EQUINE THERAPY GROUP

Trauma Informed Equine Psychotherapy

7 week programme:

- Adults 18+
- SCSGT Group Based Therapy: 21 hours
- SCSGTT Triage: 1 hour
- Intakes: April, July, October 2026
- Wednesdays 9am-11am/
  Thursdays 6pm-8pm
- ACC Funded

Sessions include:

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

Develop:

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

Facilitators:

Kate McKay - Trauma Therapist (PAI347)

Monique Koch- Equine Specialist

Balance Equestrian

South Coast Psychology **Equine Therapy**

Register now:

Katejmckay@gmail.com