

**Name: Carli Church**

**Email: [carli.ramsey@icloud.com](mailto:carli.ramsey@icloud.com)**

**Career: Equine-Assisted Therapist**

### **My Struggle with Addiction and How it Made Me Who I Am**

My struggle with addiction started at an incredibly early age. I experienced substantial trauma beginning at an early age that left me on a path of destruction. After that, my life changed drastically, and I did whatever I could to numb out all the overwhelming emotions that came flooding in. My parents tried their best to ease the suffering I was experiencing but I needed a lot of help and care that was difficult for anyone to give me at the time. My life was also negatively impacted by addiction when my mother went to treatment for Ambien addiction and my brother for Adderall. Addiction runs in my family and is something I will constantly be fighting against for the rest of my life. The reason I want to become an Equine-Assisted Therapist is because when I was seeking treatment for my opioid and cocaine addiction the facility had us go to equine-therapy and I experienced a therapeutic setting that was extremely healing for me. I had just left an abusive relationship in which my boyfriend and I were dependent on multiple substances, and I was scared. The horses made me feel at ease and I just felt like they got me. I have always loved horses and so when I decided I wanted to help other struggling addicts I combined my love for horses and substance abuse recovery. Because of the ones who were there for me when I was suffering, I made it my life's work to be able to give that help and most importantly hope back to someone else.

The difference I hope to make for anyone suffering with addiction is to create a safe space for healing. The most important thing to me is to make sure that my clients feel safe while working with me. I hope to be able to help anyone overcome trauma, abuse, addiction, etc. I

know how hard it is to walk that road to recovery, so I want to be the helping hand that guides someone along their own journey. I hope to make a difference in any of the lives I will be blessed to work with. I know that it is a delicate process, and I will not take it lightly. I am hoping with my relatability and understanding of what it takes to walk that road that others will feel that they can trust me. If I can save just one life that is enough for me, but of course I hope that I can help many more. Right now, I am working with a woman as a volunteer who works with children struggling with diverse disorders and she uses horse and human interaction to help them. I work with the children and observe to get a better idea of what I will be doing one day. Children with disorders are like people in recovery in the fact that they are fragile and need to be cared for in the right manner. This experience is only going to better assist me when I am one day working with people recovering from substance abuse and hopefully children as well. I have been clean now for five years and I continue to do the work that is necessary to keep myself safe and healthy as well as to help others. I am pursuing a Bachelor's degree in Psychology, I will go on to get my Master's in Social Work, and hopefully a PhD in behavioral health. I also hope to contribute to the field of research on animal-assisted therapies and addiction because that is an area that needs more research.

### **Recommendation Letter**

To: Scholarship Committee

It is my pleasure to write on behalf of Carli Church for an educational scholarship. I first met Ms. Church in Spring 2022, when she enrolled in my Infant and Child Development course. She immediately stood out from the rest of the class; Ms. Church earned one of the top grades in the course. She was evaluated based on writing assignments for a research project, quizzes, and class participation. She performed exceptionally well across each. Her writing assignments demonstrated a detailed understanding of course content, the ability to support her ideas with empirical research, and to construct a novel research project. Through her discussions and writing, it quickly became apparent that Ms. Church has excellent communication skills; she can articulate her views concisely and provide supporting arguments that are both clear and

persuasive. In class, Ms. Church was always well-prepared and engaged. Throughout the course, she participated in all class discussions in meaningful ways, such as offering thoughtful questions, scaffolding other students' learning, and connecting course material to her own experiences in ways that substantially enhanced class discussions.

In Fall 2022, Ms. Church enrolled in an advanced research class with the aim of completing an independent project aim at submitting a poster to an academic conference in the field. Although our semester is only a few weeks in, Ms. Church has already demonstrated tremendous effort to read literature, learn how to conduct statistical analyses, and write up her projects. She has continually met deadlines to stay on pace, submitted quality writing, and incorporated feedback seamlessly every step of the way.

Ms. Church displays a tremendous amount of self-discipline and persistence. As a student, she goes above and beyond the task requirements regarding both quantity and quality of her work. Moreover, Ms. Church's dedication and intrinsic motivation quickly set her apart from other undergraduates. She is committed to improving her knowledge and skills in all areas of her undergraduate career. As most students have difficulties accepting feedback, Ms. Church embraces the feedback process and is constantly looking for ways to improve her skills, especially as a writer. In my courses, Ms. Church always came to class prepared, asked thoughtful questions to further her own understanding of course materials, and demonstrates great initiative to continue growing in her profession.

Ms. Church is an exceptional student and the fact that she performs at these levels as a parent with a young toddler and given her past struggles with addiction makes her performance all the more impressive. Undoubtedly these experiences have contributed the maturity, dedication, and work ethic Ms. Church displays as a student. If you would like further information, please do not hesitate to contact me further.

Sincerely,

Jennifer Shubert, PhD

Assistant Professor

Department of Behavioral Sciences

Utah Valley University

[jennifer.shubert@uvu.edu](mailto:jennifer.shubert@uvu.edu)

Record of: Carli Church

Date Issued: 12-SEP-2022


Date of Birth: 29-AUG

Student ID: 10909112

Level: Undergraduate

Course Level: Undergraduate				SUBJ NO.	COURSE TITLE	CRED GRD	PTS R
Current Program				Institution Information continued:			
Bachelor of Science				Ehrs: 15.00 GPA-Hrs: 15.00 QPts: 59.10 GPA: 3.94			
College : Coll Humanities and Social Sci				Dean's List			
Major : Psychology				2021 FALL			
Events: Interstate Passport Awarded				GEOG 1000 Intro to Phys Geog PP 3.00 A 12.00			
Decision: 05/05/2022				MUSC 1010 Introduction to Music FF 3.00 A 12.00			
Degrees Awarded Associate in Science 05-MAY-2022				NUTR 2020 Nutrition Thru Life Cycle BB 3.00 A 12.00			
Primary Degree				PSY 2300 Abnormal Psychology 3.00 A 12.00			
Major : Humanities and Social Sciences				Ehrs: 12.00 GPA-Hrs: 12.00 QPts: 48.00 GPA: 4.00			
Inst. Honors: High Honors				Dean's List			
SUBJ NO.	COURSE TITLE	CRED GRD	PTS R	2022 Spring			
INSTITUTION CREDIT:				HLTH 350G International Health GI 3.00 A 12.00			
2019 FALL				PSY 3200 Infancy Childhood Development 3.00 A 12.00			
COMM 1020 Public Speaking HH 3.00 A 12.00				PSY 350G Social Psychology GI 3.00 A 12.00			
ENGL 1010 Intro to Acad Writing CC 3.00 A 12.00				TECH 1010 Understanding Technology PP 3.00 A 12.00			
PHIL 2050 Ethics and Values IH 3.00 B 9.00				Ehrs: 12.00 GPA-Hrs: 12.00 QPts: 48.00 GPA: 4.00			
PSY 1100 Human Development Life Span SS 3.00 A 12.00				Dean's List			
Ehrs: 12.00 GPA-Hrs: 12.00 QPts: 45.00 GPA: 3.75				2022 Summer			
Dean's List				FAMS 1100 Life Span Dev in the Family 3.00 A 12.00			
2020 SPRING				FAMS 1150 Marriage Relationship Skill SS 3.00 A 12.00			
PSY 1010 General Psychology SS 3.00 A 12.00				PSY 2020 Psych Science and Profess WE 3.00 A 12.00			
SLSS 1000 University Student Success 3.00 A 12.00				PSY 3460 Personality Theory 3.00 A 12.00			
Ehrs: 6.00 GPA-Hrs: 6.00 QPts: 24.00 GPA: 4.00				Ehrs: 12.00 GPA-Hrs: 12.00 QPts: 48.00 GPA: 4.00			
Dean's List				Dean's List			
2020 FALL				2022 Fall			
ENGL 2010 Intermediate Writing CC 3.00 A 12.00				IN PROGRESS WORK			
HLTH 1100 Pers Health Wellness TE 2.00 A 8.00				PSY 3110 Stats for Behavioral Sciences 4.00 IN PROGRESS			
SLSS 1200 7 Habits Highly Effect People 3.00 A 12.00				PSY 3210 Adolescent Development WE 3.00 IN PROGRESS			
Ehrs: 8.00 GPA-Hrs: 8.00 QPts: 32.00 GPA: 4.00				PSY 3425 Cognitive Psychology Lab 1.00 IN PROGRESS			
Dean's List				PSY 475R CurrTopsPSY Adv Resear Dev Sci 3.00 IN PROGRESS			
2021 SPRING				SW 1010 Introduction to Social Work 3.00 IN PROGRESS			
MAT 1035 Quant Reasoning w/Algebra QL 6.00 A 24.00				In Progress Credits 14.00			
NUTR 1020 Foundations Human Nutrition 3.00 A 12.00				***** CONTINUED ON PAGE 2 *****			
POLS 1100 American National Government AS 3.00 A 12.00							
PSY 2710 Intro to Brain/Behavior SS 3.00 A- 11.10							
***** CONTINUED ON NEXT COLUMN *****							

CARLI CHURCH

  
 Eric Humphrey, Registrar

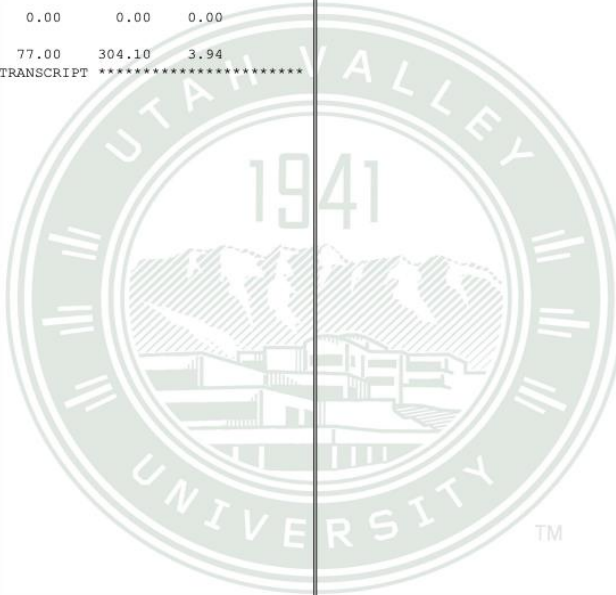


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Date Issued: 12-SEP-2022  
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Level: Undergraduate

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***** TRANSCRIPT TOTALS *****				
	Earned Hrs	GPA Hrs	Points	GPA
TOTAL INSTITUTION	77.00	77.00	304.10	3.94
TOTAL TRANSFER	0.00	0.00	0.00	0.00
OVERALL	77.00	77.00	304.10	3.94
***** END OF TRANSCRIPT *****				



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Eric Humphrey, Registrar

