

Why Work With the Horse and Human at the Same Time?

A horse-and-human partnership is more than two individuals standing beside one another.

Horse and human are continually communicating through movement, posture, breath, attention, expectation, and touch.

Over time, they may also develop shared patterns—ways of bracing, compensating, anticipating, or protecting that become familiar to both.

A SIM Session supports the horse and human simultaneously, allowing us to notice what becomes possible when both sides of the relationship are included.



When One Body Changes

Horses and humans are highly responsive to one another.

A rider's tension, balance, breathing, or movement can influence how a horse organizes beneath them. A horse's posture, guardedness, or habitual movement can also affect how the rider sits, moves, and responds.

This does not mean that one caused the other's difficulty. Horses and humans each have their own histories, injuries, experiences, and needs. It simply means that when two bodies repeatedly work together, each may adapt around the other.

Sometimes one member of the partnership receives bodywork and experiences a meaningful change—but when horse and human come back together, the familiar relationship can quietly invite the old pattern to return.

When one body changes, the relationship between them changes too.

This is why working with only the horse or only the human may not always reveal the complete picture.

Creating Space for a Different Response

During a SIM Session, one practitioner works directly with the human while another works directly with the horse. Both receive individualized, hands-on support within the same shared environment.

The practitioners remain in communication throughout the session, comparing changes in posture, tension, breathing, attention, movement, and responsiveness.

A shift in the human may be followed by a change in the horse. These observations are not treated as diagnoses or forced into a predetermined explanation. Instead, they become information.

Because both horse and human are supported, neither is asked to adapt around the other as the partnership is given time and space to explore a different organization together.

The goal is not to decide who owns the pattern, but to create enough support, awareness, and freedom for another response to become possible.

Notice What Happens

A meaningful change does not always look dramatic.

You may notice:

- ☐ A softer or more balanced feeling in your body

- ☐ Greater ease in a familiar movement

- ☐ A change in your horse's breathing, posture, or expression

- ☐ Less bracing or anticipation between you

- ☐ A clearer understanding of a persistent pattern

- ☐ More fluidity, willingness, or connection

- ☐ A sense that both of you have more room to make a different choice

Every horse-and-human partnership is different, and no particular outcome can be promised. A SIM Session offers an opportunity to listen to both members of the partnership at once—and to notice what changes when neither one is left out of the process.

Because connection changes everything.

Important Notice

SIM Sessions are educational and wellness-oriented experiences. They do not diagnose or treat medical, veterinary, psychological, or behavioral conditions and are not a replacement for qualified medical, veterinary, mental-health, rehabilitation, training, or other professional care. Pain, lameness, sudden behavioral changes, neurological signs, acute injuries, or other health and safety concerns should be evaluated by the appropriate licensed professional.



Symbiotic Integrated Mirroring

*Supporting connection, balance, and
harmony between horse and human.*



Phone
(820) 202 -1235



Email
jamie@simsessions.org



Location
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