

**Welcome from South Dakota!**



# *Piya Mani Otipi*



Place of Renewal



# *Piya Mani Otipi*

## *Mission Statement*

*Piya Mani Otipi staff offer Native American youth on the Rosebud Reservation resources and opportunities to improve their quality of life and to equip them to thrive spiritually, emotionally, mentally, and physically.*

# *Piya Mani Otipi*

- Intervention, Assessment, and Referral
- Chemical Dependency Treatment-Outpatient and Day Tx
  - Transitional Living Center, 15 bed, Male and Female Dorms
  - Cognitive Behavioral and Experiential Therapy
  - Sunka Wakan Assisted Counseling
  - Lakota Values
- Prevention Services
  - Primary Prevention – Client Education
  - Mentoring Program



# *PMO Facilities*

- Located on a 120 acre ranch, 7 mi west of Mission, SD.
- Two Inipi lodges.
- Six duplex buildings, two frame houses, a large Quonset for storage.
- Two duplexes are used to house 15 clients, males and females separately.
- Three pastures, corrals, barn, and holding pens and round pen.

*Pi'ya Mani Otipi*  
*"Place of Renewal"*



# Donated Horses (Co-Therapist)



# Corral and Round Pen Used for Equine Assisted Counseling



# *PMO Treatment Model*

## Rational Emotive Behavioral Therapy

**PMO Five Level Lakota Behavioral Model and  
Prochaska & DiClemente Stages of Change Model**

**Iktomi-Pre-contemplation**, Self-defeating Thoughts and Beliefs Challenged

**Mato-Contemplation**, Awakening, Self Awareness, and Expectations

**Tahca-Preparation**, Focus, Engagement, Resolution Experimentation

**Tatanka-Action**, Strength from results, Practice

**Wanbli-Maintenance**, Mastery, Leadership

## Experiential Therapy

Sunka Wakan assisted Counseling, Unconscious to Conscious,  
Behavioral Patterns, Family of origin issues addressed.

## Spirituality

Values based on Traditional Lakota and/or Christian beliefs

# PMO Lakota Value System

<u>Value</u>	<u>Direction</u>	<u>Symbolism</u>	<u>Behavior</u>
• 1. Wisdom	East	Day-Break/Creator	Good judgment
• 2. Generosity	South	Growth/Society	Unselfish
• 3. Bravery	West	Thunderbeings	Face Fears
• 4. Fortitude	North	Knowledge	Resilience, Confident
• 5. Gratitude	Below	Earth/Nature	Appreciative
• 6. Humility	Above	Star/Spirit World	Modest, Peaceful
• 7. Respect	Within	Self/ Mita Nagi	Kind, Trustworthy, Honest

Developed by PMO staff in consultation with:  
Roy Stone, Sicangu Medicine Man  
Russell Eagle Bear, Rosebud Sioux Tribal Council  
2003

# *Equine Assisted Counseling Horse and Therapist Partnership*



# Sunka Wakan Assisted Counseling Activities Teach Lakota Values

- **Gratitude** –The horse is a gift.
- **Respect** & Trust are earned.
- **Courage** is gained by overcoming fear.
- **Humility**, unpretentious confidence is developed by negotiating results with horses.
- **Generosity** The more you give the more you get!
- **Fortitude** and **Wisdom** are developed by learning to:
  - Set the goal,
  - Gain knowledge,
  - Make the commitment,
  - Implement a plan,
  - Evaluate the results,
  - Earn the rewards of success.

# *Equine Assisted Counseling Program*

Goals of EAC are to:

- Promote “self discovery,”
- Improve emotional, mental & behavioral health,
- Develop decision making and goal setting skills,
- Increase self-esteem,
- Develop problem solving skills,
- Improve assertiveness and communication skills.



# *How it Equine Assisted Counseling Works*



- Horses serve as a mirror to reflect emotions and behavior.
- Horses are very perceptive, they are acutely in tune with humans.
- How a client interacts with a horse will reveal issues.
- The horse will “sense” a client’s thoughts and feelings. The horse will give instant, honest, and objective feedback.
- The therapist reads the feedback and observations are shared with the client.

# *Benefits from Equine Therapy*




- It's fascinating and the experience is lasting.
- Horses give non-judgmental feedback.
- Working with a horse provides an immediate cause/effect experience.
- This type of active learning aids retention.
- It's just plain fun to work with horses.

# *Saving Lives with a dose of Horse Sense*

Article from Citizen Times, 3-1-2007

- When it comes to making a difference in the world, there aren't many things as rewarding as helping a young person turn his or her life around.
- Non-verbal communication, assertiveness, creative thinking, problem-solving, leadership, work, taking responsibility, teamwork, relationships, confidence and a positive attitude are examples of tools utilized and developed through EAC.
- This type of therapy program helps young people develop confidence and self-esteem, the ability to form bonds based on caring and commitment, a sense of responsibility and a healthy dose of assertiveness.





We walk in our moccasins  
upon the earth and  
beneath the sky.

As we travel on life's  
path of beauty we  
will live a good  
life and reach  
old age.