

SYMBIOTIC INTEGRATED MIRRORING

Your SIM Session

A New Client Guide for Horse and Human

A SIM Session includes both sides of the relationship. One practitioner works with you while another works with your horse, at the same time and in the same shared environment.

This guide will help you prepare, understand what happens during a session, and give both you and your horse room to receive the work in your own ways.

The heart of the work

SIM Sessions create space for horse and human to settle, receive support, and experience what may change when both sides of the relationship are included.

Prepared for SIM Sessions clients • August 2026

Welcome

You and your horse already have a conversation. It happens through posture, timing, breath, pressure, movement, attention, and the countless small adjustments you make around one another. Over time, the partnership may also develop shared habits—ways of bracing, accommodating, anticipating, or protecting that become familiar to both of you.

A SIM Session is designed to include that relationship. Instead of working with the horse on one day and the human on another, two practitioners offer support simultaneously: Miranda works with the horse while Jamie works with the human. The practitioners remain in communication and pay attention to what changes across the partnership as the session unfolds.

The goal is not to decide who caused a pattern or to assign meaning to every movement. Horses and humans each have their own bodies, histories, preferences, and needs. The session simply gives us a way to listen to both at once.

What SIM means

Symbiotic

recognizes that horse and human affect one another while remaining two distinct individuals.

Integrated

describes the way physical, emotional, relational, and environmental information may be considered together.

Mirroring

refers to the patterns, responses, and changes that may become visible when both members of the partnership receive support at the same time. Mirroring does not mean that every issue is shared or that one body explains the other.

A partnership-centered session

Your horse is not a prop, a diagnostic tool, or a means of producing an experience for you. Your horse is a participant whose comfort, communication, and boundaries matter throughout the session.

Is a SIM Session right for us?

People come to SIM Sessions for many reasons. You might be curious about a recurring pattern, notice that you and your horse seem to brace or compensate together, feel that something has plateaued despite good care and training, or simply want to support the partnership as a whole.

You do not need to identify a problem before coming. A session may be equally appropriate when things are going well and you want to explore greater ease, awareness, or connection.

Before Your Session

For you

- Complete the requested intake and consent forms before your appointment when possible.
- Share current injuries, recent procedures, pregnancy, mobility limitations, health concerns, and anything that affects your comfort or safety.
- Eat normally and arrive hydrated. Avoid arriving overly hungry, rushed, or immediately after unusually strenuous activity when you can.
- Wear comfortable clothing that allows you to rest and move easily. You remain fully clothed throughout the session.
- Wear barn-appropriate closed-toe footwear. Bring layers for changing weather and the session environment.
- Whenever possible, leave a little quiet space before and after your appointment rather than scheduling yourself tightly.

For your horse

- Keep feeding and turnout as close to the horse's normal routine as practical.
- Avoid unusually intense exercise immediately before the session. Normal, familiar movement is generally fine unless your horse's care team has advised otherwise.
- Provide a safe, properly fitted halter and lead rope. Please also have a responsible owner or handler available.
- A reasonably clean, dry horse is helpful, but special bathing or elaborate grooming is not required.
- Tell us about recent veterinary care, illness, injury, medication, behavioral changes, handling concerns, or areas the horse does not want touched.
- If your horse is acutely ill, injured, unusually reactive, or unsafe to handle, contact us before the appointment so we can decide whether to modify or postpone.

The setting

Sessions work best in a familiar, reasonably quiet area with safe footing and enough space for both practitioners. The location does not have to be silent or perfect. We simply try to reduce avoidable interruptions, loose animals, vehicle movement, feeding-time congestion, and other distractions.

Weather matters. Shade, shelter, safe footing, and adequate temperature protection are important for everyone involved. A session may be adjusted, moved, or rescheduled if conditions compromise comfort or safety.

Please tell us what we need to know

Relevant information helps us make thoughtful choices. You do not need to tell your whole story, but please do not withhold information that could affect safe touch, positioning, handling, or your horse's welfare.

What Happens During a SIM Session

1. We begin with a brief conversation. You can tell us what you have noticed, what matters to you, and whether either you or your horse needs an adjustment to the usual setup.
2. We settle both participants into the space. Your horse is typically haltered and supported in a safe, familiar location. You may rest on a treatment table, sit, stand, or change position depending on comfort and circumstances.
3. The two practitioners begin gentle, hands-on work. Miranda attends to the horse while Jamie attends to you. The work may draw from craniosacral, osteopathic-informed, acupressure, kinesiology-informed, and other gentle hands-on approaches within each practitioner's training.
4. The practitioners communicate during the session. They may compare timing, areas of attention, or visible changes. This communication is observational; it is not a diagnosis and does not require every response to have a fixed meaning.
5. We follow the pace of both participants. Touch, positioning, and technique may be modified. Either participant may need a pause. The session may end early if continuing would not support comfort, consent, or safety.
6. We close with a short check-in. We may share what we noticed, invite you to observe how you and your horse feel, and discuss simple next steps or an appropriate referral when something belongs with another professional.

How long should I allow?

For a first SIM Session, plan for approximately 90 minutes so there is room for introductions, setup, the hands-on portion, and a closing check-in without rushing. Follow-up appointments may be shorter depending on the pair, setting, and session plan. Your confirmation will give you the time reserved for your appointment.

What might I notice?

Experiences vary. You may notice warmth, tingling, softening, emotion, changes in breath, an impulse to move, or simply deep rest. You may notice very little during the session and recognize a difference later. You may also have a session that feels quiet and subtle.

Your horse may lower the head, lick or chew, blink, yawn, shift weight, move the feet, rest, become curious, or ask for more space. None of these signs has one universal meaning. We consider the whole horse, the setting, timing, repetition, and ordinary behavior rather than interpreting one response in isolation.

You do not have to perform

You do not have to relax on command, talk through the session, disclose personal history, stay perfectly still, or create a particular kind of experience. Your job is simply to communicate what you need and let the session unfold.

Consent, Choice, and Safety

Consent is ongoing. Agreeing to a session does not mean agreeing to every touch, position, conversation, or technique. You may ask a question, request a change, decline an approach, take a break, or stop at any time.

We also listen to the horse. Equine consent cannot be reduced to one behavior, but the horse's expressions, movement, willingness to remain, and changes in comfort help guide the session. We do not force stillness or continue simply because an appointment has been scheduled.

When we may modify, pause, or postpone

- Acute illness, fever, contagious disease, or a significant unexplained change in condition
- A new or worsening injury, severe pain, uncontrolled bleeding, or a possible emergency
- Recent surgery, procedure, medication change, or veterinary/medical restriction that requires clearance
- A horse who cannot be handled safely in the available setting
- Unsafe weather, footing, facilities, loose animals, or environmental activity
- A person who is intoxicated, unable to give informed consent, or unable to participate safely
- Any circumstance in which either practitioner believes the session would be outside scope or contrary to the welfare of horse or human

Urgent concerns come first

SIM Sessions are not emergency care. Seek appropriate veterinary, medical, or emergency help for urgent symptoms, serious injury, breathing difficulty, neurological changes, severe pain, or any situation that may require immediate evaluation.

What SIM Sessions are not

SIM Sessions are complementary wellness sessions. They are not medical treatment, veterinary treatment, psychotherapy, rehabilitation, riding instruction, or horse training. We do not diagnose conditions, prescribe treatment, promise a cure, or guarantee a particular result.

SIM Sessions are intended to work alongside—not replace—the care of veterinarians, physicians, mental-health professionals, trainers, rehabilitation providers, and other qualified members of your team.

After Your Session

Give yourself and your horse a little time to notice what is different without testing, forcing, or immediately deciding what the session meant. Sometimes the clearest information is simple: standing feels easier, the horse organizes differently, a familiar interaction changes, or the next useful question becomes more obvious.

For the rest of the day

- Offer water and follow normal feeding routines unless your veterinarian has given different instructions.
- Allow comfortable, familiar movement and turnout when appropriate. Avoid demanding an unusually intense performance simply to test whether something changed.
- Notice how you feel when walking, standing, driving, grooming, leading, or interacting with your horse.
- Keep observations light. A few notes can be useful, but there is no need to monitor every breath or movement.
- If either you or your horse has concerning, persistent, or worsening symptoms, contact the appropriate medical or veterinary professional.

Over the next few days

Changes may be immediate, gradual, or difficult to name. Some clients notice physical ease, a different sense of balance, greater awareness, or a shift in how the partnership communicates. Others mainly gain clarity about what deserves attention next. Not every session produces a noticeable change, and no single response tells us the entire story.

Continue following established medical, veterinary, rehabilitation, medication, and training plans unless the responsible professional changes them. If the session brings attention to something outside our scope, we may encourage you to consult the appropriate provider.

Follow-up sessions

There is no required number of SIM Sessions. Some partnerships benefit from one session around a specific question. Others choose follow-up work as patterns change or as they integrate veterinary care, training, rehabilitation, or other bodywork. We will not create a fixed series simply because a protocol says we should.

A follow-up is most useful when it is based on what you and your horse are showing—not on pressure to reproduce a previous experience.

Frequently Asked Questions

Do I need to ride during the session?

No. A SIM Session is not a riding lesson or mounted evaluation. Any movement or interaction is chosen for safety and relevance to the session.

Will I stay clothed?

Yes. Human sessions are fully clothed. Comfortable, flexible layers work best.

Do I have to talk about personal or emotional experiences?

No. You may share what feels relevant, but you are not required to disclose private history or process emotions aloud.

What if I cannot lie on a treatment table?

Tell us before or at the beginning of the session. We can consider supported sitting, standing, side-lying, shorter positions, or other practical adjustments when safe.

Does my horse need to stand perfectly still?

No. Horses communicate and regulate through movement. The handler and equine practitioner will support safe boundaries without expecting the horse to behave like an object.

What if my horse walks away or says no?

We pay attention. We may pause, change position or touch, allow time, or end the equine portion. The horse's response is information, not misbehavior to overcome.

Will you tell me whether my issue came from my horse—or the horse's issue came from me?

No. The purpose is not to assign cause or blame. Horse and human may influence one another, but each also has an independent history and needs.

Can I bring a friend, photographer, or observer?

Please ask in advance. The privacy, comfort, consent, and focus of both the participant and the horse come first. Observers are not automatically included.

Can SIM replace my veterinarian, doctor, therapist, trainer, or bodyworker?

No. SIM is complementary and may help you notice patterns or questions to bring to the appropriate professional.

What if nothing dramatic happens?

That is completely acceptable. A useful session does not need to be dramatic. Quiet, subtle, or delayed experiences are all possible—and there is no guaranteed outcome.

Meet the Practitioners

Jamie Watkins — Human Practitioner

Jamie brings more than 25 years of hands-on healing experience to the human side of SIM Sessions. She holds a Master's degree in Acupuncture and Oriental Medicine from Bastyr University and has trained in gentle, whole-person approaches that inform the way she listens to structure, movement, tension, and the individual's experience.

During a SIM Session, Jamie's role is not to interpret the horse for the person or tell the participant what they should feel. She supports the human body while staying attentive to the shared timing of the session and communicating with the equine practitioner.

Miranda Riddig — Equine Practitioner

Miranda brings more than 17 years of equine experience to the horse's side of SIM Sessions. Her work is grounded in close observation, skilled hands-on support, respect for equine communication, and an understanding that the horse has an experience and a voice within the partnership.

During a SIM Session, Miranda supports the horse while watching for comfort, boundaries, movement, and changes that may be relevant to the shared process. She communicates with Jamie throughout the session without reducing the horse's behavior to a fixed story.

Why two practitioners?

The two-practitioner model allows horse and human to receive support at the same time. It also allows the practitioners to compare timing and observations in real time rather than trying to reconstruct the partnership from two separate appointments. This is what makes a SIM Session distinct from placing an individual human session and an individual equine session next to each other.

Two individuals. One relationship.

We support the horse. We support the human. And we pay attention to what becomes possible in the space between them.

Your Appointment Checklist

Before you arrive

- Complete intake and consent forms
- Share relevant health, injury, behavioral, and safety information
- Confirm the location, arrival instructions, and reserved appointment time
- Wear comfortable layers and closed-toe barn footwear
- Bring a safe, properly fitted halter and lead rope
- Arrange for an appropriate owner or handler to be present
- Keep the horse's routine as normal as practical
- Leave room after the session when possible

Bring your questions

You are welcome to ask about the setup, touch, positioning, what the practitioners are observing, or whether something falls within the scope of the session. We would rather slow down and answer than have you or your horse proceed without comfort or clarity.

Contact us before the session if...

- You or your horse has a new injury, illness, procedure, or significant change
- Weather or facility conditions may be unsafe
- Your horse's handling needs have changed
- You need a positioning, mobility, sensory, or communication accommodation
- You would like another person to attend or observe
- You are uncertain whether the session should proceed

A final note

There is nothing you need to make happen. Come with the horse you have, the body you have, and the relationship as it is that day. We will begin there.

SIM SESSIONS

Symbiotic Integrated Mirroring • Horse and Human, Supported Together

simsessions.org