

Hoof Beats combines Therapeutic Riding with Music Therapy for a highly sensory and engaging means of reaching therapeutic goals.

The addition of music to therapeutic riding can mean:

- Reduced anxiety
- Improved attention
- Easier transitioning
- Increased motivation for speech
- Appropriate outlets for sensory needs
- More opportunities for social norming

I'm interested! How do I get started?

1. Contact the Colorado Therapeutic Riding Center to begin your application paperwork, learn seasonal session start dates and available riding times.
2. If you have a case manager, contact them about how to utilize "movement therapy" and "adaptive recreation" funds to cover your Hoof Beats music therapist and CTRC fees.
3. Contact Music Plus to discuss your start date and time options and coordinate with your music therapist.

Colorado Therapeutic Riding Center

303-652-9131

www.ctrcinc.org

11968 Mineral Road, Longmont, CO 80504

Music Plus - Therapy Services of Boulder

720-456-0401

Musicplustherapyservices.org

Musicplustherapy@gmail.com



The Hoof Beats Program at CTRC

Music Therapy

Music has many benefits in our daily lives, whether we are listening, playing, sharing, processing, remembering, moving, learning, regulating or motivating ourselves; Music Plus - Therapy Services of Boulder knows music works, and knows how to make it work for you!

From improving speech production, comprehension, and bilateral coordination, to reducing behaviors, isolation, and emotional outbursts, Music Plus has an individualized program ready to meet your specific needs.

Music Plus practices Music Therapy with services provided by a Board-Certified Music Therapist holding a 4-8 year degree in Music Therapy. At Music Plus, we focus on meeting holistic functioning needs in order to ensure mastery of skills and quality of life. Music therapy disguises tough work as play and meaningful engagement. Creating an encouraging and motivating environment with music has typically lead to natural and lasting change occurring with virtually no stress or force.

Participants in music therapy services often see improvements in several domains including: gross/fine/oral motor skills, cognition and academics, socio-emotional abilities, self-awareness and self-control, social competence, and communication.

Music therapy does not require any previous experience or affluence. An enjoyment of rhythm, movement, or melody is all that's required to participate in and benefit from our services.



Therapeutic Riding

Success at CTRC isn't measured by scoring a goal or getting straight A's, but rather by attaining personal goals – the confidence to get on a horse, or the ability to navigate around a barrel, or trotting once around the ring. The horse's movement simulates a normal human gait. This in turn stimulates the rider physically and cognitively toward reaching therapeutic goals. This gentle rhythmic movement helps improve balance, muscle control and tone, motor development and coordination, posture, strength and overall body awareness.

As a rider learns that they can have control of a horse, they can begin to learn that they can take control of themselves as well. Trust, impulse control, self-confidence, relationship building and natural consequences are all among the lessons learned. Further, the opportunity to give verbal commands to the horse has allowed many of our riders to greatly improve their verbal skills.

CTRC offers riding sessions throughout the year. Each session is oriented towards the participant's identified horsemanship and therapeutic goals. With the combination of safety, therapeutic, and life goals as priorities, CTRC's PATH Intl., certified instructors, specially trained horses and caring volunteers provide a team second to none in assisting riders to experience accomplishments, interact socially, and learn new skills in an enriching environment.

