



Horse Wisdom Program[®]

Learning Areas

- The Calm State
- Mindfulness & Noticing
- Personal Space
- Safe Relationships
- Feelings as Social Mammals
- Kind thoughts
- Managing Challenge

The Horse Wisdom Program is a structured, social-emotional learning program that can be adapted to different clients, as an individual, group and specialist program.

This program supports client skill-building, including managing stress, emotional regulation, empathy, social skills, boundary setting and more.

The Horse Wisdom Program is the Intellectual Property of The Equine Psychotherapy Institute and can only be facilitated by trained and certified EPI Practitioners.

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