

Wilderwood's innovative and integrative equine-assisted programs: designed by autistics for autistics.

Hautism For Autistic Adults *Horses + Autism*

- ☑ Immersive, compressed curriculum permitting deep focus
- ☑ Two-week residential program
- ☑ Individualized projects and goals
- ☑ Equine philosophy of *Hautism*

We invite you to a unique, immersive, and potentially life-changing program in New Mexico in summer or fall.

Wilderwood's *Hautism* program focuses on autistic women and their strengths and abilities as a way to foster deeper understanding and appreciation of themselves as autistic women.

Sessions designed by autistics address multiple ways of being and living more successfully in a world fundamentally not made for autistic people. Interwoven with the curriculum are the magnificent Wilderwood horses and integrative activities with them.



Wilderwood

7 Wildwood Lane
Peralta, NM 87042

Tel: (505) 459-9813

Email: office@wilderwoodequinetherapy.org

Web: wilderwoodequinetherapy.org

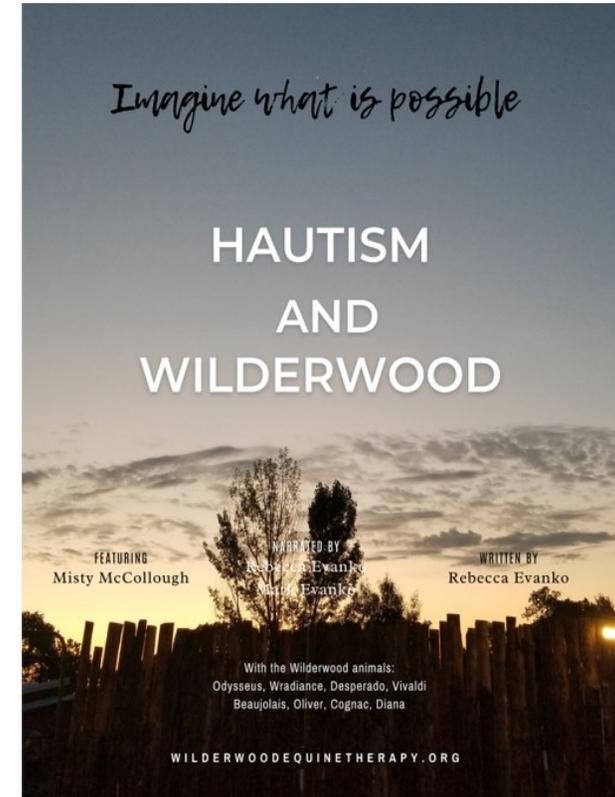
Facebook: [wilderwoodequinetherapy](https://www.facebook.com/wilderwoodequinetherapy)



Wilderwood Equine Therapy and Rescue is a registered 501(c)(3) non-profit.

Wilderwood

**EQUINE THERAPY
AND RESCUE**



**7 Wildwood Lane
Peralta, New Mexico 87042**



Hautism for Autistic Adults

Collaboration. Introspection. Strength.

Wilderwood's flagship program *Hautism* is a unique equine-assisted immersive, strengths-based program for autistic adults.

Over the course of twelve days (with one day either side for travel) participants complete 108 hours of coursework between 9:00 a.m. and 6:00 p.m., comprising individual and small-group discussion, reflective assignments, equine interaction, and fieldwork. Sessions are guided by a range of community specialists and include osteopathic, occupational, equine, meditative, psychoeducational, narrative, and creative therapies.

Participants identify a significant change for their lives and design a launching plan to put the ideas into action. This includes working on stronger self-perception through reframing autism positively and opening the possibility of change through greater self-discovery and awareness. A follow-up offsite project/goal is planned on program completion.

Program Cost: \$3,500 tuition/fees*

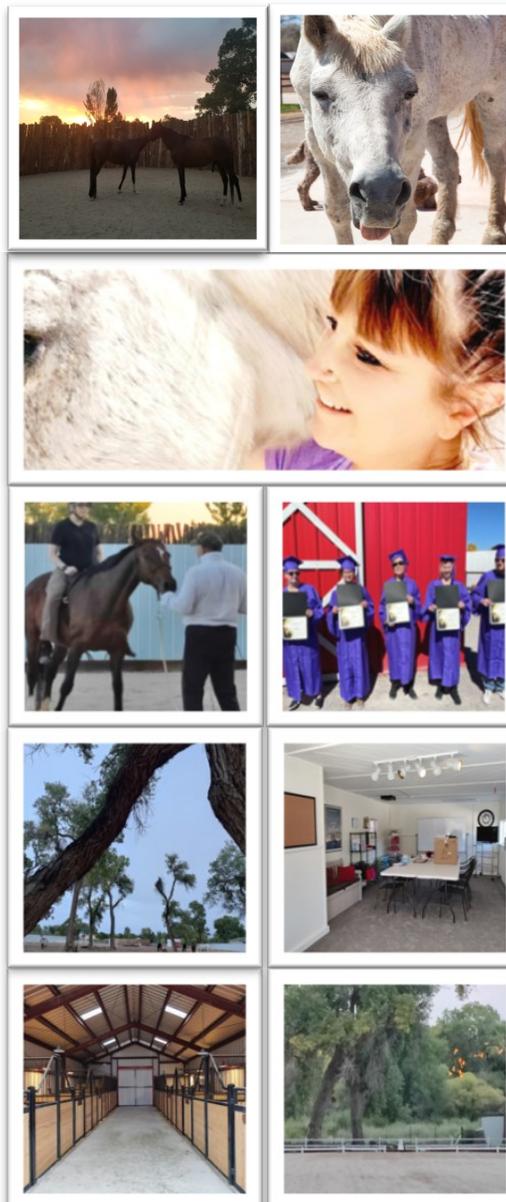
Enrollment: Complete the Participant Application on Wilderwood's webpage at: www.wilderwoodequinetherapy.org

* Fees do not include transportation, meals, or accommodation.

Wilderwood

"The most beautiful and profound way to change yourself is to accept yourself completely, as imperfect as you are."

Maxime Lagacé



2022 Dates and Details

Summer I Session

August 1-12

Summer II Session

August 20-31

Fall Session

November 1-12



Airport: Albuquerque International Sunport

A variety of local accommodations are available for the duration of the program and range from \$375 to \$1300 per person.

- Europa Farm Stay, Los Lunas
- Crane Cottage Retreat, Los Lunas
- Country Cottage, Los Lunas
- Tortuga's Art House, Albuquerque
- Quality Inn, Los Lunas
- Adobe Farms Inn, Peralta