

EQUINE-ASSISTED OCCUPATIONAL THERAPY



Building skills, confidence and connection alongside horses

WHAT IS EQUINE-ASSISTED OT?

Equine-Assisted Occupational Therapy incorporates interaction with horses into Occupational Therapy sessions where appropriate for your individual goals.

The horse and surrounding environment can provide opportunities to explore and practise skills in a practical, engaging and meaningful way.

WHAT CAN EQUINE-ASSISTED OT SUPPORT?

Sessions may work towards goals relating to:

- Emotional regulation
- Confidence and self-esteem
- Communication
- Relationships and connection
- Body awareness
- Sensory processing
- Planning and problem-solving
- Boundaries
- Mindfulness
- Participation and engagement

WHAT MIGHT A SESSION INVOLVE?

Depending on your goals, abilities and comfort level, sessions may involve observing horses, grooming, leading, groundwork or interacting with the horse and surrounding environment.

*** Horse riding is not required.

WHY HORSES?

Horses respond to movement, behaviour and their environment in the moment. Working alongside them can create opportunities to practise awareness, communication, regulation and connection in a different environment from traditional clinic-based therapy.

Activities are individually assessed and adapted according to your needs, goals and safety.

IS THIS SERVICE RIGHT FOR YOU?

Equine-Assisted OT may be suitable if working in an outdoor, experiential environment could support your Occupational Therapy goals.

Beth can discuss your needs, preferences, abilities and goals with you to determine whether Equine-Assisted OT may be appropriate.

Ready to Make a Referral?

SCAN TO REFER

