

Salisbury Farms ~ Featured Facility

Southern California Equestrian Directory – October 1st 2010

www.socalequine.com

Salisbury Farms offers unique equine programming including classical riding instruction, horsemanship programs for riders with Autism, and support programming for youth and adults who have experienced stress, risk, and adversity. Dr. Oleson, the founder of Salisbury Farms, is a lifelong horse enthusiast and a clinical psychologist. She offers equine programs and riding instruction designed for riders interested in learning more about horses and the many lessons in both life and sport that horses provide.

Dr. Oleson has owned, ridden, and competed with horses for 25 years. She is a nationally certified Therapeutic Riding Instructor and a member of NARHA, EGMHA, and EAGALA. Dr. Oleson is interested in working with students with diverse equine goals. She works with riders who want to improve riding skills and with riders and owners who want to improve their relationship with a horse. Dr. Oleson has a special focus on providing equine



activities to youth and adults who have experienced stress and adversity. Salisbury Farms is located in Lakeside, CA at a private facility.

Basic equine programming is available for students who want to begin riding or work to improve their current riding skills. Unique equine programming is designed to work with and support at-risk youth (including students who have had issues with attention, difficult behaviors, bullying, stressors, loss, body-image, learning difficulties, and more). G.A.L.L.O.P (Giving Life Lessons on Ponies) is designed for riders with Autism Spectrum Disorders and developmental delays. This program provides an assessment of the appropriate levels of support and structure to be implemented in order to facilitate maximum independence, learning about horses, and fun.



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Finally, programs are offered for riders looking to work on specific issues with their own riding (e.g. fear issues) or with their horse's behavior that has been resistant to change (e.g. tenseness or barn sour horses).

Working and riding horses offers all riders the opportunity to learn new skills, learn about themselves, increase self-esteem and be outdoors and active. –“A mind that is stretched by a new experience can never go back to its old dimensions”- Oliver Wendell Homes.

Come out to the ranch, step into the world of horses, and leave your everyday worries behind!

Call us today! Lakeside, CA 619-723-6202
email us at amyjane@salisburyfarms.net or
visit us at www.salisburyfarms.net

