











Trauma Informed Equine Psychotherapy

Tamariki/Rangatahi Group

7 week programme:

-  Ages 5-14
-  SCSGT Group Based Therapy 17.5 hours
-  SCSGTT Triage: 1 hour
-  Intakes: April, July, October 2026
-  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