



Connect.
Touch.
Heal.

Trusting After Trauma.

Both Have been wounded by life and are now healing.

Why Choose a Therapy Animal.

Animal assisted therapy is a type of therapy that involves animals as a form of treatment. The goal of animal assisted therapy is to improve a patient's social, emotional, or cognitive functioning.



Country Heart Farm

311 Hanna Street, Sugarloaf, PA 18249
PH: 570-877-8616
www.countryheartfarm.org



Country Heart Farm is a 501(c)3 Organization created by Dr. Patricia Rodriguez-Hudson DNP CRNP out of a specific need in the northeastern Pennsylvania region for quality therapy for children, adolescents, and adults in a non-traditional setting. Dr. Patricia Hudson DNP CRNP, is dually certified as an EAGALA certified mental health (MH) and equine specialist (ES) and is board certified in family practice. All Country Heart Farm staff members are required to participate in various forms of ongoing education and experiential workshops to expand their skill set to better serve our clients/visitors.

Equine and animal assisted growth, learning and therapy opportunities at Country Heart Farm focus on the following:

- Grief, trauma & abuse
- At-risk youth
- Women's empowerment
- Substance abuse, addiction & codependency
- Eating disorders





Contact Us.

Country Heart Farm is a 501(c)3 Organization located in the heart of the Pennsylvania Appalachain Mountains.

We offer on and off site therapy sessions as well as booking for private events.

Please contact us for more information.

Mailing Address:
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Sugarloaf, PA 18249

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Email: phudson@countryheartfarm.org

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Equine Assisted Military Programs

At Country Heart Farm horses play an important role in the recovery of our military vets who have experienced emotional and/or physical trauma while serving their country. Country Heart Farm uses EAGALA based programs for military spouses and children who are suffering from the effects of PTSD such as anger, depression, anxiety, night terrors/nightmares, irritability, addiction and other debilitating conditions. At Country Heart Farm veterans overcome barriers by challenging themselves in various activities with our horses. Horses respond to nonverbal communications which decrease or remove cultural barriers and much of the stigma vets report as being typically associated with traditional talk therapy methods. Participating in activities with horses makes equine assisted programs more interesting and appealing, therefore increasing the probability of having a higher compliance with treatment rate and greater impact on the lives of our vets and their families.

Occasionally Country Heart Farm may have subsidized grant monies available to help defray our military programs to the groups below.

* Any military veteran/s from Vietnam, Gulf War, Iraq and Afghanistan, Soldiers who fought in Vietnam, Operation Iraqi freedom, Operation New Dawn and Operation Enduring freedom

* 9-11 survivors and First responders

* Family members of ANY military veteran



Our therapy pig, Poe, on a visit.

How can I support Country Heart Farm?

Country Heart Farm offers many opportunities to give back including a Volunteer In Training Program and Community Service Opportunities. Please contact us today to see how you can be a part of our team!



Services.

Equine Assisted Growth, Learning & Therapy

Country Heart Farm equine assisted therapy program is based upon the EAGALA model. Equine assisted therapy is action and doing based not talk based. The growth, learning and therapy programs at Country Heart Farm are designed to provide visitors/clients with the opportunity to increase their self-esteem, improve communication skills, develop assertiveness, creative thinking, problem solving, and coping skills with the end result being the ability to assume responsibility for themselves and their actions.

Equine Assisted & Animal Assisted Alternative Education

This program is designed for children and youth 5-19 years of age who have a mental or emotional disability, at risk youth, adjudicated youth or special education need. These students are also enrolled in a classroom program within a Pennsylvania school district. Country Heart Farm collaborates with the home school teachers and other local support staff to develop an individualized curriculum that encourages positive behaviors while teaching life skills and meeting the common core academic standards in math, science, literacy, language arts and history. EAL students typically spend one 3-5 hour day per week at Country Heart Farm attending one of our programs.

We Also Offer Equine and Animal Assisted Community Activities:

Hiking with Horses
Pony Parties/Pony Painting/Pony Rides
Outdoor Adventures with
Douglas and Bacon
Hot Topic Community Education
Yoga at the Farm
Scouting Badge Opportunities

