

Funding Options and Referrals

Horses Healing Us sees privately funded clients, NDIS participants, Private Health Insurance funded clients, Welfare and Community funded organization clients.

Referrals

Anyone can make a referral to **Horses Healing Us** without a letter of referral from a GP or medical professional.

Private Clients

We welcome private client to **Horses Healing Us** and we have credit card / debit card processing facilities for their convenience.

Private Health Insurance

Some private health insurance funds allow clients to claim “counselling sessions” under their policies, check with insurance fund to double check.

Each session needs to be paid in full at the end of each session and you can claim back from health funds afterwards.

NDIS Participant Reporting

Horses Healing Us has many NDIS participants and we are able to provide information on the progress of each participant on their own journeys for reporting purposes, such as NDIS plan reviews, care team meetings and case management.

Welfare and Community Funded Organizations

Similarly **Horses Healing Us** has many clients funded by welfare and community based organizations. We can provide information on the progress of funded clients for reporting purposes, such as care team meetings and case management. If you are being supported by them, reach out and ask if they can assist you further



Other Credentials

Professional Associations

Counsellor and psychotherapist, Andrew Reay, leads the clinical aspects of Horses Healing Us. Andrew is a Level 4 Member of the Australian Counselling Association (ACA) and a clinical member of the Psychotherapy and Counselling Federation of Australia (PACFA).

Andrew has a Masters Degree in Counselling from Monash University, a long with 17 years clinical experience in private practice and as a consultant to other Equine Assisted Psychotherapy organizations in metropolitan Melbourne.



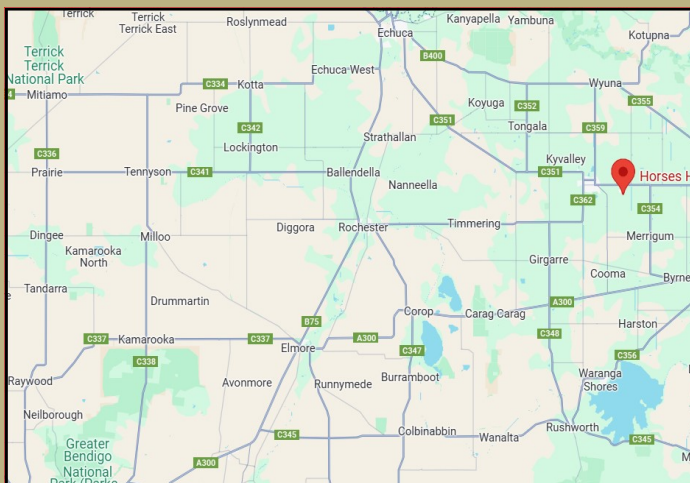
Psychotherapy and Counselling
Federation of Australia

ACA

AUSTRALIAN
COUNSELLING
ASSOCIATION

Location

Horses Healing Us operates from a rural setting 5 kms east of the Kyabram township, 30 minutes from Shepparton / Echuca and 70 minutes from Bendigo.



Contact Us

Call us to find out how we can help you:

Andrew: 0411 576 676 Wendy: 0421 303 249

Email: admin@horseshealingus.com.au



**Equine Assisted
Learning and Equine
Assisted Therapy
located in Kyabram.**

Welcome to Horses Healing Us



At **Horses Healing Us** we believe that healing is possible for everyone.

If you're grappling with anxiety, depression, grief or the effects of trauma, our **Equine Assisted Learning** and **Equine Assisted Psychotherapy** programs provide compassionate pathways to wellbeing wholeness and hope.

Join us to experience the natural, non-invasive benefits of our therapy and embark on a transformative journey toward positive change in your life.

We understand that facing your inner struggles can be daunting, which is why we offer a holistic biopsychosocial approach that nurtures your body, soul and spirit.

Clients and participants do not need any horse experience to benefit from this type of therapeutic work.

At Horses Healing Us we will help you to gain insights into how horses think, act and behave and how this has a positive effect on your thinking, actions and behaviours, so our clients and participants can be safe when interacting with our horses.



What is Equine Assisted Learning and Equine Assisted Psychotherapy?

Equine Assisted Learning and **Equine Assisted Psychotherapy** can help clients and participants with psychological, social and physical concerns, however it is most commonly used for supporting people with mental health challenges such as:

- Low confidence and poor self esteem
- Attention deficit hyperactivity disorder
- Autism spectrum disorder
- Post traumatic stress disorder
- Mood disorders
- Traumatic experiences
- Anxiety, worry and stress
- Grief, loss and depression
- Domestic or family violence recovery
- Redefining life after narcissistic relationships

Along with people who are looking to develop greater self-awareness tools for:

- Day to day stressful living
- General emotional regulation and build resilience
- Improved feelings of well-being



Your Safety Is Our Priority

Please be assured that your psychological and physical safety are our highest priority at each and every session you attended. All clients and participants are provided with short safety briefing at the start of every Equine Assisted Learning and Equine Assisted Psychotherapy session.

Children and other vulnerable participants are provided with appropriate safety equipment, safety vest and safety head protection.

All horses are carefully selected for their personality, temperament and behaviours to ensure clients and participants are kept safe.

Our Programs

Horses Healing Us Equine Assisted Learning and Equine Assisted Psychotherapy Programs are tailored to meet the particular needs of the individual client / participant.

Each of us is unique in our own way and we aim to bring together a program to meet your specific goals and circumstances.

Our therapeutic approach embraces traditional counselling concepts

We embrace a **Person Centred stance** where we acknowledge that clients / participants have all the skills and talents they need to survive and thrive within themselves. We also embrace a humanistic approach to psychotherapy via **Gestalt Therapy** that emphasizes the present moment and the interconnectedness of thoughts, feelings and behaviours.

We amplify our clients / participants **identified strengths** and provide clients an opportunity to re-author their life stories to overcome challenges and achieve personal growth.

And of course we work with all the magnificent qualities that our horses bring to the therapeutic space: horses have an amazing capacity to help humans in a way that no other animals can match.



Meet Yogi

This is Yogi,. He's a Shetland pony crossed with a miniature horse. He is the most adorable soul with loads of personality.

With his magnificent blonde mane, he has been the little champion here at **Horses Healing Us** for the past two years.

Yogis' waiting to meet you.

