



# Equine Assisted Learning and Therapy in the heart of the Goulburn Valley, North Central Victoria

Welcome to **Horses Healing Us**, where 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 Therapy** programs provide a compassionate pathway 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.

Do I need horse experience to participate? No, not at all. We will teach you how horses think, and how you can be safe when interacting with our horses.



## What is Equine Assisted Learning and Therapy?

**Equine Assisted Learning and Therapy** can help with a range of presenting issues: psychological, social and physical, however it is most commonly used for supporting people with mental health presentations, such as:



- Confidence and self esteem
- Attention deficit hyperactivity disorder
- Autism spectrum disorder
- Post traumatic stress disorder
- Mood disorders
- Traumatic experiences
- Anxiety and depression
- Domestic or family violence recovery
- Redefining life after exposure to narcissistic relationships

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

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



### Contact Us

Call us to find out how we can help you:  
Andrew's mobile: **0411 576 676**  
Wendy's mobile: **0421 303 249**  
Email: [admin@horseshealingus.com.au](mailto:admin@horseshealingus.com.au)

### Funding Options

**Horses Healing Us** sees privately funded clients, NDIS participants, Private Health Insurance funded clients, welfare and community funded organization clients.

### Location

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

### Professional Associations

Level 4 Member Australian Counselling Association (ACA)  
Clinical Member of Psychotherapy and Counselling Federation of Australia (PACFA)

