



Press Release

For immediate release

Equine therapy services, promoting good mental health, available in French

ALEXANDRA, PEI, March 26, 2015 – Last December, the PEI French Health Network (PEIFHN) announced its new Étoile Santé campaign, whose purpose is to promote, recruit and make people aware of health professionals who offer French-language health services in Prince Edward Island. The PEIFHN is pleased to announce that the Étoile Santé for the month of March is psychologist Caroline LeBlanc from Serene View Ranch.

Finding French-language health professionals and accessing the services they offer remains a challenge in increasing French-language health services here in Prince Edward Island. It is crucial to make French-language professionals more accessible and visible in the community. It's the raison d'être of the Étoile Santé campaign.

In the heart of the small village of Alexandra lies Serene View Ranch, established in October 2014 by psychologist Caroline LeBlanc.

"I've been surrounded by horses my whole life. I think horses have strong instincts, and I researched a way to integrate them into my psychotherapy practice. That's when I discovered the Equine Assisted Growth and Learning Association (EAGALA). I did the training, and have been offering this type of psychotherapy for approximately three years," said Caroline LeBlanc.

Over the years, Caroline LeBlanc has been specializing in the treatment of post-traumatic disorders that can affect paramedics, police officers and members of the military, whether they're still in active service or retired. "After the Swissair disaster in 1998, I joined the therapy team treating first responders, and decided to specialize in helping people overcome the trauma caused by crisis situations. They represent 80% of my clients," explained Caroline LeBlanc.

Horses help clients cope with their traumas and anxieties, as well as overcome them. "Horses have 10 times more insight than human beings. Their presence supports clients in their treatment, without judging them."

In addition to equine therapy, Caroline LeBlanc also offers traditional psychotherapy services at Serene View Ranch. And not only does she offer services in French, she is surrounded by a specialized team of psychologists, social workers, movement specialists and pain management specialists to deal with other types of clients and situations.

Caroline LeBlanc's contact information can be found in the directory of bilingual service providers at www.santeipe.ca/repertoire.

People are encouraged to nominate health professionals who actively offer French-language health

services in Prince Edward Island. For more information on the Étoile Santé campaign or to nominate someone directly on the PEIFHN's Web site, go to www.santeipe.ca.

The PEI French Health Network is a non-profit organization that collaborates with various partners in order to improve access to quality French-language health services and programs for Prince Edward Island's Acadian and Francophone population. The organization brings together representatives from target community groups, educational facilities, health professionals, health service managers and the provincial government. It is also one of 16 networks that make up the Société Santé en français.

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Photo: Caroline Leblanc, psychologist at Serene View Ranch, and her colleague Mary McNiven, specialist in horses and UPEI professor.

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