

# Te Whare Tapa Whā & Equine Day Retreat - Caitlins

## Overview

This Te Whare Tapa Whā & Equine Day Retreat programme is designed for adults. The horses selected, the resources used, and the content of sessions varies to fit with the specific client population. The core objectives and targets however are the same across demographic groups. That is horse wisdom psychoeducation and skills development in relation to stage 1 trauma therapy i.e.: emotion regulation, awareness of self and other, relational dynamics, mindfulness, boundaries, safety, stability and personal growth.

Every group session will be run by an approved ACC group treatment provider experienced in providing Equine Assisted Wellbeing and in facilitating groups and a trained and experienced expert equine specialist. All group participants will be versed in the expectations around the horses and will be required to sign consent forms to participate and a waiver.

## 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
- **Kate McKay** – Counsellor and Equine Psychotherapy
- Jim Gillespie – EAGALA trained
- Jemma Boyle – training in Equine Psychotherapy

## Programme

Horse wisdom and te whare tapa whā

- Awareness
- Safety
- Boundaries
- Relationships
- Processing
- Tinana
- Hinengaro
- Whanau
- Wairua

## 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.
- 7 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:** South Catlins Coast, 20 Gourley Road, Niagara

### Days:

- 4 May 2024
- 14 September 2024
- 12 October 2024
- 9 November 2024
- 7 December 2024

**Times:** 10:00 am – 3:00 pm

**For further information please contact:**

**Kate McKay**

Counsellor  
027 222 2865

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**South Coast Psychology – Equine Therapy**

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