gain insight on communication and teamwork.

### **AFM: What special events or new programs is Horses Help building for the future?**

GG: We will be holding our Special Olympics on Dec. 14. This is a special event for our disabled riders to participate in fun equestrian events with trained professionals. We are also creating a new therapeutic program specifically designed for people with Alzheimer's. Clients with early-onset of Alzheimer's will be able to come and have a special treatment program designed for each patient depending on their needs. Horses Help also continues to improve our Freedom Riders Program for Veterans, where participants can take advantage of any program we offer in order to enhance their lives and exercise, relax, and connect with horses.

For more info on Horses Help, click [here](#).