



# THE MAGIC AND SCIENCE OF Horses' Healing Powers

## CENTER FOR THERAPUTIC RIDING OF THE EAST END

There is a very special look on the face of a parent of a child with special needs when they walk into the Wolffer Estate Stables in Sagaponack, NY to CTREE, the Center for Therapeutic Riding of the East End. It is at once a look of pride, excitement and also relief. In a world of stress and anxiety, this is the happy place. One parent comments, "it is always a pleasure to meet once a week with the kind and caring people who volunteer with CTREE in a beautiful setting and facility, while our little one gets to spend time doing what he loves."

CTREE is a not-for-profit 501c3 with a mission to provide therapeutic riding lessons and equine assisted activities to children and young adults with cognitive, physical or emotional disabilities. These can include Autism, Down Syndrome, Rett Syndrome, Epilepsy, ADHD, Microcephaly, Learning Disability, Cerebral Palsy, and Speech Delay among others.

Horses have an amazing power to heal, and in the case of these children, help them gain strength, confidence and focus.

charlie & Tessa







Exec Director Karen Bocksel,  
Event Co-Chair Tami Maines,  
Georgina Bloomberg

Photo credit for the party: Richard Lewin

THE HORSE'S MOVEMENTS  
STIMULATE THE RIDER'S BODY  
IN A MANNER THAT CLOSELY  
RESEMBLES THE NORMAL GAIT  
OF A HUMAN WALKING.

This input can produce specific physical changes in the rider's body, including normalization of muscle tone, increased endurance, core strength, and improvements in posture, balance and coordination. Even the warmth of the horse's body helps the process. The environment of the ring and trail rides also creates a multi-sensory experience, and the students learn to communicate with the horse. A child who starts off with a leader of the horse and two side walkers can progress to ride independently, and that smile of victory is unmatched. The horse in essence gives them their wings.

For the horses in the program, this can also be a new lease on life where they live at a beautiful farm and receive the love of the CTREE's instructors, volunteers and students. The power of the CTREE program and horses' ability to change lives is expressed by a parent whose daughter has been transformed. Her daughter was born two months premature and very underweight, and at nine years old has faced balance, vision and auditory challenges:

"At three and a half years old, we started her at CTREE. Her first ride on Mosely was quite memorable. She sat straighter than her physical therapist could have dreamed, looked like a 35 lb. Grace Kelly and was so obviously confident on a large horse. We have seen her posture, core strength, leg strength and motor planning improve. To our family, CTREE has provided our daughter the opportunity to find her confidence, her passion and most importantly her voice. Every Saturday morning our beautiful daughter (lacking practically all pre-academic skills) walks into our bedroom at the crack of dawn clutching her riding boots and demands 'Horsey!'"

The annual fundraiser Horses Changing Lives Benefit for CTREE at the Sebonack Golf Club in Southampton, NY is a crowd pleaser each August, and with last year's Honorary Chair Georgina Bloomberg and Co-Chairs Tami Maines and Michelle Farmer raised important funds. Georgina Bloomberg commented,

“ I’VE BEEN LUCKY ENOUGH TO BE SURROUNDED BY ANIMALS MY WHOLE LIFE AND SOMETIMES TAKE FOR GRANTED THEIR THERAPUTIC POWERS. I’VE HAD THE CHANCE TO VOLUNTEER AND SEE THAT TRANSFORMATIVE POWER THEY HAVE ESPECIALLY FOR CHILDREN WITH DISABILITIES. YOU ALL DO GREAT WORK.”

*This year's CTREE fundraiser will be held Thursday August 23, 2018 [www.ctreeny.org](http://www.ctreeny.org).*

CTREE Fundraiser Host Committee

