

Horses Healing Humans

November 17, 2025

10:00-11:00am MT

Join this session to learn about Equine Therapy - how horses impact humans, how they help us heal anxiety, depression, loneliness, and trauma. This session will also address how learning skills of working with horses gives us skills for everyday life, as well as - courage, confidence, and empathy.



Learning Outcomes:

- Horses are prey animals and very aware of their environment, therefore acting as an immediate biofeedback/mirror of ourselves, so we can see where we need to change
- Healing takes time and skills but is possible - we don't have to be trapped in our worries about the past and future, forever
- Horses teach us to live in the present and enjoy the moment - they are loving and accepting, and teach us empathy
- Horses teach us the very important skill of reading and understanding non-verbal body language, which can also translate into our interactions with human beings - this helps us better understand our fellow beings and helps us to develop understanding and empathy

Speakers:

Wanda Wylie - BA, MACP, Certified Canadian Counsellor. EMDR certified therapist & Animal Assisted Therapist. Wanda has worked previously with various self-identifying Indigenous peoples - some individuals with Iroquois heritage (for example), and currently works with Indigenous peoples at Safron Centre - Sexual Assault Centre.



Target Audience: Anyone who wants to learn about horses and healing

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<https://fntn.ca/Home/Registrar-VC?eid=22596>

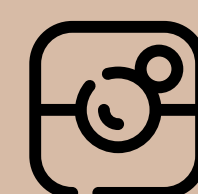
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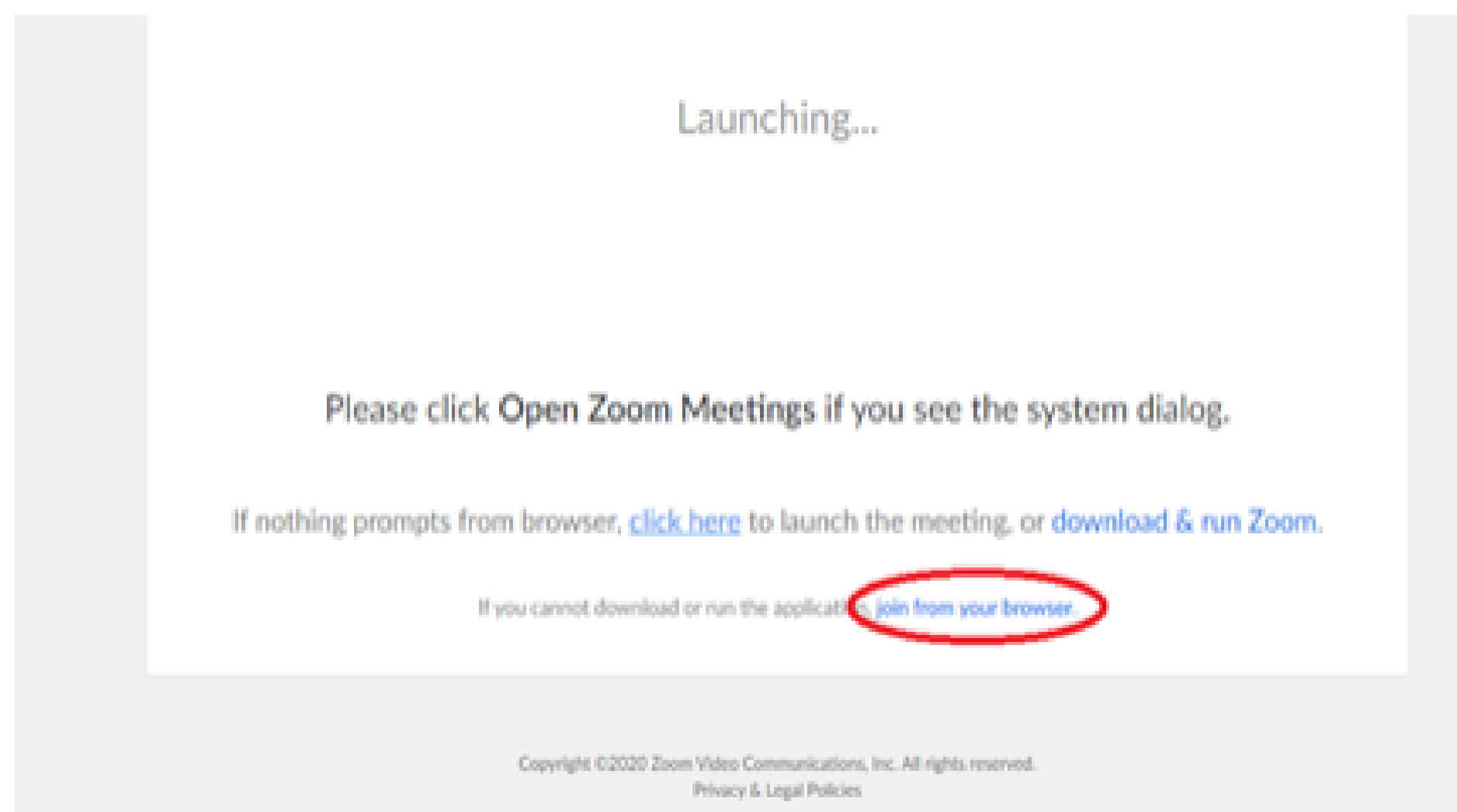
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