



What is Equine Assisted Psychotherapy

Equine assisted therapy is a proven experiential form of therapy in which an equine-assisted therapist who guides you through interactions with horses in a therapeutic context. Horses are unique animals who are exceptional at reading body language, intent and emotion.

During an EAP session, participants engage with horses while being supervised. The participant is guided through activities and interactions to help them process their emotions and learn valuable life skills with a trained professional. Each session is designed to support the individual participants needs and goals.

Horses are non-judgemental and highly attuned to human emotions, which can allow them to mirror the participants emotional state, providing valuable insights.

The benefits of equine assisted therapy are numerous

- Reducing stress
- Learning self-regulation and mindfulness.
- Connecting with nature Improving confidence and self esteem.
- Learning about our boundaries and those of others.
- Being aware and present in the moment with increased attention.
- And much more

Equine assisted therapy is for children, adolescents, adults, families, neurologically diverse people, people with disabilities, equine therapy can be beneficial to all people.

At Pindari we offer the opportunity to connect in a safe, supportive environment to improve growth and healing.

www.pindariequine.com.au

Pindari Equine Therapy and Counselling



No horse experience necessary.

What to bring:

- Closed in shoes.
- Hat
- Water bottle

Wheelchair accessible.



Pindari.equine@outlook.com

0422140378

www.pindariequine.com.au