



EQUINE THERAPY GROUP

Trauma Informed Equine Psychotherapy

7 week programme:

- Adults 18+
- Small groups
- 2025 Intakes: June, August, September
- ACC Funded

Sessions include:

- Horse-assisted therapy
- Psychoeducation
- "Horse Wisdom"

Develop:

- Emotional regulation
- Mindfulness
- Boundary setting
- Healthy relationships
- Managing inner thoughts
- Processing feelings
- Personal empowerment

Facilitators:

Kate McKay - Trauma Therapist
Monique Koch- Equine Specialist



Balance Equestrian



South Coast
Psychology
**Equine
Therapy**

Register now:

Katejmckay@gmail.com