

*The outside of a horse is good for the inside of a man.*

*- Abraham Lincoln*

## WHAT'S UP WITH ALL THE HORSES?

Some children are resistant to typical talk therapy in which sessions occur in a counselor's office. When children are exposed to the outdoors in a more experiential medium, then they tend to open up and not feel as threatened. Safety is the first step in helping a child open up and deal with their trauma.

“I felt secure here...not judged” - 14 yo RAD boy

## WHAT IS INCLUDED AND WHAT ARE THE FEES FOR THIS AWESOME CAMP?

Family Bonding Activities, Trust Building Events, Powerful Parenting Skills, Horse Program for Siblings, Rustic Cabins, Amazing scenery, Room to breathe, Lakeside camp, Boating, Fishing, Hiking, Relaxing, Laughter, Hug Lessons, Self Esteem Exercises, Outdoor Adventures, An exclusive healing environment, Equine Facilitated Mental Health. All priced less than the average family vacation with the opportunity to drastically change your life's course. At \$650 per person we are the most cost effective way to get this much therapy and encouragement, not to mention fun and great food, all at once.

**Call Marie Sherwood at  
306-728-2900**

Sponsored by:  
Long Faces & Happy Hearts  
Equestrian Centre



Echo Lake Bible Camp



# *RADICAL ATTACHMENT CAMP*

31 JULY TO 6 AUGUST 2010



*Echo Lake,  
Saskatchewan*



## WHO'S COMING?

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Challenging children aged 2 to 16 years old (RAD, DTD, SID, ADD, ADHD, ODD, OCD, and a number of other mood disorders) needing intervention to head them toward success and love emotionally healthy siblings who participate in a special program designed to honor and encourage them with unforgettable fun! We provide a week of professionally-led family bonding and fun. The Camp is designed to provide parenting skills and one-on-one coaching to help children with attachment issues learn to be respectful, responsible and fun to be around.



Be part of the 2010 RADical Attachment Camp and learn a new approach to effective parenting for your children and create family memories that can last a lifetime.

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Contact Marie Sherwood at  
Marie@LongFacesHappyHearts.com  
or 306-728-2900.



*Treatment Team. The treatment team includes Nancy Thomas, James Dumesil, Marie Sherwood, trained staff, including our equine co-therapists. An important part of the treatment team is the horses. Most of the horses are Curly Horses that have puppy dog temperaments and are hypo-allergenic. This means that if you are usually allergic to a horse, you probably will not react to Curlies.*

## WHAT IS RADICAL ATTACHMENT CAMP?

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Our camps are designed to help families to connect and help challenging children to redirect their paths. The focus of camp is to renew, recharge and empower each parent and child with effective techniques to increase love and laughter in their homes. Skill building interventions will be taught and practiced to build trust, honesty, self-control and conscience development. Most of us learn best with a hand on approach. Living the techniques and experiencing the change is the camp's goal. Families can then return home and continue to successfully improve relationships with their new skills. Learning in a beautiful environment away from daily distractions surrounded by support and encouragement has been a turning point for many. The tools work! The staff is uplifting and skilled! The food is fantastic! The laughter is contagious. The memories are priceless. Join us and change your life.

**“We had therapy for many years, & words did not have the impact of actually working with the team and figuring out my trauma triggers with the horses as my mirror”**

- Relieved awesome mom.

## WILL THIS CAMP WORK FOR MY CHILD(REN)?

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The Nancy Thomas Family Camps have been highly successful. This will be the third year that RADical Attachment Camp runs in Canada. We have the following psychobiological goals for the child: restore the natural hierarchy in the brain, create a physiological state that promotes healthy brain development through the modulation of emotion, enhance integrative functions, build, reorganize, and strengthen new brain circuitry through experience that generates new ways to thinking, feeling, and behaving. We help the child psychologically: regulate their emotions, promote acceptance of painful feelings, promote the direct expression of feelings in healthy attachment relationships, help the child to reduce symptomatic behavior, promote a unified identity by helping the child achieve a sense of cohesiveness about their own thoughts, feelings, and behaviors. We help the family to: learn that the child's behavior is part of an interactional process, change family patterns of communication, enhance attachment through closeness and connection, stay in charge of emphatic limit setting, use explicit communication that does not deny, distort, or disconfirm, encourage the child/family to accept all emotions, and discourage emotional contagion by enhancing personal boundaries.

We have cried together, rejoiced together, and problem solved together. We use only the best non-punitive techniques that take into consideration both the chronological age and the developmental age of the child.