



# **EQUINE ASSISTED PSYCHOTHERAPY STARTS JUNE 2023**

**Group & Private sessions available with our registered counsellor & equine assisted psychotherapist.**



**PORT MACQUARIE  
HORSE RIDING CENTRE**

**Servicing self-  
funded + self & plan  
managed NDIS  
participants**

**Therapeutic  
Supports**

**Professional mental  
health support  
involving  
experiences with  
horses**

**Outdoor counselling  
in nature**

**Adults & Children**

**PORT MACQUARIE HORSE  
RIDING CENTRE**

10 Winery Drive, Port  
Macquarie, NSW 2444

Register via:  
[portmacquariehorseriding.com.au](http://portmacquariehorseriding.com.au)

0405 311 217

# EQUINE ASSISTED PSYCHOTHERAPY

At Port Macquarie Horse Riding Centre

## **What is EAP?**

Equine-assisted psychotherapy is a form of therapy that incorporates horses. It is an experiential treatment in which participants partner with horses in mental health treatment. A licensed mental health therapist and an equine specialist collaborate to supervise and lead these sessions. Topics are varied and the sessions are tailored to the needs of the participant.

## **What is the difference between EAP and the community participation program "Horse Power"?**

EAP is a form of counselling and is delivered by a registered mental health professional and includes ground-based experiences with horses as part of the process. Funding for EAP is derived from the Therapeutic supports budget of an NDIS plan, or sessions can also be self-funded.

Our horse power program is delivered by horse riding coaches and is based on "community participation" outcomes. Our coaches create a program to meet the needs of you or your participant based on your community participation goals.

## **Can you participate in both programs?**

Yes! You can access both programs. They are vastly different, and both have numerous positive benefits.

## **When does EAP start?**

We have spaces for EAP opening from the end of June on Fridays.

## **What is the cost?**

One hour private sessions start from \$170

## **How do I register?**

Send in an Enquiry form via [www.portmacquariehorseriding.com.au](http://www.portmacquariehorseriding.com.au) and we can assist you from there.