

## Red Horse Nation



RED HORSE  
NATION

[www.redhorsenation.org](http://www.redhorsenation.org)

## Red Horse Nation

- 2007 Created an Equine Assisted Psychotherapy program for United American Indian Involvement, Inc. in Los Angeles
- In 2009 RHN was founded under BIG Heart Ranch and Farm, Inc. (501c3) to help Tribal Nations and Organizations create their own culturally competent and clinically effective, horse programs **RHN offers Horse Inspired Growth and healing (HIGH) and Horse Inspired Psychotherapy (HIP)**

## Red Horse Nation

- **Mission Statement:** To establish a personal connection to Mother Earth, tribal values, culture, ceremony, spirituality, and language through the sacredness of the horse.



## Red Horse Nation

Red Horse Nation horse programs nurture relationships and well-being based on connection, collaboration, responsibility, integrity, trustworthiness, compassion, leadership, self esteem, Native identity, courage, empathy, resiliency, boundaries and honest communication.



## Red Horse Nation

With the guidance from clinicians, horse trainers, tribal Elders, using songs, dances, stories, ceremonies, art and language, Native youth learn about the healing relationship their ancestors had and still have with the horse and how to build healthy relationships with self, family, friends and community.



## Red Horse Nation

Red Horse Nation honors traditional and cultural healing work supported by effective clinical practices.



## Red Horse Nation

### Goals:

- To help establish Native American horse programs for urban and rural tribal agencies and which will be owned and managed by the Native community
- To provide culturally specific horse inspired growth and healing, horsemanship and moving with the horse (riding).
- To support Native principles and spirituality
- To encourage cultural belonging, pride and identity
- To develop competency, courage and compassion

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Through role modeling from HIGH and HIP facilitators and “hands on horse” experiences, RHN programs increase greater understanding and gratitude of Native customs, principles and traditional values.



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RHN believes that healing from trauma, historical and familial, is the most important aspect of working with Native families. HIGH and HIP offers families the opportunity to explore trauma through non-judgmental, experiential activities and re-cover historical, generational gifts and greatness.



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Through the responses from the horses, participants see the immediate positive results of behavior change and intention and deeper connection through congruency of thoughts, feelings and actions. When positive change happens, faith in self and others begins to heal and grow.



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- **RHN Supportive Programs:**
- **HIGH and HIP Certification** – Growth and Healing through mounted and ground horse activities
- **Natural Horse Care** – Youth learn all aspects of horsemanship working towards completing a sacred ride and/or pack trip
- **Gentling Wild Horses** – Youth learn to gentle wild horses as a means to heal trauma and recover *historical greatness*
- **Horse Warriors** - Youth research, design, and create historically accurate, traditional tribal clothing and horse regalia.
- **Native Languages, Ceremonies and Songs** – youth learn traditional horse songs, ceremonies and dances.
- **Historical Greatness Healing Ranches** – Youth and community members create and manage a ranch where all aspects of healing and growth are possible through, ranch management, horse care, community gardening, resource management, substance abuse treatment and mental health services

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Red Horse Nation envisions a time when multi-generational and historical trauma is healed and multi-generational and **historical greatness** is recovered by all people.

