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An Angel on Horseback

Angel loves to ride. When she's around horses she feels calm, centered and focused. Angel says, "I feel great, not angry, it helps me stay calm." Angel has participated in what is known as "therapeutic riding" for 4 years. When she was 9, Angel was diagnosed with bipolar disorder. Now, at the age of 14, she is very stable and doing well in school and life. How does her mother feel about horse therapy for Angel? She says that it has been a huge success for Angel, who rides at the Cowichan Therapeutic Riding Association. Her mother says the nurturing environment there helps all kids feel accepted. It also helps them grow in their empathy and compassion for other children with special needs. What has being around horses taught Angel? She says, "It has taught me that you need to treat them how you want to be treated to get good stuff out of them, just like humans. Be kind to horses and they will be kind to you."

Last year Angel won a gold medal in the BC Disability Summer Games!! She has also won a Reserve Champion Trophy and 3 ribbons. Now Angel wants to volunteer at the Riding Association so she can spend even more time with the horses and perhaps help others have this wonderful experience too. Way to go Angel!

Do you want to learn if horse therapy would be a good fit for your child? Join Mr. Franklin Levinson, horse whisperer, on Wednesday November 15, 2006 at 9:00 pm eastern time, as he discusses "Equine Facilitated Learning." He will be visiting the



Did you know that the horse by nature is an empathetic creature?

Perhaps this is why children with disabilities and horses can have such a successful relationship.

In the video "Equine Facilitated Learning" Mr. Levinson shows how children build self esteem and learn better communications skills by having interactions with this breathtaking creature.

Way of the Horse.org Articles

[Horse Therapy - Changing Lives](#)

[Equine Facilitated Learning](#)

[Attitude is Everything with Horses and Humans](#)

Learn About Horse Therapy

STARFISH community to answer questions.

[Intense Minds Virtual Book Tour](#)

You are invited to attend the Intense Minds Virtual Book Tour. Each week I will be adding an audio recording to my site that includes excerpts from the book, commentary about the passages, details regarding the project and much more. I will also be answering your email questions. To submit questions please email: tracy@bpchildren.com.

This first stop on my virtual tour is an introduction. Those who listen will get to know me better and learn why I wrote the book. You will hear a reading from the Introduction of the book. You will also hear about the cover art and its significance. I hope you enjoy!

[Click here to visit my Intense Minds Virtual Tour](#)

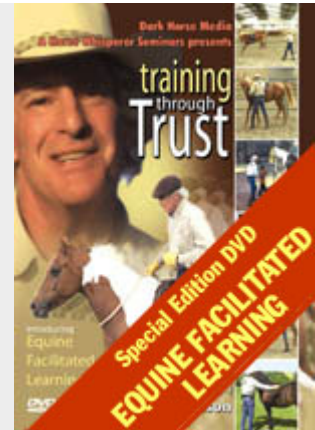
[The Bipolar Child 3rd Edition](#)

The Bipolar Child third edition was released this fall. I have a particular affection for this book because I believe it played a huge role in the early detection and treatment of my child. Unlike many children who go undiagnosed or misdiagnosed for years before receiving proper treatment, my son was identified early. Why was this possible?

The original version of this book had been released only weeks prior to my sons very first visit to a psychiatrist. What was his approach? It was as described in this book. He was cautious yet said that we must proceed as if my son might have bipolar disorder because of the symptoms and family history. His caution served us well and his concern proved correct. Interestingly, he had a copy of this book on his desk.

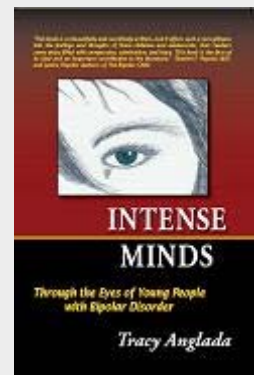
Our family is one of many many who have received appropriate care because of this book. It is a constant source of reference and valuable information. There is only one fault I can find with the book...it disappears from my bookshelf so easily. You see I have given so many copies to friends and family. I have personally gone to my local bookstore and bought this book to overnight to a friend in need. It certainly set me on the right road and I hope it will do the same for you. This book has earned a place on every shelf.

[The Bipolar Child Third Edition](#)



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Intense Minds



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