



# Empowering Equine

helping horses to help people

## Who we are, and what we do?

We are a community interest company (CIC) that offers an alternative, specialist animal based provision that provides Equine Facilitated Learning (EFL) therapy for young people who may be struggling to cope in school. We specialise in working with young people who may have social, emotional or mental health needs, who may be cared for or adopted, who have suffered from trauma or attachment issues with or without challenging behaviour. We also can work alongside other therapists in order to create the most bespoke and beneficial experience for the young person.



## How does Equine Facilitated Learning work?

We would use therapeutic exercises with horses combined with body based awareness to help young people learn emotional regulation by helping to prevent dysregulation, recognising and reducing triggers, and we use specific techniques to help them re-regulate. We then help them to transfer these techniques along with developing social skills to 'real life' environments, such as school and home.

We also teach horse care and psychology using force free, consent based methods.

We can also help young people look at potential future careers with horses and other animals. We can offer advice regarding potential pathways to qualifications, including Gateway qualifications and discuss how they may access further training.

## Equine Facilitated Learning sessions and therapeutic alternative provision

We provide Equine Facilitated Learning sessions for young people aged 5-18 and therapeutic alternative provision for young people aged 11-18. We are very flexible and would be happy to discuss a bespoke approach to ensure the best possible outcomes for your child/young person.



### How do I find out more?

Contact Sarah Birrane. Sarah is a Senior Equine Facilitated Learning practitioner at Empowering Equine. She is EFL qualified and registered with LEAP equine ([www.leapequine.com](http://www.leapequine.com)).

Sarah would love to chat over the phone or meet you in person so that you can discuss specific needs and she can share exactly what Empowering Equine has to offer.



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