



Information about Equine Assisted Therapy

Equine Assisted Therapy includes a combination of experiences and activities with horses as well as talking about what those experiences mean to you.

What is Therapy

Therapy has both benefits and risks. Risks may include experiencing uncomfortable feelings (sadness, guilt, anxiety, anger, frustration, loneliness, and helplessness), because the process of therapy often requires discussing the unpleasant aspects of your life. Therapy often leads to a significant reduction in feelings of distress, increased satisfaction in relationships, greater personal awareness and insight, increased skills for managing stress and resolutions to problems. There are, however, no guarantees about what will happen. Therapy requires the active effort of the participants.

What is Equine Assisted Therapy

Equine Assisted Therapy is an experiential form of therapy where horses are involved in the sessions. “Experiential” means that you will be involved in hands-on experiences with the horses designed to reflect things going on in your life. It is about providing you the opportunity to experience, explore, problem-solve, discover, be creative, gain insight and experience practical applications of what you are learning in the moment. The process is about “doing” along with “talking”.



Horses are sensitive beings and are interested in relationships, providing and presenting opportunities for feedback and to learn about yourself. Horses are both social and prey animals, and as a result they have an ability to read our non-verbal communication. This means they pick up on messages we send even if we are not always conscious we are sending them and they respond to us, providing feedback and the opportunity to work on ourselves. Horses are in the moment and can be part of this relationship without biases (our past, education, gender, race, or other labels we apply to ourselves and each other), providing valuable insight about ourselves.



Important things to know when coming to AJ Psychology / WINHAVEN Animal Assisted Therapy

- At AJ Psychology / WINHAVEN Animal Assisted Therapy sessions are conducted by a Clinical Psychologist, with training in Equine Assisted Psychotherapy.
- All our equine sessions are conducted “on the ground”, there is no riding of horses involved in the treatment process. The focus is on therapy, not to learn about horses or how to ride them.
- This therapy takes place usually in an outdoor setting, on a rural property. It is important to wear shoes that will protect your feet and appropriate clothing for the weather. We do have a large undercover arena area and onsite parking.
- We do have an office space with a kitchen, lounge room and toilet. You are welcome to wait in the lounge room area before your session.
- Appointments will usually be 45-50 minutes in duration and as frequent as agreed upon.
- The first session will involve assessing your needs and working with you to create a treatment plan that outlines your therapy goals and answer any questions you have about the treatment. It will also include a discussion about safety guidelines when working with horses.
- We will regularly review this plan with you to discuss progress or changes in the therapy goals.
- The treatment sessions will typically start with a check in, a reminder of safety guidelines, an exercise of awareness or regulation, a discussion about what your goal for the session is, and equine experiment, time to process what happened in the experiment and then saying goodbye.



Our office / lounge / kitchen:



Check out the website for further information: <https://ajpsychology00.wixsite.com/ajpsychology>