

Who attends Horse Wisdom Program?

- Adults, children and adolescents
- NDIS Participants
- Neurologically diverse clients
- Clients who have experienced trauma &/or adversity
- Clients experiencing anxiety and/or depression
- Personal Development clients
- People wanting to develop communication skills
- Clients wanting emotional regulation skills

What are some benefits of the Horse Wisdom Program?

- Improved social skills
- Empathy and relationship skills
- Distress tolerance
- Confidence and self esteem
- Reducing stress
- Boundary setting
- Promoting movement and activity
- Meaningful connection
- Proven scientific benefits of mindfulness
- Increased attention
- Problem solving
- Connection with nature



Australian
Centre
of Trauma
and Wellness

GET IN TOUCH

For more information and bookings
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HORSE
WISDOM
PROGRAM
6 WEEK PROGRAM

MODULES & PRICING



Why Horses?

Horses are beautiful, intelligent, sensitive and strong beings who can evoke strong feelings in clients or engage clients in the learning process. Calm and healthy horses can assist in co-regulating a client's nervous system, can model healthy living and expression of feelings, as well as offering non judgemental safety and trust. Horses can offer unique bio feedback and hold clients in a way traditional learning environments cannot. The natural environment can also contribute positively to learning outcomes for clients.

What does this look like?

- Observation of horses
- Meeting with horses at liberty
- Lead-line experiences including touching, grooming and leading
- Liberty leading (leading horses without a lead rope)
- Led-mounted/ riding
- Creative activities with horses

CALM STATE

Being calm, having a regulated, settled and relaxed nervous system is the foundation of physical, emotional and mental health.

AWARENESS

Its your awareness that keeps you safe, your awareness gives you choice to respond, your awareness supports you to thrive in life.

BOUNDARIES

Its your boundaries that keep you safe. Your boundaries are your 'yes' and your 'no'. Spatial, Touch and Verbal boundaries and what feels OK in that moment.

HEALTHY RELATIONSHIPS

Building healthy, and enduring relationships and friendships requires emotional and physical safety, trust and boundaries.

THINKING

Becoming aware of your thoughts and words is important. How you think, what thoughts you have, and what you say to yourself impacts how you feel.

FEELINGS

Feelings are information for you, about what is happening for you in your situation. Your feelings help you understand yourself.

FACING CHALLENGES

How do you face challenges and overcome obstacles? Life is sometimes good and sometimes difficult, how do we manage?

PRICING:

- \$150.00 Per Module.
- or
- \$750 If paid in advance

