



amelia read
PSYCHOLOGY

4-week Equine Therapy

NDIS Group Program



Learning outcomes

Calmness in connection

Equine Therapy aims to reach the Ventral Vagal complex which is responsible for our feelings of safety. Engaging with therapy horses, therapy dogs, and the natural world can stimulate feelings of safety in participants. In addition to emotional benefits, equine therapy can also facilitate openness to physical healing. Activities such as grooming the horses can improve motor skills, balance, and coordination.

Ontological coaching

Our Equine Therapy Coach, Janice, employs ontological coaching to complement the individual experience of each participant. This method includes the following:

- Language generates realities: “What story am I telling myself”
- Moods and emotions preposition action – either positive or destructive.
- The body tells the story we hold in our nervous system.

Mindful in the present

By incorporating the natural world into therapy, participants are invited to engage in mindful practices that promote well-being. The sights, sounds, and smells of nature can ground individuals in the present moment, fostering a sense of peace and relaxation. Nature-based therapy often encourages exploration, allowing participants to reconnect with their innate sense of wonder.

NDIS GOALS

Increased Social & Community Participation

Funding to pay for tuition fees, art classes, sports coaching, camps, and other activities that build skills and independence. Activity-based transport is also included.

Improved Relationships

Funding to pay for someone to help you build your social skills or behavioural therapy services.

Improved Health & Wellbeing

Funding to pay for a personal trainer, exercise physiologist, natural therapy specialist, or dietitian.

Improved Learning

Funding for a support worker to provide advice on further education, support you with applications to further education organisations, support you at orientation events, or assist you to participate in further education.

Please contact your Support Coordinator or Plan Manager for further information regarding your available funding options.

Animal- assisted experiential therapy



Experience the power of equine therapy during our 4-week equine therapy program in partnership with our friends at Healing Hooves, Nerang.

Facilitated and designed by accredited equine therapy coach, Janice. These therapeutic sessions centred around targeted facilitation – evidence based learning theory complimented by experiential learning activities including horses, dogs, nature, biofeedback technology and complimentary care. In particular, equine-assisted therapy programs can help people improve self-esteem, self-awareness, confidence, communication skills, emotional regulation, trust, and empathy. Group sizes are small and include other like-minded children, to provide a supportive social setting for personal development.

Who has designed this program?



Janice Burt
Program Coach

With over 15 years experience, Janice and her Four Corners Coaching team help participants to reset and refocus; achieving optimal wellbeing. Janice's authenticity, professionalism and unwavering positivity is infectious. Participants report feeling inspired, focused and empowered to take action toward their dreams and goals. As an Equine Certified Equine Specialist, Janice also partners with local equine rescue charities - rehabilitating abandoned/surrendered horses. Offering these beautiful animals a new life in equine-assisted therapy programs.

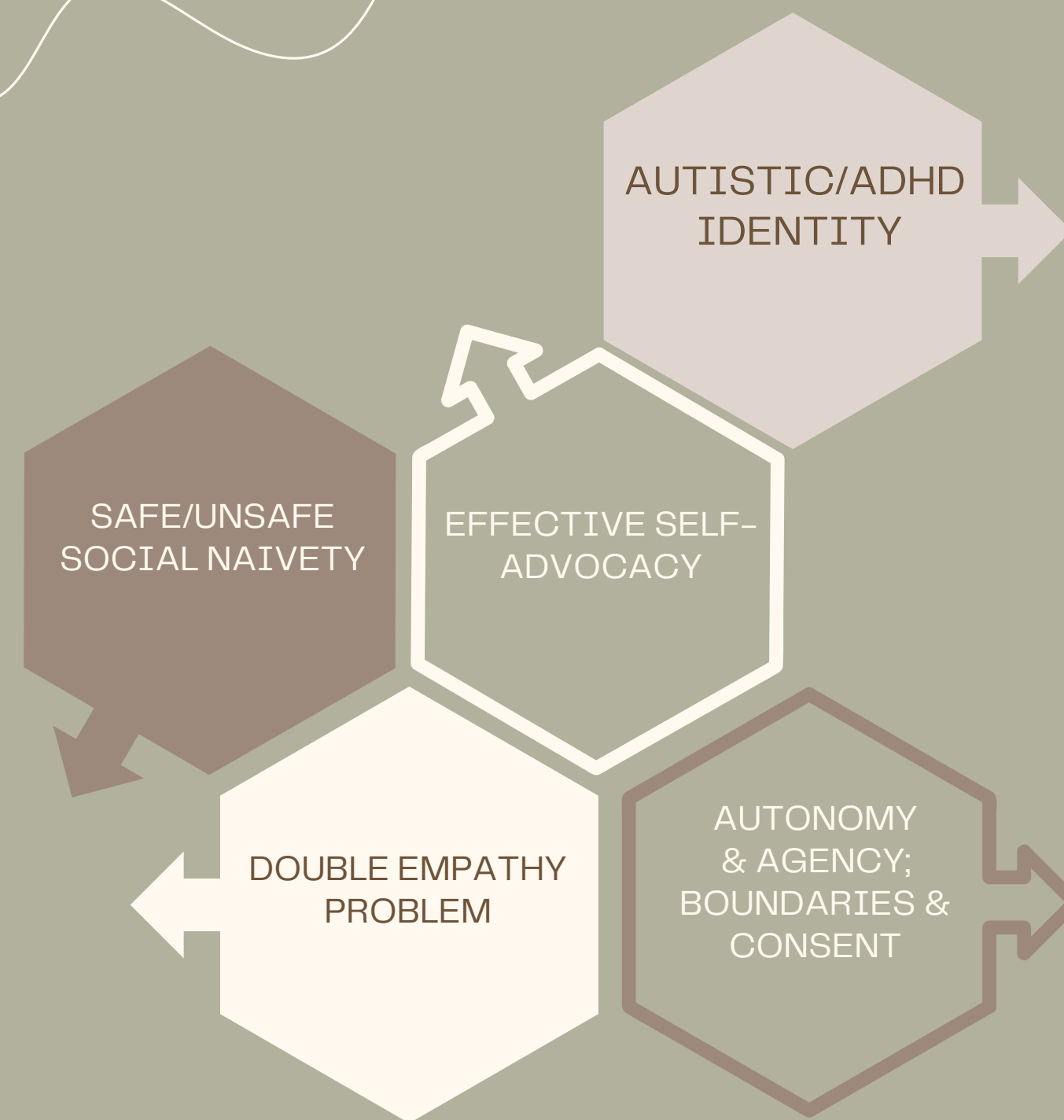


Amelia Read

As a neurodiverse Clinical Psychologist, Amelia's approach is not only evidence based but shaped by her own lived experience of neurodiversity. Diagnosed with ADHD and autism herself, she understands firsthand the unique perspectives and challenges of neurodiversity. It is this personal understanding that has fuelled her mission to champion and empower the neurodiverse community through compassionate care and advocacy.

What is Equine-assisted learning?

Equine-assisted learning is a skill-building method where people work with horses to achieve particular personal goals. A client will work with a facilitator who makes a lesson plan based on what the person wants. The facilitator will guide a participant through lessons in horse care and mindfully observing horse behaviour. They'll link how horses behave back to lessons on how humans behave. Equine- and animal-assisted learning helps to build communication skills, emotional regulation, and trust.



Total Cost: \$1499.40

*A 6 hour educational workshop with a Natural Therapies Specialist and ARP Support Worker focused on building confidence and capacity to advocate and support a child's neurodiverse needs.

This price does not include:

*Transport/travel costs to and from the sessions. Please contact your Support Worker to organise transport.

Billing

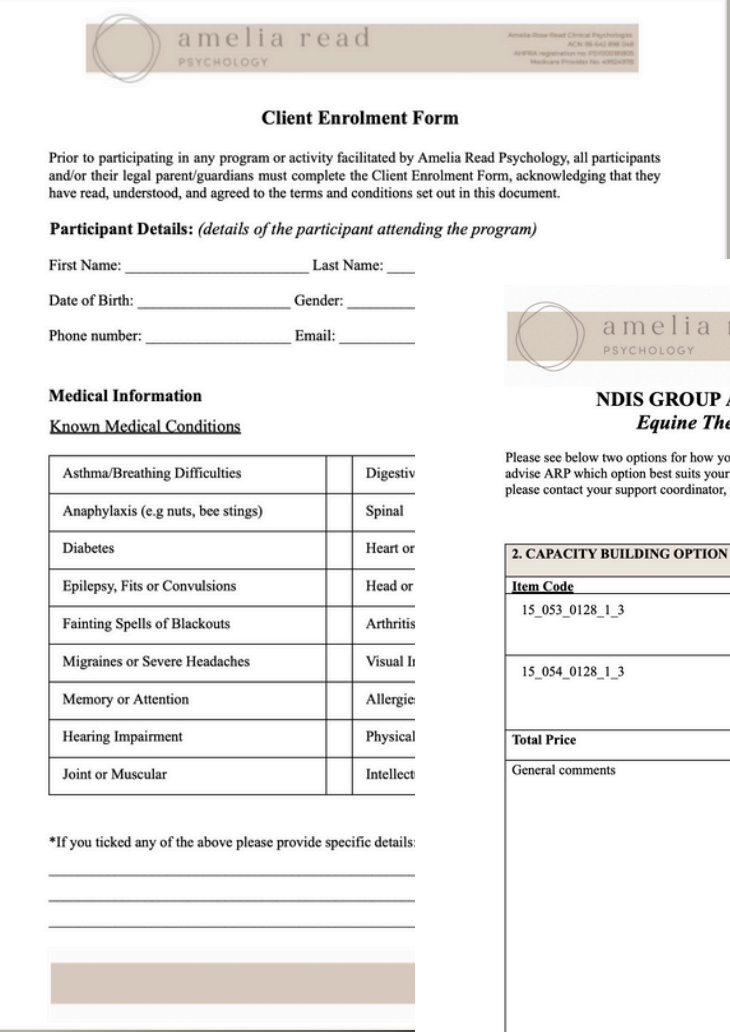
After registration, you will be required to fill out our Group Intake Forms where you will have the opportunity to select your billing method for the group program. You can choose between Core and Capacity funding, or you can select "paying privately" if you plan to claim a medicare rebate for your participation in the program.

Cancellation Policy

* Cancellation within 3 days of the program will be charged in full.

* Prices are subject to change based on participant numbers.

Price guides & enrolment forms



Client Enrolment Form

Prior to participating in any program or activity facilitated by Amelia Read Psychology, all participants and/or their legal parent/guardians must complete the Client Enrolment Form, acknowledging that they have read, understood, and agreed to the terms and conditions set out in this document.

Participant Details: (details of the participant attending the program)

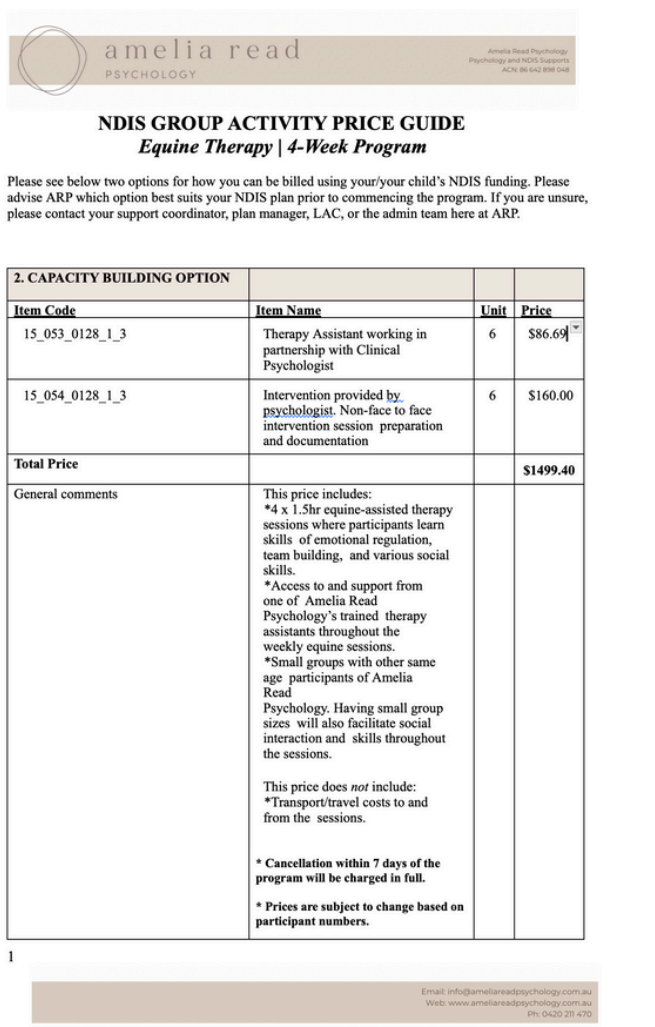
First Name: _____ Last Name: _____
 Date of Birth: _____ Gender: _____
 Phone number: _____ Email: _____

Medical Information

Known Medical Conditions

Asthma/Breathing Difficulties	Digestiv
Anaphylaxis (e.g nuts, bee stings)	Spinal
Diabetes	Heart or
Epilepsy, Fits or Convulsions	Head or
Fainting Spells of Blackouts	Arthritis
Migraines or Severe Headaches	Visual I
Memory or Attention	Allergie
Hearing Impairment	Physical
Joint or Muscular	Intellect

*If you ticked any of the above please provide specific details:



NDIS GROUP ACTIVITY PRICE GUIDE
Equine Therapy | 4-Week Program

Please see below two options for how you can be billed using your/your child's NDIS funding. Please advise ARP which option best suits your NDIS plan prior to commencing the program. If you are unsure, please contact your support coordinator, plan manager, LAC, or the admin team here at ARP.

2. CAPACITY BUILDING OPTION			
Item Code	Item Name	Unit	Price
15_053_0128_1_3	Therapy Assistant working in partnership with Clinical Psychologist	6	\$86.69
15_054_0128_1_3	Intervention provided by psychologist. Non-face to face intervention session preparation and documentation	6	\$160.00
Total Price			\$1499.40

General comments

This price includes:
 *4 x 1.5hr equine-assisted therapy sessions where participants learn skills of emotional regulation, team building, and various social skills.
 *Access to and support from one of Amelia Read Psychology's trained therapy assistants throughout the weekly equine sessions.
 *Small groups with other same age participants of Amelia Read Psychology. Having small group sizes will also facilitate social interaction and skills throughout the sessions.

This price does *not* include:
 *Transport/travel costs to and from the sessions.

* Cancellation within 7 days of the program will be charged in full.
 * Prices are subject to change based on participant numbers.



Frequently asked questions 1/2

Can I charge this program to my child's NDIS funding?

Yes! Please see the NDIS Goals page for an overview of what areas of funding cover this group program. If you have any further questions regarding your child's NDIS plan and/or what funding option would be best for you – please contact your Plan Manager.

Will there be a psychologist present?

Whilst this program is overseen by a psychologist – a psychologist will not be present during the sessions. The program coach and Natural Therapies Specialist, Janice, will be facilitating this program along with one of our trained Support Workers. Depending on the group size, an additional therapy assistant will also be present to provide additional support.

When will I be billed for this program?

The invoice for this program will be sent at the end of the program. If you require an alternative billing cycle, then please make sure to communicate this during the registration process.

Where will this program be hosted?

Healing Hooves, Nerang
231 Beaudesert Nerang Rd
Nerang QLD 4211

How many people will be in the program?

We limit this program to a maximum of six participants and a minimum of four. This is to ensure that the group also has the opportunity to connect with other kids in similar situations.



Frequently asked questions 2/2

Who is this program designed for?

This program is for anyone with a general curiosity in animals. We regularly hold a 4-week program for kids aged 7-12 years old (all genders). And 4-week programs for adults when enough expressions of interests have been received. We are always open to discuss other age groups, however.

What physical reactions should I be aware of?

As animal-assisted therapy targets the nervous system, participants with adverse conditions may experience changes in their

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*“It takes a village to
raise a child. It takes a
child with autism to
raise the consciousness
of the village.”*

~ Elaine Hall



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