

Equine Assisted Wellbeing Group (Children's Group) - Invercargill

Objectives

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.

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. Participants 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

Who is the group for

This group is designed for children aged between 5 and 14 years old who would benefit from this work, particularly in relation to management of trauma related symptoms and behaviours.

Facilitators

- **Kate McKay** – counsellor and Equine Psychotherapy
- **Monique Koch** – equestrian expert, horse trainer and riding tutor

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.
- 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: Balance Equestrian, 24 Bethunes Lane, Invercargill

Children's Groups will run during the school holidays

- Saturday, Oct 5th – 10:00 am – 12:00 pm
- Sunday, Oct 6th – 10:00 am – 12:00 pm
- Saturday, Oct 12th – 10:00 am – 2:00 pm Pony Day Camp

For further information please contact:

Kate McKay

Counsellor

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