

Fox Song Farm Mission Statement:

To inspire health and wellbeing through Equine-facilitated and other therapeutic activities that meet the needs of clients undergoing health and wellness challenges due to life stage, family, and situational transitions, including menopause, stress and distress, ageing, grief and loss, chronic disease, and vocational shifts.

Statements of Value:

 Inspired by the resilience and creativity of nature, FSF's therapeutic environment is in a natural, rustic setting, offering wellness promoting activities that draw upon collaborative connections with animals, and provides opportunity for artistic expression;

 Educated in the science and art of professional practice (nursing, education, counseling), FSF providers are committed to life-long learning and excellence in care;

 Framed by the Stinson 4-Pillars Wellness Model (Purpose, balance, congruence, sustainability), FSF interventions will be deeply collaborative, promoting relationship building and mutuality in social (herd) connection;

We believe that igniting and re-igniting passion and purpose throughout all life span and life stage transitions yields value-added life ... and that this is the legacy of Imago dei living in relationship with Creation.



Who we are

Fox Song Farm is a small holding dedicated to promoting wellbeing through wellness events and venues held in a farm environment. Fox Song Farm is associated with Fox Song Books, and is connected through literary, creative, spiritual, and health and wellness perspectives.

Fox Song Farm is home to horses, chickens, and other farmyard critters, many of whom have found a sanctuary here after lives in commercial venues. Fox Song Farm promotes a natural living environment, balanced with safety for both creatures and humans. When fully actualized, wellbeing and wellness events will include:

-  Equine facilitated wellness experiences
-  Equine facilitated leadership groups
-  Wellness-related education events
-  Expressive arts groups
-  Prayer meadow & meditation maze
-  Kindle Health project health care
-  TimeSlips® story creation
-  SoulCollage® workshops
-  PSYCH-K facilitation
-  HeartMath® sessions
-  Reflective and creative writing groups



Fox Song Farm

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Why horses?



Fox Song Farm

Come home to your herd

Director: Dr. Faith Richardson, DNP RN
Practitioner, Educator, Researcher
EFW-CAN member

Why horses?



Horses have a highly developed ability to respond to subtle changes in breathing, body position, muscle tension, and general mood of others, even when all that we might see is an animal walking ‘casually’ around the herd. This ability to intuitively read others is also directed to us. A rise in our blood pressure, an increased heart rate, muscle tension, and emotional energy are all felt by the horse. We transmit these messages involuntarily. Horses are masters at recognizing that what is visible on the surface is not necessarily what is going on within!

A horse is more comfortable interacting with us when we acknowledge our authentic feelings. A horse can sense when we are masking our emotions or are unaware of how we ‘really’ feel.

Often horses will mirror the emotion or feeling that we are suppressing or trying to mask with our words, expression, or behavior, or they may simply walk away and not want to be around us. For example, if we are used to wearing a cheerful, in-control face to get by in life even when we are deeply anxious or highly stressed, horses may read the underlying emotion and become anxious around us. Or, if we have unacknowledged anger or deep sadness, for instance, they may act uneasy and move away from us. Once we simply recognize our feelings, we become congruent, and horses seem to settle, even if we are still dealing with our anxiety or anger. There is something more trustworthy about us when we are present to our own emotions—when our ‘insides’ align with our ‘outsides.’

Through the horses’ reactions to us, we are given the opportunity to understand ourselves and are better able to identify how we are feeling and reacting in the moment. They encourage us to reflect on where we are at odds with our inner selves. This mirroring of emotion is one of the reasons why horses are used in wellness work. They show us what we need to look at, question, reflect upon, and change.

Horses are also masters at teaching us about boundaries, personal space, walking with purpose, dialing down after a stressful encounter, and the difference between domination and collaborative leadership. There is much about harmonious herd living that humans can learn from horses!

Spend time with a horse and walk with a herd and you will find yourself among master teachers of sustainable wellness: living on purpose, in balance and congruity. You will begin to listen and become present to the messages coming from your own heart.

Working with horses in Equine Facilitated Wellness sessions can help you:

-  Reclaim your purpose and passion for life
-  Choose to bring your life into balance
-  Be fully present, living from your authentic self, from the ‘inside out’ (congruent)
-  Make decisions that promote sustainable change

