

Equine Assisted Wellbeing Groups – (General, Females, Males & Childrens Group)

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

Overview

The Equine Assisted Wellbeing Groups are all person-to-person and horse/s. The work is a mix of observation and interaction with horses. We work in partnership with horses and no one is forced to undertake any task including both people and horses (unless of course if there is a safety issue).

Hours to Request

Adult Groups:

- 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

Children's Groups:

- 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.
- 12 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: 95 Turner Street, Edendale

Day: 7 weeks on a Friday

Times: 10:00 am – 12:00 pm

General Group

- Term 1 – 9 Feb 24 to 22 Mar 24

Identify as Female

- Term 2 – 3 May 24 to 14 Jun 24

General Group

- Term 3 – 26 Jul 24 to 6 Sep 24

Identify as Male

- Term 4 – 18 Oct 24 to 29 Nov 24

Children's Groups will run for 3 weeks during the school holidays

- April 13, 20 & 27
- July 6, 13 & 20
- September 28, October 5 & 12

For further information please contact:

Kate McKay

Counsellor

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South Coast Psychology – Equine Therapy

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