**Equine Therapy Offers Unique Healing Benefits to Teens**

Studies have proven that equine therapy can be highly valuable for teens coping with behavioral challenges. Interacting with horses teaches young people about developing relationships in a safe and healthy way. For students at Diamond Ranch Academy, a residential treatment center for struggling teens ages 12 to18, [equine therapy](http://en.wikipedia.org/wiki/Equine_therapy) is available to complement traditional therapy.

Experts note that relating to horses releases endorphins, which can promote a healthy chemical balance for any teens who experience states of anger or arousal. In addition, developing a bond with horses can help teens better understand how to relate to humans in more healthy ways. Moreover, horses can sometimes be temperamental or difficult; interacting with horses may help teens identify their own behavior patterns and emotional cycles as they progress towards healing.

At Diamond Ranch Academy, a licensed, certified, equine-assisted psychotherapist leads the equine therapy program. This proven program lets students learn valuable life lessons while cultivating patience and self-esteem.