

Te Whare Tapa Whā & Equine Day Retreat Auckland – Mixed Adult Group

Rationale

The basis of the EPI model is Gestalt psychotherapy coupled with Horse Wisdom. Added to this is a Trauma Informed Lens, Buddhist Psychology, Mindfulness, and Somatic Psychology. South Coast Psychology's Te Whare Tapa Whā & Equine Day Retreats adds applied Te Whare Tapa Whā, Integrated Trauma Focussed Therapy (Briere), Dialectical Behaviour Therapy (Linehan), Mindfulness Based Stress Reduction (Kabat-Zinn), Cognitive Behavioural Psychology (Beck), Acceptance and Commitment Therapy (Hayes) and oversight in relation to Tikanga Māori (Durie and Ngai Tahu advisors).

Objectives

The Te Whare Tapa Whā & Equine Day Retreats are designed for both adults both men and women 18+. The horses selected, the resources used, and the content of sessions varies to fit with the specific client population. The core objectives and targets; however, are the same across demographic groups. That is horse wisdom psychoeducation and skills development in relation to stage 1 trauma therapy i.e.: emotion regulation, awareness of self and other, relational dynamics, mindfulness, boundaries, safety, stability, and personal growth.

Every day retreat will be run by an approved ACC group treatment provider experienced in providing equine assisted wellbeing and in facilitating groups and a trained and experienced expert equine specialist.

Each day retreat the clients will learn about and explore a range of topics, with the horses. In each of these topics there is development of skills and awareness that allow clients to realise they have choices to deal with situations, themselves, and others differently.

We support clients to be with the horses and each other, as horses do! So, there will be some new learnings about 'the Way of the Horse' for them to get curious about and learn how this knowledge can help us in our lives. Clients will experience observations, interactions, tasks, and play.

Topics explored and skills developed relate to:

- Observing accurately
- Reflection
- Safety
- Regulation
- Boundaries
- Awareness of sensation
- Awareness of feelings
- Awareness of relationship
- Building relationships
- Creative expression
- Horse wisdom

Client Requirements

Clients will need to be physically able to complete this group e.g. be able to walk across uneven ground, able to bend and move with the horses. This will be assessed through the initial one-to-one interviews. Those who maybe a risk to self or others will not be able to complete this group.

Facilitators

Sonja Mors is an Equine Behaviourist and trainer with over 40 years' experience working with both her own horses and clients' horses. Sonja has been a trainer for groups, individuals, and children with disabilities. Sonja owns Pongarosa Equestrian Centre, where she schools' horses, does breaking in, works with behavioural issues, does equine bodywork and is an equine herbalist. Sonja is also involved with KHH (Kaimanawa Heritage Horses) as vice-Chair looking after NZ wild horses.

Chantelle Hurst (PAR141) a qualified counsellor that specialises in animal assisted therapy (AAT) working with individuals, families, and groups. She uses AAT to support individuals to increase well-being and self-esteem using the human-animal bond in goal-directed therapeutic interventions.

Hours to Request

1 hour – SCGT2 – In-person triage for Group-based Therapy. Each client will have an Initial intake and pre-assessment session individually with a Lead Provider.

7 hours – SCGW – Group-based Therapy in-person sessions

Please advise referrals@southcoastpsychology.co.nz if you are requesting hours so we can hold your client on a waitlist.

Course Information

Location: Pongarosa Equestrian Centre
465 Aka Aka Road, Puni, Pukekohe 2678

Dates:
21 September 2024
19 October 2024
16 November 2024

Times: 10:00 am – 3:30 pm

For further information please contact:

Chantelle Hurst
creativelifehealing@outlook.com



North Coasts Tāmaki Makaurau Psychology
in conjunction with
South Coast Psychology

Manager: Emily McDonald
emily@nctmpsycho.co.nz

