

Equine Assisted Wellbeing Groups (Women's & General) - Christchurch

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. Clients 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

Facilitators

Pam Poole is a Certified Equine Psychotherapy Institute (EPI) EAL practitioner, and a Certified Life Coach through the USA based, "The Life Coach School" (LCS). She worked for the Department of Corrections for 15 years, working one on one with high-risk prisoners for the purpose of rehabilitation and reintegration, collaborating with psychologists, police, OT, Youth services, CPS etc. She is trauma informed and has considerable training in mental health and well-being risk assessment. She has over 30 years' experience working in partnership with horses, training both her own and others and providing horse related activities to groups and individuals.

Emily McDonald (Social Worker & Counsellor) PAN256.

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 – SCGT2 – In-person triage for Group-based Therapy. Each client will have an Initial intake and pre-assessment session individually with a Lead Provider.

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

Please advise referrals@southcoastpsychology.co.nz if you are requesting hours so we can hold your client on a waitlist.

Course Information

Location: 974 Ellesmere Junction Road, Burnham

Day: Thursdays – 7 weeks

Dates: **Women's Group**
8 Feb 24 – 21 Mar 24
15 Aug 24 – 26 Sep 24

General Group
18 Apr 24 – 30 May 24
24 Oct 24 – 5 Dec 24

Times: 10:00 am – 11:30 am

For further information please contact:

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Manager

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Southern Alps
PSYCHOLOGY

Southern Alps Psychology in conjunction with
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