

*'Donna' had been sexually abused from an early age. This led her to not having the usual alarm bells sounding when she was in risky situations. She simply did not recognise acceptable and non acceptable behaviour - and this lack of recognition meant she placed herself at risk of further harm, and her children.*

*Donna demonstrated this lack of risk and an understanding of how to protect herself when she was first around the horses. She would let them dominate her and push her around - dangerously so at times. She felt upset when this happened feeling the horses simply didn't like her because they appeared to be pushing her away. She did nothing to try and counteract what was happening.*

*We worked with Donna to help her understand that her actions could dictate how the horses behaved towards her. Horses dominate through invading body space - and through some simple techniques Donna started to learn how to protect herself by establishing boundaries with the horses.*

*Through working with the horses Donna ultimately felt if she could say NO and put in boundaries with a one ton large animal - that she was able to do it with a human. That is exactly what she did - and still does.*