



Equine Assisted Psychotherapy

Our Equine Assisted Psychotherapy program provides participants with an environment where they can develop, bond and experience safe relationships alongside horses, that are free from judgement or criticism. The horse-human relationship is a truly unique experience and for some participants, it is their first experience in a safe relationship and their first step on the path to healing.

The trust and bond that develops between the horse and individuals during the program helps participants to manage their response and ability to cope with challenges and situations that may occur in the future.

Who would benefit from this program

Adults and children experiencing:

- Anxiety
- Depression
- Trauma
- PTSD
- ADHD
- People needing support through challenging times
- Individuals looking for alternatives to room-based therapy



Program details

The program works within a sensitive 'I-THOU' relationship philosophy with horses – utilising 'the way of the horse' psychoeducation to support the participants healing journey.

The 'I-THOU' relationship can be described as viewing the 'other' (horse or human) as an individual with their own wants, needs and desires, that are equally as important as our own.

Each program is tailored to participants individual needs with a focus on creating a safe and natural environment to heal, grow and thrive with the support of a qualified mental health practitioner.

We offer

- 1-on-1 private sessions (1hr)
- Horse Wisdom program – 7 x 1hr sessions tailored to each participant's needs

Benefits and objectives

- Improve mental health
- Gain confidence and self-esteem
- De-stress
- Connection with nature
- Develop tolerance
- Increase attention
- Boost well-being
- Increase social skills
- Improve understanding of awareness and boundaries

Contact

For more information or to enquire about the Equine Assisted Learning program contact Life with Horses on kat@lifewithhorses.com.au or visit lifewithhorses.com.au.

