Introduction to Equine Assisted Therapy
The clinical practice of Equine Assisted Psychotherapy (EAP) and the growing modality of Equine Assisted Learning (EAL)

The Introduction to Equine Assisted Therapy is a professional development workshop open to mental health practitioners, referral agencies, and horse-people interested in equine assisted practice.

This 1-day Workshop will introduce you to the innovative field of equine assisted mental health (EAMH), equine assisted psychotherapy (EAP) and Equine Assisted Learning (EAL) that emerged out of the broader field of Animal Assisted Therapy (AAT) in the 1990’s.

What will you learn?
- The history of the broader field
- The history of including horses in mental health/clinical practice
- Definition of EAP and its scope of practice
- Definition of EAL and its scope of practice
- Introduce the variety of models practiced around the world and the clinical populations served by EAP
- Overview the clinical practice of Equine Assisted Psychotherapy developed by The Equine Psychotherapy Institute
- Introduce safety and ethical issues for practitioners, clients and horses in EAP clinical work
- Discuss the current state of evidence-based practice in this emerging and engaging field of clinical practice

Participants will be introduced to the first Australian training model of EAP and EAL that emerged in 2011. A Model that is internationally renowned, developmentally sensitive, trauma-informed, and well placed for advancements in evidence-based practice in both EAP and EAL.

What are the Workshop objectives?
- Gain an understanding of EAP as both an emerging and powerful clinical practice – for Psychiatrists, Psychologists, Social Workers, registered Counsellors and Psychotherapists
- Gain an understanding of Equine Assisted Learning - an innovative modality supporting social-emotional leaning, personal development, and professional development (i.e. team building and leadership).
- Learn the history of the fields of AAT, EAT, EAMH, EAP and EAL
- Develop an understanding of why and how horses are included in clinical practice and experiential learning
- Learn what EAP/ EAL looks like ‘in the paddock’
- Understand how some clinical principles and practices (i.e. the therapeutic relationship, mindfulness, distress tolerance, emotional regulation) are integrated into EAP
- Understand how the EPI Model of EAP and EAL supports learning through doing, re-wiring neural pathways, and supports change through the lens of interpersonal neurobiology
- Experience an EAP/EAL taster – participate in or observe a demonstration session (with herd of 4-5 horses) to enhance understanding
- Get questions answered by a South Australian local, an experienced and knowledgeable clinician, who is an experienced horseperson, accomplished rider and horse archery trainer, trained and passionate about equine assisted psychotherapy and learning.

Who is this Workshop for?
This workshop is open to people interested in equine therapy, equine assisted learning, referral agencies, mental health clinicians, professionals considering training, and the general public wanting a comprehensive introduction to this innovative, growing field of practice. People interested to learn "straight from the horse's mouth", so to speak!

How is the workshop delivered?
This is an in-person workshop where participants learn through experiencing a taste of EAP and be introduced to knowledge in the field of equine assisted practice.

Workshop Details
Date: Sunday, 8th September 2019
Time: 9am – 5pm
Venue: Kersbrook Equestrian Centre, SA
( location upon registration)
Program Fee: $297
(includes light vegetarian lunch and tea/coffee)

Who are the presenters?
The workshop is presented by Warida Wholistic Wellness, Bianca Stawiarz in partnership with The Equine Psychotherapy Institute. Bianca is an experienced trauma-informed and culturally aware clinician with counselling, transformational coaching and horse handling experience and qualifications. She is fiercely passionate about Equine Assisted Psychotherapy and Learning, trauma-informed practice and assisting people to move through distress into empowered living.

REGISTER NOW!
Email: equinepsychotherapyinstitute@gmail.com
Or call: Meg Kirby on 0425 371 729