

Horse Sense Therapy

Equine Assisted Psychotherapy at its best !

A Quarterly Newsletter

Issue 1 April 2012

What was your experience of the day?

"Wonderful meeting so many lovely and professional people and intuitive horses lovely interaction with us all"

"Very insightful, inspirational and gave me motivation"

"Very informing, so much experienced and so few words that reflect properly what was felt"



Why would you refer clients to EAP ?

"People with learning difficulties could in some ways find it easier to work with the horses than humans the horses don't expect they accept"

"It has already helped my daughter to rebuild her life & has therefore helped me. For my students I can see that there is intrinsic value in offering them an experience where they can develop a non-verbal, non-human but social relationship where they cannot call the shots"

What was the best part of the day?

"Watching the horses interaction with people"

"Watching the couple realise they could work out a personal issue between themselves very powerful"

"Working with the horses"

"It was all brilliant and the practical, the information and the networking"



Raising Awareness and Introducing Equine Assisted Therapy

14th April 2012 Hillfields Farm, Lower Basildon, Berkshire.

This was our first event so it was pretty important to show off how great we are. So I asked David Tidmarsh from Inverness in the North of Scotland to make a special guest appearance and boy was it worth it !! What a professional, it was my first meeting with David so I was keen to hear him present. I was not disappointed, a very relaxed and clear message of how the HORSES are the experts we humans there to offer clean observations.

Following the morning session we were wonderfully blessed with Karina Bjerremann & Anne Bitsch-Larsen from Denmark.



Magic Moments.....

They arrived in London after I asked Anne after their powerful presentation last year at the EAGALA conference in Belgium. If they would consider coming over in 2012. So I was moved and inspired to have them with us to share their experience and offer us an insight into their work in Denmark. They quietly got on with their part of the deal with no hassle or question so interacted with the programme with ease.

The twenty two attendees were amazing and really engaged with the whole programme they came from all over the UK. From Liverpool, London, Manchester, Kent and even a counsellor

who lives only minutes up the road in Goring, who signed up immediately for the next work day 19th May 2012.

This was a BACP endorsed CPD day although we didn't get it through in time for April, WINDS OF CHANGE will offer this via David. The feedback from the evaluation forms was amazing and the pattern was that it would be good to offer the programme over two days !! The lunch was wholesome and beautifully presented by Elaine and Richard. The weather was cold so maybe we should have offered a warm alternative so food for thought.

The pilot programme participants were with us and gave a huge amount in their story to individuals they shared, which was proof that when we let the HORSES do the work something happens.

Magic, mystery they are creatures that feed our soul and heal our hearts, that has always been my experience in 48 years of being around them.

Our dream team volunteers were friends and family who allowed us to make this day a truly memorable day for everyone.

THANK YOU

Selina