

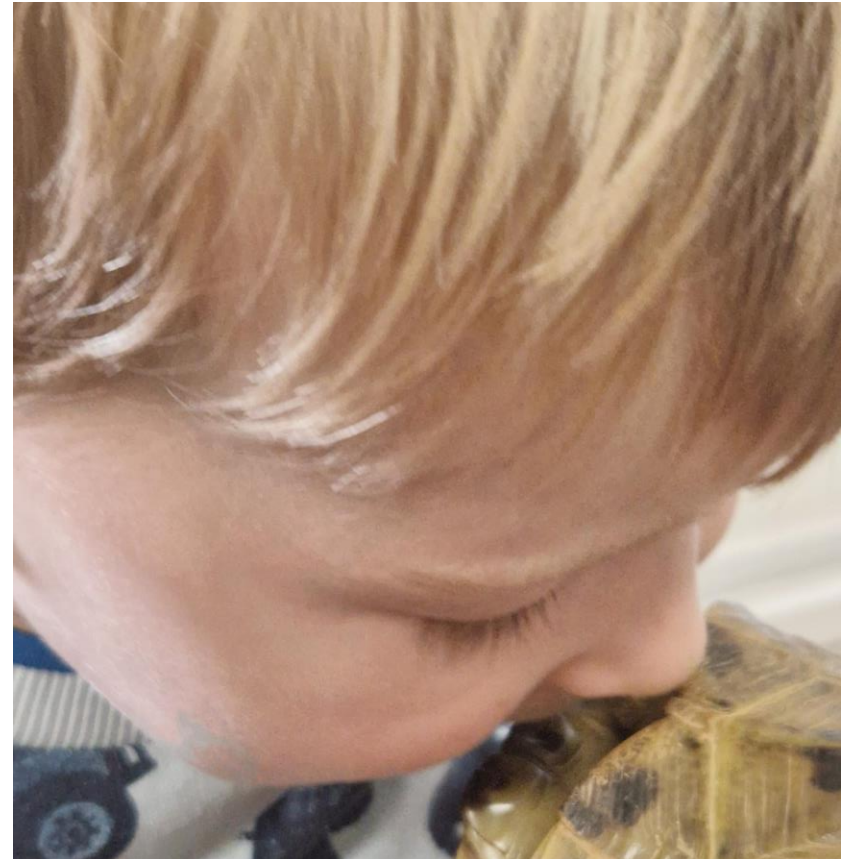
A person wearing a dark blue jacket and a black riding helmet is shown in profile, hugging a white horse. The horse is wearing a black halter and is standing in a field. In the background, there is a wooden fence with a white sign that has a black letter 'A' on it. The sky is a mix of orange, yellow, and blue, suggesting a sunset or sunrise. The overall scene is peaceful and therapeutic.

WILDLING ADVENTURES

ANIMAL ASSISTED THERAPY

WHO WE ARE AND WHAT WE OFFER

- We are a family run business, who are passionate about supporting children and families through the magic of animal assisted therapy.
- Offering community sessions, schools, out of school clubs, SEN schools, rehabilitation units and one to one sessions.
- We work alongside Wakefield Council and the NHS.
- Every session is bespoke and catered to the needs of the client
- We work with a variety of needs including ASD, ADHD, PTSD, PDA, anxiety, depression, learning difficulties and childhood trauma.



HOW IT WORKS

- Interacting with animals has been proven to decrease levels of cortisol (one of the major stress hormones), and lower blood pressure.
- This in turn helps boost mood and has a positive impact on well – being.
- Helping reduce loneliness and give us a feeling of belonging.
- Positive interaction with animals aids children's development, from understanding how to care for others, developing empathy and relating to prey animals fight or flight.



THE HISTORY OF HUMAN AND ANIMAL CONNECTION

- Edward O' Wilson, (biologist). Stated in his hypothesis that our attachments for animals stems from our ancient prehistoric ancestors reliance on animals for survival. Wilson points out that our ancestors relied on signals from animals that indicated environmental conditions to whether they were safe or threatening.
- When we see animals in a restful peaceful state we feel a reciprocated sense of safety, security and well-being.
- Relying on animals in prehistoric times saw us bond with both prey and predator animals, for example horses. Horses are alert and stay in herds for protection. They sense when there is danger and will give signals to humans to let them know, we are not safe here.
- Predator animals, the domesticated dog. Dogs are territorial by nature and naturally guard their 'pack'



ADVANTAGES OF ANIMAL ASSISTED THERAPY

- It is an organic natural process. When we access other types of therapy they can be very clinical and formal. Working with animals is relaxed process. Which aids peoples anxiety from the start.
- Animals naturally reduce our stress levels, and by providing motivation, stimulation and focus. It distracts the brain and can help reduce barriers, enabling me to chat to them about how they are getting on.
- This in turn aids helping with social issues and communication.
- Attachment. John Bowlby stated in his attachment theory that babies are born with the innate drive to form attachment to their caregivers. Yet, not all needs are met and some families struggle with attachment issues, animals really come into play here as, animals are easy for people to form an attachment with. Skills such a care giving for the animals, empathy skills, listening to the animals needs all improve the skills of an individual, which may have missed some crucial parts of Maslow's Heirarchy of needs. These skills are then implemented into everyday life.

A fluffy yellow duckling with a large, colorful beak is standing on a wooden deck. The duckling is facing forward, and its shadow is cast on the wooden planks to its left. The image is partially obscured by a white curved shape on the right side of the slide.

DISADVANTAGES

- Time
- Allergies
- Animal and Child Safety
- A fear of animals
- Cultural differences

OTHER SERVICES

- Support for parents with EHCP's and My Support Plans for their children.
- Ensuring they know their rights and their child's rights within education and access to support
- We attend meetings with families within schools in regard to SEN need or behavioural issues, helping to ensure that school are playing their part for support.
- Helping with forms and emails, for benefits or funds the family are entitled too.



OUR FUTURE PLANS

- We are unique, the service we offer goes to our clients homes. Which helps the families when their child has severe anxiety and does not like leaving home. This will continue just as it is.
- Community sessions, these are crucial to the communities we work within, offering them a feeling of belonging, acceptance and support. Our plan is grow these reaching out to more communities.
- Wildling in the Woods. This is a take on forest schooling, we are hoping in the near future to have an outdoors space. This will give us scope for schools (both SEN and mainstream) to come and visit us. Where we can combine both animals and the great outdoors.



CONTACT DETAILS

- www.wildlingadventures.co.uk
- Find us on Facebook and Instagram
- Call us on 07943765395

