



Horse Wisdom Program

The Horse Wisdom Program is an effective social and emotional skills building program, developed by the Equine Psychotherapy Institute. The full program consists of 7 x 90-minute sessions in small group settings of 4 – 6 people.

The program is suitable for a variety of age groups and can be tailored to specific participant needs as required. Through a series of experiences with horses, the Horse Wisdom Program focuses on 7 separate themes which will support participants in learning how to live with awareness in the present moment and respond to situations with choice and understanding.

The sessions are broken down into the following themes:

Session 1 – Awareness

Awareness is what keeps us safe and gives us choice to respond. Horses live in a state of awareness, always noticing what is happening in their environment. In session 1, participants learn to notice what is happening internally and externally, recognising thoughts, feelings, and sensations.

Session 2 – Boundaries

Boundaries are our 'yes' and our 'no'. What we like and what we do not like. Horses have very clear boundaries with herd members which they communicate through their body language. In session 2, participants explore setting healthy boundaries, spatial boundaries, touch boundaries and verbal boundaries.

Session 3 – Calm State

Horses can regulate themselves and get back to calm by using their outbreath, yawning, relaxing their bodies, being near friends, running and rolling. In this session, we learn about our nervous system and emotional regulation and how our brain and body work better when we are calm.

Session 4 – Thinking

The way we think about ourselves and others, impacts how we feel, how we hold our body and how we behave in relationships. Horses notice and respond to our thoughts and intentions through our body language and energy. Here we learn about the impact of our thoughts and explore offering ourselves supportive, accepting, and compassionate thinking.

Session 5 – Feelings

All feelings provide us with information! All feelings are important and welcome! Horses have feelings too, they feel it, express it, and let it go! This session focuses on understanding our feelings and emotions.

Session 6 – Relationships

Healthy relationships require trust, safety, listening, give and take and clear boundaries. Horses model healthy relationships with clear boundaries and authentic responses.

Session 7 – Facing Challenges

Sometimes life can be good and sometimes difficult – life can throw us challenges! This session reflects on all the skills learnt and developed throughout the program that we can use to manage challenging situations. Horses respond in the moment, they experience, express, and then return to grazing!

Throughout the year, Serenity Holistic Wellness offers the Horse Wisdom Program to specific groups, these dates will be advertised accordingly. The Horse Wisdom Program can also be delivered 1:1, with family groups, couples, siblings, small work teams and more. Please use the 'contact us' section for more information or to send your enquiry.

'If life is just one big series of experiences and experiments, then we cannot get it 'right' or 'wrong', we can only live and learn!'