

Equine Assisted Wellbeing Groups (Women's & General) - Auckland

About Equine Therapy

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. Clients 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

Facilitators

Cheryle Randall has extensive experience in working with youth, referred by the police and social services, who have had difficult life experiences and lack skills to live a fruitful life. She is trained in behavioural approaches and works in partnership with horses to teach relationship, attitudes and skills of communication, creating safety, boundaries, respect and care.

Sonja Mors is an Equine Behaviourist and trainer with over 40 years' experience working with both her own horses and clients' horses. Sonja has been a trainer for groups, individuals, and children with disabilities. Sonja owns Pongarosa Equestrian Centre, where she schools' horses, does breaking in, works with behavioural issues, does equine bodywork and is an equine herbalist. Sonja is also involved with KHH (Kaimanawa Heritage Horses) as vice-Chair looking after NZ wild horses.

Chantelle Hurst (PAR141) a qualified counsellor that specialises in animal assisted therapy (AAT) working with individuals, families, and groups. She uses AAT to support individuals to increase well-being and self-esteem using the human-animal bond in goal-directed therapeutic interventions.

Theoretical Basis

The basis of the EPI model is Gestalt psychotherapy coupled with Horse Wisdom. Added to this is a Trauma Informed Lens, Buddhist Psychology, Mindfulness, and Somatic Psychology.

South Coast Psychology's equine therapy adds Integrated Trauma Focussed Therapy (Briere), Dialectical Behaviour Therapy (Linehan), Mindfulness Based Stress Reduction (Kabat-Zinn), Cognitive Behavioural Psychology (Beck), Acceptance and Commitment Therapy (Hayes) and oversight in relation to Tikanga Māori (Durie and Ngai Tahu advisors).

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.

21 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: Pongarosa Equestrian Centre
465 Aka Aka Road, Puni, Pukekohe 2678

Groups will run back-to-back every 7 weeks

Dates: **General Group – Tuesdays**
19 Mar 24 – 7 Apr 24
Every 7 weeks

Women's Group – Thursdays
21 Mar 24 – 9 May 24
Every 7 weeks

Times: 10:00 am – 12:00 pm

For further information please contact:
Chantelle Hurst
creativelifehealing@outlook.com



North Coasts Tāmaki Makaurau Psychology
in conjunction with
South Coast Psychology
Unit A, 7 Tobin Street, Pukekohe 2120
Manager: Nishi Rai-Parkhill
nishi@nctmpsycho.co.nz

