



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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