



Exploring Equine Assisted Therapy Workshop

Saturday 22nd July 2017 10.00am – 4.00pm
Tuesday 17th October 2017 10.00am – 4.00pm

Venue: Avening Park, Westend, Avening, Gloucestershire GL8 8NE

This workshop has been designed for everyone who has an interest in understanding how Equine Assisted Therapy works, how it can positively impact mental health and emotional well-being for our adult clients and children.

Equine Assisted Therapy (EAT) is an experiential therapy where individuals (or groups) of people work together with horses to develop, grow and learn about themselves. Neuroplasticity, the brain's ability to change throughout life provides the foundation of our therapeutic practice. The human brain has an amazing ability to reorganize itself by forming new connections and therefore provide healthier preferred routes for a more positive life experience.

Through carefully designed exercises, with a horse as our partner, we are able to implement a range of positive techniques that help us to embody adjustments in our everyday lives. Whether our needs are trauma or addiction based or linked to early developmental needs that were not adequately met, this form of therapy is extremely effective. Horses are sensitive to non-verbal communication and relate to us by mirroring our inner state back to us, helping us to become more aware and develop a deeper understanding of ourselves. So, together with highly trained and sensitive therapists, our clients move towards more confident and healthier outcomes.



During the day you will be able to experience some of the experiential sessions a client will work through, with case examples and an understanding of the neuroscience that underpins our approach. We will discuss the ways that therapists can help to restructure the neural architecture to support the service of a more adaptive behaviour, cognition and emotion.

Building the human brain is vastly complex; rebuilding it is a difficult and fascinating challenge. The workshop day will assist in your understanding of equine assisted therapy and cognition of neural plasticity.

Cost of £120.00 (to be paid in advance) includes tea/coffee, snacks, light lunch
To book a place please email: info@equinetherapy.center
or call Nicky on 07595 651017 or Semira on 07717 177684