
**SALLY MORLEY BRINGS YOU
BLACKBEAUTY EQUINE ASSISTED LEARNING**



HORSE WISDOM PROGRAM



The Horse Wisdom Program was developed by Meg Kirby,
Founder of Equine Psychotherapy Institute

WHO

This program is particularly suited to children, but can also be used with children and adolescents, as well as being adapted for adults.

WHAT

The program offers unique experiential learning sessions interacting with horses with rich discoveries and learnings of self.

TIME

Sessions are one hour long and occur each week over the course of the program, allowing for new skills to be assimilated into daily life.

COURSE OVERVIEW

WEEK 1 & 2

- Learn how to regulate emotions & build a bank of resources to help with this.
- Build an awareness of self and others, including sensations & feelings, thoughts, & the environment.

WEEK 3 & 4

- Learn about boundaries for clear communication to others & personal safety.
- Learn about building healthy relationships.

WEEK 5 & 6

- Becoming aware of our thoughts and kind self talk.
- Focussing on feelings as being a natural process and why they are important.

WEEK 7 & 8

- Building skills to face life's challenges.
- Round up of the program and the skills discovered.

