



Equine Therapy Plays an Important Role in Young Adult Drug Rehab

Gatehouse Academy has successfully launched Equine-Assisted Therapy as a regular component of its comprehensive addiction treatment for young adults.

Wickenburg, AZ (PRWeb) November 28, 2006 -- Horses are playing an important role in young adult drug rehab. In its continuing development of providing excellence in addiction treatment, Gatehouse Academy has successfully launched Equine-Assisted Therapy as a regular component of its comprehensive addiction treatment. Gatehouse Academy is a leader in the field of young adult drug and alcohol rehabilitation.

"Animal-assisted psychotherapy has a long history in the therapeutic community, especially in hospice and geriatric work," said Dr. Don Durham, Clinical Director of Gatehouse Therapeutic Health Services.

Equine-assisted therapy, a more recent development, is in many ways a natural outgrowth of the animal-assisted human services field, colored by the new-but-old influence of the cowboy horse whisperers. Equine Assisted Growth and Learning Association (EGALA) is perhaps the best organized body that grants certification as an Equine-Assisted Psychotherapist. "Three of our master's level professional staff are also certified as equine therapists," Durham added.

The program originated from "... our founders' instinctive awareness of the mental health benefits of cultivating relationships with horses." Durham continued, "A therapeutic use of these sensitive and intuitive animals was a natural development. Their instinctive response to the feelings and often hidden agenda of people provides an honest feedback loop for clients to take a look at what's really going on within themselves."

Gatehouse Academy's Equine Assisted Therapy is an important part of the curriculum and is available to all residents. Young adults often arrive with little or no horse skills and are taught the basics of grooming and care. From these fundamentals they are introduced to basic Western style riding with the option to become involved in other activities such as thoroughbred racing. The involvement of horses at Gatehouse Academy helps to engage residents in an activity that brings joy into their lives.

About Gatehouse Academy:

Gatehouse Academy is a long term residential drug and alcohol facility exclusively for young adults age 17 - 25. Residents learn life skills, attend therapy, continue formalized education, enhance physical well-being, and recover from the effects of alcohol & drug abuse through focused 12 Step Recovery. For more information on Gatehouse Academy visit the website at www.gatehouseacademy.com or call toll free @ (888) 966-4800.

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