



Equine Assisted Therapeutic Activities Information Pack

Welcome...

What is it?

Equine Facilitated Therapy Activities may support and assist with mental health recovery, promoting positive mental health and resilience, and contribute to improved health and wellbeing.

Is it for you?

Are you struggling with poor mental health, emotional difficulties, loneliness/social isolation, post covid related issues, physical health or wellbeing problems, for example but not limited to; depression, low self-confidence, low self-esteem, anxieties, addictions, processing trauma or PTSD.

The offer:

There is no minimum or maximum session attendance requirement. We are totally flexible. You may come weekly or ad-hock. However, booking an appointment is essential for us to manage health & safety. However we do aim to accommodate people at short notice.

What will you be doing?

A range of activities/new skill learning opportunities will be on offer including:

- Therapeutic exercises involving horses.
- A safe space, without expectation and judgment,
- A place to talk confidentially.
- Respite for reflection & relaxation.
- Horse care skills.
- Horse handling skills.

What to wear:

Sessions will be of a practical nature, spending time in the company of the horses. We are an outdoor facility so please dress according to the seasonal conditions; layers of clothing is recommended. You will need sturdy foot wear e.g., Boots with a good grip sole are ideal.

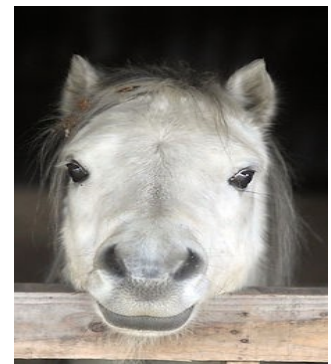
Where is it?

Willow Farm,
Brant Road,
Fulbeck
NG323JA

Other information:

All our session are delivered through partnership with 4 Strides Equestrian UK LTD.

Horses are licenced, fit for purpose and fully insured for Equine Facilitated Therapy work. Past experience with horses is not essential, however a desire to work with them and a general affinity for animals is required.



What To Expect :

Equine Assisted Therapy provides an experience with an animal that is non-judgmental, gives affection unconditionally, and provides opportunities for physical and emotional development.

During a session a person will spend time bonding and communicating with the horse.

Working with the horses is always in a structured setting , with supervision and instruction.

A candidate will learn how to appropriately interact with a horse and in turn this also teaches a person invaluable tools for developing social skills with the humans in their world.



Many people find that they feel supported and needed by the horses as they work with them. This new-found sense of personal value makes it easier to gain control over personal issues.

Working with the horses can be very beneficial in helping a person overcome negative thoughts and feelings.

It is anticipated that a person will develop a unique relationship which will assist the person to feel reduced stress levels, increased confidence and self esteem.

It is likely that a person will feel an incredible sense of accomplishment during their equine sessions.



Why We Use Horses To Facilitate Behavioural Change:

The use of animals within therapy can be traced back thousands of years. While a range of animals are well known for being therapeutic, horses are becoming particularly well known for their ability to foster change. . Their ability to read human emotion and their inherent honesty can be incorporated into a type of psychological therapy.

Equine therapy is the use of horses in a therapeutic setting. It helps promote emotional growth and personal development in the lives of individuals. Individuals who participate in equine assisted programmes often experience several life changing benefits. Working with horses can be a complimentary part of a bigger or more comprehensive treatment plan. Horses are very effective for: soothing and relaxing , improving mood, and / or reducing stress because they are particularly gentle and understanding.

Horses are considered to provide scope for behavioural change. There are a number of reasons for this, including the following:

Because of their size: As horses are large and powerful animals, they can be intimidating. For some people, this presents them with a challenge as soon as they start to overcome their fear. Combating this initial issue can be incredibly liberating and helps to boost feelings of confidence and self-esteem. Accomplishing tasks and gaining the trust of such animals only continues to reinforce these feelings of empowerment.

Because they are herd animals: Horses are herd animals, which means they naturally desire company and often want to be led. This makes them very social animals that want to create bonds and this can be especially poignant when it comes to humans. Horses are therefore inclined to develop a relationship with humans when the person is ready.

Because they mirror behaviour: Horses have an innate ability to mirror the thoughts and behaviours of others. Because they are prey animals, they can read body language and respond instantly. This means that if you enter the horse's space with a negative attitude and defensive body language, chances are the horse won't want to interact with you. Alternatively, if you enter with a sense of calm, confidence and openness , you should find the horse responds more positively. It is this trait that helps people to reflect on their behaviour and challenge the way they approach situations both inside and outside of their session.

Because they have their own personality: Horses can be incredibly human like in their personalities, they can be stubborn and seemingly defiant at times. They also like to have fun and often turn exercises into games. Horses can be incredibly caring too, and if you are upset they often respond in a nurturing manner. These personality traits once again make horses a natural companion during the therapeutic process, providing vast opportunity for growth.

The Benefits:

Equine assisted therapy programmes have proven incredibly popular in the US and are gaining steam here in the UK with many finding it a useful tool. It is thought to be beneficial for a range of different issues, including the following: listed below.

Equine assisted therapy offers a new way of exploring your feelings.

You don't need any previous experience with horses and you do not have to be a die-hard animal lover to benefit from equine assisted therapy.

Equine facilitated therapy is beneficial for:	Horses teach:	Horses promote:	Horses are very effective for:
Autism. Depression. Anxiety. Dissociation. OCD. Dementia. Trauma inc PTSD Personality disorder. Mental health issues Addiction. Low self-esteem. Discovery of potential. Emotional growth.	Responsibility. Time management. Prioritising. Unconditional love. Communication. Care. Mood control. Impact of tone. The importance of body language. Life skills. Social development. Change in behaviour	Recovery. Personal development. Feeling of adequacy. Confidence. Self-worth. Sense of purpose. Relationship building. Trust. Respect. Sense of accomplishment. Aspirations. Resilience.	Promoting emotional healing & wellbeing. Soothing. Relaxing. Improving mood. Reducing stress. Helping individuals gain control over their personal issues. Helping people overcome negative thoughts and feelings. Reducing isolation.

The Offer:

Our non qualification based programmes are based on individual requirements. Your needs and requirements will be discussed in detail with you to ensure we create a bespoke package for you. Programmes are customised to suit individuals. Some people benefit from just 30 minutes contact time, others from a couple of hours, and some reap the benefits of contact on a regular basis or even several times per week. We are keen to be flexible to meet individual need.

Willow Farm Equine Assisted Therapy CIC recognise that due to the practical nature of horse care, adjustments may need to be made to some aspects of delivery and site services in order to provide these opportunities to a wider range of applicants. In the event that a clients' disability restricts their participation we may signpost towards alternative, more appropriate training and instruction.

Who we are...

Sally Heron— Founder and Director of Willow Farm Equine Assisted Therapy CIC.

Sally got her first pony in 1983. Since then horses have literally taken her all over the world; Germany, France, China and the USA on many occasions.

In 1997 she trained in Equine Assisted Rehabilitation in the USA, using horses as the medium to rehabilitate and re-educate “disaffected street kids” in California.

More recently she continued her professional development with a certificate in Equine Facilitated Learning and a Diploma as an Equine Facilitating Practitioner.

Sally has 40 years of horse ownership and 25 years of operational business management experience, both in the service industry sector and in the public/private sector. Many of these years were spent in the management of education provision, where in she specialised in education for disaffected teenagers and young adults , and those with emotional behavioural and social difficulties and learning difficulties and disabilities.

Sally also served as a part time firefighter from 2001-2012 and witnessed first-hand, and as a third party, the impact of trauma on human mental health and wellbeing.

In 2016 Sally realised that she could combine everything she had learned over the years and through her experiences, to create an environment at Willow Farm that could and would make a difference to others.

With over 25 years of relevant experience in this field, all these elements combined together ensure that she can offer various equine assisted activities to meet the needs of the individuals who may benefit from this type of alternative therapy assistance and support.



How To Get Involved:

For further information and costs please contact us using the details below:

Web site: <https://www.willowfarmequineassistedtherapycic.co.uk/>

Email: info@willowfarmequineassistedtherapycic.co.uk

Facebook: Willow Farm Equine Assisted Therapy CIC

Telephone: 07771882822

You are welcome to arrange a site visit to meet the team, you will be made most welcome.





Willow Farm
Equine Assisted Therapy
CIC