

Have you been in therapy and been disappointed?  
Are you sick of not feeling like yourself?

Come to *Oak Meadows Ranch* and enjoy a beautiful environment and an exciting new comprehensive healing program involving individual non-talk therapy (Yes, Not Talk Therapy!), horses and group work. We work hard to help you; all we ask of you is that you are serious about getting better.

WE HELP PEOPLE HEAL FROM ANXIETY ESPECIALLY PTSD,  
GRIEF AND GRIEF RELATED PROBLEMS  
AND ADDICTIONS.

**About Horses:**

We do Equine Assisted Psychotherapy and Learning. **We use horses during sessions.** Horses can be companions and/or help people to see themselves more clearly. This speeds up therapy.

*"There is nothing as good for the inside of a man as the outside of a horse."*

John Lubbock, 1894.

Apart from being beautiful, horses are calming and give the opportunity to experience a world away from emotional pain and the demands and chaos of modern living.

**BE YOU** with horses!

Your treatment team:

Susan Donaldson LMFT has been helping people deal with trauma and stress related disorders for 13 years. Susan is Certified in EMDR and is now a Consultant in Training. EMDR is the best treatment for PTSD. Check out EMDRIA.org and EMDR.com to learn more.

Ron and Dori Northcutt are Certified in Grief Counseling and Ron is a Licensed drug and alcohol counselor.

*The Horse is God's gift to mankind - Arabian Proverb*

Call (951) 805-7419, visit [OakMeadowsRanch.com](http://OakMeadowsRanch.com)