

• Freestyle 2007 was a huge success!  
Read about it on page 2.....

• The Children of the Americas Dressage Invitational was even better than we hoped it could be!  
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• We are so grateful for our latest donations!  
See page 3 for more information, and page 4 for ways you can help .....



*Newsletter*

WINTER 2008

# Bear Spot Foundation

*To Benefit Equine Assisted Psychotherapy*

UTILIZING THE HEALING NATURE OF THE HORSE AS A CATALYST FOR CHILD AND ADOLESCENT PSYCHOTHERAPY

## *Horses Are Co-Therapists at Bear Spot*

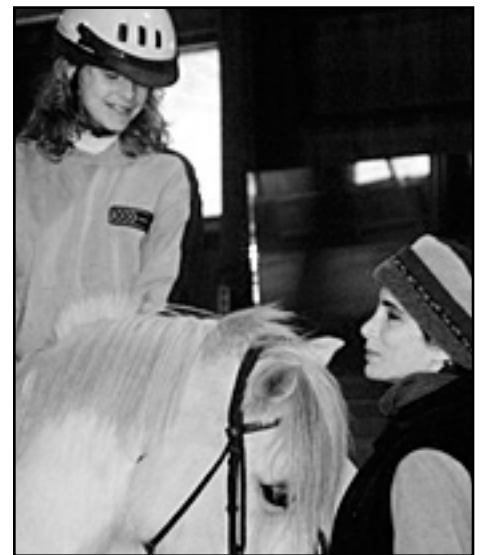
The Bear Spot Foundation to Benefit Equine Facilitated Psychotherapy supports the work of child psychologist Jane Karol, Psy.D. Her unique approach to child and adolescent psychotherapy utilizes the healing nature of the horse and the venue of the barn as a catalyst for therapeutic change in her clients. This work is best understood as traditional clinical psychotherapy applied in an untraditional setting using the horse in the role of co-therapist.

A 1999 graduate of Antioch University, Dr. Karol was studying for her doctorate in clinical psychology while developing her skills as an advanced dressage trainer. Like most people who work with horses, she noticed the therapeutic effect they seemed to have on their owners and riders. After listening to many anecdotes supporting this notion, she decided to bring her two passions together into a directed psychotherapeutic program utilizing her knowledge

of clinical psychotherapy and dressage. This culminated in her doctoral dissertation, entitled "A Therapeutic Riding Program: An Existential Theater for Healing."

Upon graduation, Dr. Karol began to see children at Bear Spot Farm with Jake, a black and white pinto gelding, as her co-therapist. Dr. Karol noticed immediately that the presence of the horse in the therapeutic hour dramatically influenced the progress of her clients: a five year old girl who was selectively mute whispering into a pony's ear, or a girl who could barely walk down the aisle of the barn do to the severity of her depression moved to throw her arms around Jake and give him a big hug.

Since then Dr. Karol has seen many children with a myriad of psychiatric issues including eating disorders, mood disorders, Autism spectrum, Bi-Polar



*Don't miss Freestyle 2008! Sunday, October 5 at Bear Spot Farm*

# Freestyle 2007

Freestyle 2007 brought some of the top riders in the United States to Bear Spot Farm. Held annually, this fund raising event is highly anticipated and sells out each year. The highlight of this event is the FEI-level Musical Freestyle.

BSF welcomed hundreds of spectators who dined elegantly under a tent at "C" or enjoyed a lovely box lunch at the long side. The hill for general seating was packed and helped create an electric atmosphere—as one rider stated, she "hadn't felt anything like it since being in the Dixon Oval at Devon!"

Our thanks goes out to Kathy Connelly, our MC, The Renaissance Farm Vaulting team that thrilled the audience with gymnastics on horseback, and Kathy Hickerson and Majestic Gaits Farm's presentation of an elite mare and foal—and to the riders that made it all possible: Paige Finnegan and Karola 1, Dottie Morkis and Mr. Big, Tanya Rennie and DeJure, Nancy Later and Alexis-D, Cesar Parra and Ecu 8, Sue Jaccoma and Wadamur, and Jane Karol and Nibbit.



*Photo by Brigitte Voelk*

*Sue Jaccoma and Wadamur in front of the international flags.*

## Horses Are Co-Therapists at Bear Spot

*continued from page 1*

Disorder and Borderline Personality Disorder, to name just a few. She hopes to train other clinicians to work in this setting and continue to develop this powerful therapeutic method. Dr. Karol has recently published an article describing her work in *The Journal of Clinical Child Psychotherapy* titled "Applying a Traditional Individual Psychotherapy Model to Equine-Facilitated Psychotherapy (EFP): Theory and Method."

Because the cost of keeping therapy horses far exceeds what Dr. Karol could support through the hourly charge for psychotherapy, non-profit status was applied for, and in 2004 The Bear Spot Foundation was created. Through donations and the creation of an interna-

tional Freestyle Event, as well as grants, The Bear Spot Foundation is thriving. This is seen not only through the work that Dr. Karol continues, but also in the ability of the foundation to host The Children of the Americas Dressage Invitational.

"The Foundation's mission," states Dr. Karol, "is to bring the unique and profound presence of the horse into a directed therapeutic program." The creation of this non-profit organization helps defray the costs associated with the care and maintenance of the horses that are her therapeutic partners. The Bear Spot Foundation accepts tax-deductible donations which also help sponsor The Children of the Americas Dressage Invitational.

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# Children *of the Americas* Dressage Invitational

In May of 2007 the organizers of Freestyle 2007, an annual fundraising event for the benefit of The Bear Spot Foundation, were approached by Maggie Batievsky of the Peruvian Equestrian Federation. It was Ms. Batievsky's hope that BSF would coordinate and host a dressage event for 12- to 14-year-old children from Latin America, the United States and Canada. The objective was to create a cultural exchange among the children and their families using their love of horses as a common bond.

would fit well within the scope of the foundation's mission. It was agreed that BSF would host the event, and the Children of the Americas Dressage Invitational (CADI) was born. The Latin American Federations were contacted, and 13 countries recommended a child rider.

CADI was held October 3-6, the week preceding Freestyle 2007. The excitement surrounding CADI was *contagious!* Judges and trainers volunteered their time and donated their fees to make CADI a reality. In addition, the USEF and USDF, as well as the New England Dressage Association, were very helpful in accommodating the short planning schedule.

Without exception, people were eager to be part of what shaped up to be a unique and exciting event, and were willing to do whatever it took to "make it happen." Enhancing the sense of community during CADI week, there was a pizza party, a Duck Tour, and a dinner party at the end of the competition.

As soon as the last rider left Bear Spot Farm to return home, planning for CADI 2008 had begun. Organizers will build on the 2007 experience to make CADI '08 bigger and better!

To view CADI 2007 in its entirety, go to [www.dressageclinic.com](http://www.dressageclinic.com)

Because The Bear Spot Foundation is devoted to helping children fulfill their dreams using horses as a catalyst, it was felt that this type of event



Photos by Brigitte Voelk



## Donations

### Come in All Forms!

The year 2007 saw many wonderful developments for The Bear Spot Foundation. One of these came as a new addition to the therapy horse team.

**Catherine and Greg Crockett, along with their daughter Haley, have donated "Dodger," Haley's former event pony, to The Bear Spot Foundation.** Dodger is a 14.2hh Connemara that Haley competed successfully for years, but then outgrew. We are so very grateful to the Crockett Family for this most generous gift and wish Haley much success in her eventing career with her new horse!

2007 also brought our first donation of stock. **Charles and Lena Bonanno, Sr., from Gloucester, Massachusetts, and Palm Beach, Florida, donated a generous \$10,000 worth of stock to The Bear Spot Foundation.**

We would also like to thank **the many volunteers that came on board for Freestyle 2007 and The Children of the Americas Dressage Invitational.**

**Because of all these kind and generous folks, 2007 was our best year ever!** To see these great 2007 events, go to [www.dressageclinic.com](http://www.dressageclinic.com)

# Massage Therapy for the Co-Therapists

“When the equine body is free of pain, we see happier horses,” says Beth McLacklan, personal massage therapist to Jake, one of The Bear Spot Foundation’s co-therapists. Beth donates her time and talent keeping Jake, Orion and Dodger, the BSF equine co-therapist team, free of muscular pain and stiffness. She continues, “All horses are athletes, and any pain or discomfort they may feel affects not only their performance but their attitudes.” Beth’s business, Equisseuse, focuses on a hands-on healing approach for the equine body using traditional massage with a little bit of Reiki.

As the Manager of Bear Spot Farm, Beth has first-hand knowledge of the daily routine of the therapy horses. She sees to it that Jake and his counterparts receive the best care possible.

She oversees their feeding, grooming, shoeing and veterinary schedules. She also rides them to keep them occupied and happy in their jobs.

Always looking for ways to improve her skills and continue her education, Beth will be attending the Bancroft School for Massage Therapy (human) in February. She will also attend an equine acupuncture seminar in the spring and continue her education in herbal and aromatherapy for horses. Her ultimate goal is to become a Reiki Master.

With the addition of human massage therapy to her already impressive list of skills, Beth will provide a whole-body healing approach for both horse and rider. *Beth can be reached at (508) 345-7107.*

How You Can

# Help

The Bear Spot Foundation is a not for profit corporation and is supported by the donations that it receives. These donations come in many forms—monetary donations including stocks, the donation of therapy horses, volunteers for the annual Freestyle event and CADI are all gratefully accepted.

The Foundation also hosts a Benefit Dressage Schooling Show each year. This year’s show will be on Saturday May 3, 2008. If you would like to be a volunteer at the show, or participate as a competitor, go to the Foundation website: [bearsportfoundation.org](http://bearsportfoundation.org)

You can also contact Jane Karol at (978) 287-1409 or Cathy Zemaitis at (978) 257-0567.



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