

# Equine Therapy Group (Women's Group)

## Overview

This group is for individuals who identify as women and would like to participate in an equine therapy group run by women.

## About Equine Therapy

Each session clients will learn about and explore a topic, with the horses. In each of these topics there is development of skills and awareness that allow clients to realise they have choices to deal with situations, themselves and others differently.

We support clients to be with the horses and each other, as horses do! So, there will be some new learnings about 'the Way of the Horse' for them to get curious about and learn how this knowledge can help us in our lives. Both adults and children will experience observations, interactions, tasks, and play.

Topics explored and skills developed relate to:

- Observing accurately
- Reflection
- Safety
- Regulation
- Boundaries
- Awareness of sensation
- Awareness of feelings
- Awareness of relationship
- Building relationships
- Creative expression
- Horse wisdom

## Equine Therapists

South Coast Psychology's equine therapists are trained in the EPI model and/or the Equine Assisted Growth and Learning Association (EAGALA) model. South Coast Psychology works from an I-Thou perspective with our horses, practitioners, referrers, and consumers/clients. That is a base of mutual trust and respect, and always seeking consent.

## Theoretical Basis

The basis of the EPI model is Gestalt psychotherapy coupled with Horse Wisdom.

Added to this is a Trauma Informed Lens, Buddhist Psychology, Mindfulness, and Somatic Psychology.

South Coast Psychology's equine therapy adds Integrated Trauma Focussed Therapy (Briere), Dialectical Behaviour Therapy (Linehan), Mindfulness Based Stress Reduction (Kabat-Zinn), Cognitive Behavioural Psychology (Beck), Acceptance and Commitment Therapy (Hayes) and oversight in relation to Tikanga Māori (Durie and Ngai Tahu advisors).

## Hours to Request

1 hour – SCGT4 - In-person triage for Group-based Therapy. Each client will have an Initial intake and pre-assessment session individually with a Lead Provider.

25 hours – SCGW - Group-based Therapy in-person sessions

**All adult clients must have up-to-date vaccine passes which will be checked privately. Unvaccinated people may be able to undertake individual therapy. We cannot safely provide group equine therapy using social distancing.**

## Course Information

Location: 95 Turner Street, Edendale

Dates: Fridays

- TBC

Times: 9:30 am – 12:00 pm

**For further information please contact:**

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**South Coast Psychology – Equine Therapy**

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