



## OUR MISSION

**TO HARNESS THE HEALING POWER OF HORSES TO IMPROVE LIVES.**

## NMET STARTED WITH ONE HORSE AND ONE CLIENT

**OCCUPATIONAL THERAPIST COURTNEY SUMPTER AND HER HORSE, TANK, WERE DETERMINED TO MAKE A DIFFERENCE IN THEIR COMMUNITY BY OFFERING AN ALTERNATIVE TREATMENT UTILIZING A HORSE'S MOVEMENT TO ENHANCE THERAPY. WITH THEIR FIRST PHYSICIAN-PRESCRIBED CLIENT, NORTHERN MICHIGAN EQUINE THERAPY BEGAN TO TAKE SHAPE.**

**A DECADE LATER NMET HAS GROWN INTO A MISSION DRIVEN NON-PROFIT PROVIDING OVER 900 CLIENT SESSIONS ANNUALLY AT OUR 32-ACRE FACILITY IN BEAUTIFUL NORTHERN MICHIGAN.**

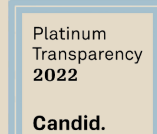


## CONTACT US

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**NMET IS A 501(C)(3) NONPROFIT OUTPATIENT REHABILITATION FACILITY**



“I love this place and will never leave.  
It is the only thing  
that works for me.”  
– NMET HorseSense Client

## Benefits of Equine Assisted Occupational Therapy

Strength & Balance

Focus & Behavior

Improved Motor Skills

Physical Healing

Mental Health & Happiness

Improved Speech



## NMET OCCUPATIONAL THERAPY (HIPPO THERAPY)

Equine-assisted occupational therapy (hippotherapy) uses the natural movement of the horse as a therapeutic tool. A therapy horse is chosen specifically for their particular movements to match the client's goals.

A horse's movement assists those with movement dysfunction and helps strengthen the mind/body connection, and provides sensory input for individuals with sensory processing disorders. Essentially retraining the brain about rhythm and movement.



## NMET SELF DEVELOPMENT HORSESENSE PROGRAM

NMET provides a unique opportunity to experience the healing nature of a horse in a safe, noncompetitive and nonjudgmental setting. Through hands-on therapy sessions, clients are surrounded in an environment that radiates calmness, values the hard work that comes with horses, and provides a literal and mental breath of fresh air.



## SOME CONDITIONS WE TREAT

- Autism Spectrum Disorders
- Sensory Integrative Disorders
- Cerebral Palsy
- Traumatic Brain Injury
- Developmental Delay
- Anxiety & Depression
- PTSD & Fear
- Anger Management
- Low Self-Confidence
- Communication Skills

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