

# Equine Assisted Wellbeing Group (General Group) - Edendale

## 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).

## Introduction to Equine Therapy

This programme is adapted for fit to the South Coast Psychology consumer base from the Equine Psychotherapy Institute (EPI) Horse Wisdom Programme. The EPI Horse Wisdom Program® was created by Meg Kirby in 2011 to provide "an effective, social-emotional skills building program for a variety of clients participating in both Equine Assisted Psychotherapy (EAP) and Equine Assisted Learning (EAL)" (p. 7).

South Coast Psychology's Equine Psychotherapists 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.

## Facilitators

- **Diane Gillespie** – Psychologist and Equine Psychotherapy
- **Jemma Boyle** – training in Equine Psychotherapy BA(Psyc)

## Hours to Request

- 1 hour – SCGT - 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](mailto: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

**Time:** 10:00 am – 12:00 pm

### General Group

- Term 4 – 25 Oct 24 to 6 Dec 24

**For further information please contact:**

**Dallas Frederikson**

Equine Manager

[dallas@southcoastpsychology.co.nz](mailto:dallas@southcoastpsychology.co.nz)

**South Coast Psychology – Equine Therapy**

95 Turner Street, Edendale 9893  
admin@southcoastpsychology.co.nz  
<https://www.scp-equinetherapy.co.nz>



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