



Equi→Tribe

Equine Assisted Learning &

What is Equine Assisted Learning (EAL)?

EAL is an engaging and innovative experience with horses.

EAL is experiential learning, this means it is 'hands-on' and tailored to meet the goals of the client. Clients develop new insight and learn new skills that enhance their social and emotional wellbeing to create positive change.

Equine Assisted Learning provides unique opportunities for the client to expand their self-awareness, identify negative feelings, and face challenges. Equine Assisted Therapy can be a powerful and magical way to support clients, including children and adolescents, in multiple social, emotional, physical, cognitive, and behavioural domains. EAL is trauma informed and aims to keep clients feeling safe at all times.

EAL is a fast-growing modality across Australia and internationally, with a growing recognition and integration of EAL in traditional mental health fields.

Who is Equi-Tribe EAL & Counselling for?

- ➔ Children and older people
- ➔ NDIS participants
- ➔ Neurologically diverse clients
- ➔ Clients with ASD/ADHA

EAL is for people who are seeking:

- ➔ Positive mental health and wellbeing
- ➔ Personal development
- ➔ Leadership skills
- ➔ Resilience against adversity
- ➔ Social & emotional skills
- ➔ Connection with horses and nature

EAL is for people experiencing:

- ➔ Trauma
- ➔ Loss
- ➔ Anxiety
- ➔ Depression
- ➔ Other life challenges



What happens in an EAL session?

In EAL, clients are offered 'safe' (physically and emotionally) experiences with horses for the purpose of exploring self-experience in relationship, building self-awareness, building awareness of patterns or habits that are no longer serving clients well, developing social and emotional skills, and addressing learning goals clients have identified.

What does this look like?

- ➔ Observation of horses
- ➔ Meeting with horses at liberty
- ➔ Handling & grooming
- ➔ Leading
- ➔ Obstacles & structured exercises
- ➔ Other creative activities with horses

What are some of the benefits of EAL?

- ➔ Improved social skills
- ➔ Empathy and relationship skills
- ➔ Distress tolerance
- ➔ Confidence and self esteem
- ➔ Reducing stress
- ➔ Boundary setting
- ➔ Promoting movement and activity
- ➔ Meaningful connection
- ➔ Proven scientific benefits of mindfulness
- ➔ Increased attention
- ➔ Problem solving
- ➔ Connection with nature



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About Equi-Tribe:

Equi-Tribe was started by Sarah Stares in 2020. Sarah is a passionate horse and animal lover who seeks to bring humans and animals together for health and healing. Sarah is an anthropologist specialising in Human-Animal Relationships, she is a secondary teacher and certified Equine Assisted Learning Practitioner.

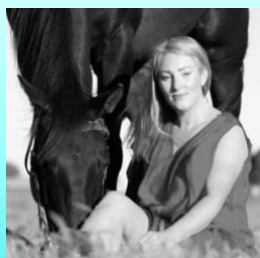
Why Horses?

Horses are beautiful, intelligent, sensitive and strong beings who can evoke strong feelings in clients or engage clients in the learning process.

Horses respond to each person in a unique and authentic way which provides feedback to the client about themselves and their relationship styles which builds self-awareness, promotes congruency of mind/thoughts/feeling and body feelings/actions; it also provides the client an opportunity to experiment with different ways of approaching relationships.

Horses are naturally grounded, present, aware of others, their environment and themselves. Horses are authentic and honest in their communication and contact styles, providing a mirror for healthy relationships. Clients can benefit from some understanding of horse behaviour through psycho-education learning as it supports them to learn from the way horses respond to their environment and experiences.

The natural environment can also contribute positively to learning outcomes for clients.



BA (hons) Arts Anthropology- Deakin University
Cert IV Animal Technology- Victoria University
Grad Cert Applied Learning- Deakin University
EAL practitioner- Equine Psychotherapy Institute
Grad Cert Mental Health- La Trobe University
Working with Children's Check
Fully insured