

UPPER CANYON OUTREACH

Phase I

# GOT YOUR 6 HORSEMANSHIP

SUPPORTING INTEGRATED WARRIORS



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FOUNDER, PRESIDENT

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# ABOUT UPPER CANYON OUTREACH



## **A LITTLE ABOUT US**

Upper Canyon Outreach, located at Upper Canyon Outfitters, has had the privilege of working with service men and women for the past 15 years. Our role has primarily been working with active duty members to teach them about horsemanship skills and equine packing skills. Over the past five years the UCO team has found that military men and women have a unique ability to work with horses in a very personal and concentrated manner. We decided to develop a program for service men and women to develop a relationship and bond with horses while learning natural horsemanship skills. Upper Canyon Outreach is a registered 501(c)3.

# COURSE DESCRIPTION

The Level 1 Got Your 6 Horsemanship class is a 3 day course. This class requires no previous horse experience. All meals and lodging are included in with the course. At the beginning of the course each participant will be paired with a horse that they will then work with throughout the program.

Each participant will learn the skills to become leaders for their horse.

Skills that will be taught and completed at the beginning of each session will include, but will not be limited to: catching their horse from the dry lot, tying their horse safely, grooming their horse, joining up with their horse (round pen work) and prepping their horse for the day's

activities. Before participants catch their horses in the morning, they will be briefed on the day's goals and objectives. This way they will know if they need to saddle their horse or if the majority of the activities will take place on the ground. Each session will end with a hotwash to review the activities and learning objectives of that day.

Through out the three day course, participants will also learn a number tangible skills that help develop overall wellness. Most of these skills are relationship based and are used not only with the horse, but with the fellow participants.

## OUR GOAL

The goal of this class is to create an authentic, working relationship with a horse through natural horsemanship skills. Building a relationship with a prey animal requires the development of self awareness, authenticity and congruency. The participants will discuss how these skills can translate to other areas of their lives such as relationships, family and work.

A goal of this course would also be to provide a positive outlet for all participants. Our hope would be that through the development of intrapersonal and interpersonal skills, our participants will be able to cultivate healthy relationships with family, teammates and self.





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## OUR SCOPE OF WORK

Cassie Ublado, lead facilitator, wrote this course curriculum specifically for service men and woman. The philosophical foundation of this course is based on Cassie's formal education, a Bachelor's in Psychology and a Master's in Education and Counseling, and the knowledge she gained from growing up with horses. While Cassie has a mental health background, it is important to note that this course should not be considered counseling and should not be used in the place of any counseling services.

While this course is not counseling, it is skill development. In order for participants to be able to fully concentrate on the horsemanship skills, they will need an environment that allows such development. In order to develop this environment confidentiality and consistency will be expected of all participants and facilitators. It is important that topics discussed in class are not shared outside of class. It is equally important that each member commits to the course in its entirety.



# AGENDA

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## SKILL DEVELOPMENT

### DAY 1

#### HORSEMANSHIP SKILLS:

INTRODUCTION AND SAFETY  
WORKING WITH PREY MINDSET

#### COGNITIVE DEVELOPMENT SKILLS:

BOTTOM UP REGULATION, DR. BRUCE PERRY  
BIO-DIRECTIONAL HEALING, HEART MATH  
INSTITUTE

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### DAY 2

#### HORSEMANSHIP SKILLS:

BECOMING YOUR HORSE'S LEADER  
BEING A RESPONSIBLE PARTNER  
(FIRST RIDE)

#### COGNITIVE DEVELOPMENT SKILLS:

EXAMINATION OF IDEAL SELF V. ACTUAL SELF  
CIRCLE OF CONTROL

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### DAY 3

#### HORSEMANSHIP SKILLS:

HONOR RIDE  
PRESENTATION OF SKILLS LEARNED  
GRADUATION CEREMONY

#### COGNITIVE DEVELOPMENT SKILLS:

EXAMINATION OF THE LOADS WE CARRY