

## The EQUINE PROGRAM in brief:

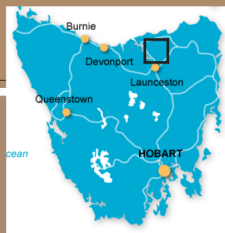
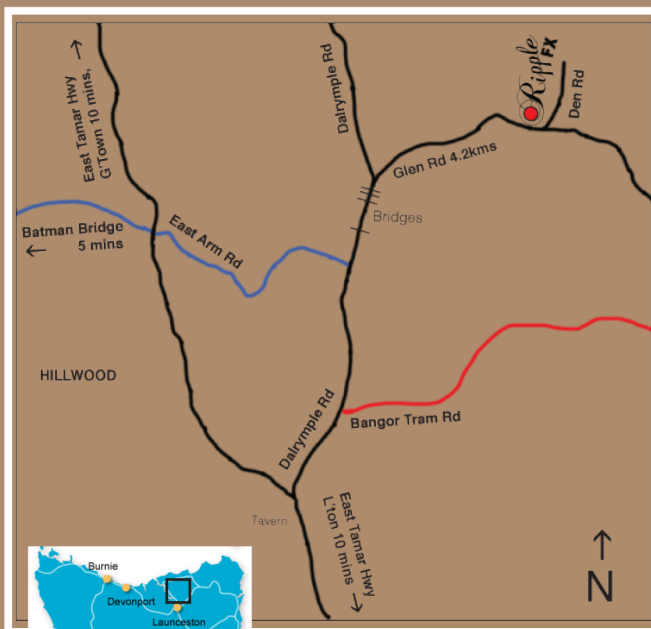
The Equine Program operates under the EASD and EAGALA Models of delivery. This combination provides a framework that optimises the exploration of ideas, helps create a growth mindset and to thrive from the horse-human relationship.

**Solution oriented.** These models utilise horses as metaphors to help clients access their own solutions to life challenges.

**A team approach.** The two-person team includes a Mental Health Worker (MHW) and an Equine Specialist (ES) to assure the highest standard of physical and emotional care.

**The experience occurs on the ground.** There is no riding in this program but activities are designed to challenge the thinking of clients to support life lessons and enable change.

**Environment.** Whether undercover or outside in the elements, the Ripple FX farm provides a stimulating and yet peaceful learning atmosphere.



Travel times: 22 mins from UTas  
35 mins from L'ton city centre  
20 mins from G'Town  
35-40 mins from Beaconsfield

For all enquiries, further  
information and bookings please  
contact Katrina or head to  
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# Ripple FX

## EQUINE PROGRAM



Horses helping humans help themselves

## WHY HORSES?

**Horses are a great 'hook'** They are big, fast and powerful. They are regarded and respected by most men, woman and children.

The Equine Program delivers strong outcomes because it helps clients change and grow more effectively and quickly when compared to traditional clinical and psycho-educational approaches because people typically learn best by doing.

Working with horses is engaging, real time and hands-on. The experience is immediate and fully felt.

Research shows horses add a compelling dimension to the clinical experience. They serve as powerful living metaphors and stand-ins for the challenges and opportunities clients face in their lives.



## FIND THE EQUINE PROGRAM FOR YOU



**Herd Helpers:** Develop emotional regulation skills. Improve relationships and communication. Enhance self-awareness and self-esteem. Process trauma in a safe and supportive environment.

**Suitable for:** 1:1, couples, families, small school or agency groups



**Herd Wisdom:** Join us for a life enriching escape, surrounded by nature's beauty and tranquility. Our supportive community and expert facilitators will guide you on a journey of personal growth and self-discovery.

**Suitable for:** half, full or multi-day retreats



**Herd Business:** Challenge. Grow. Thrive. Develop effective communication and collaboration skills. Enhance problem solving and adaptability in a dynamic environment. Foster trust, empathy and strong relationships.

**Suitable for:** half, full or multi-day retreats

**Mix and Match:** All half and full day programs can be adjusted to suit individual or group needs. Environmental art, journalling, drumming and bush walking to near by sites can be put into the mix for something different. **Give Katrina a call to design a unique experience for your group.**

