



## Wedgetail Transpersonal Art & Equine Therapy Centre

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Hello,

We are excited to welcome you to Wedgetail Therapy. This Welcome Pack contains important documentation to complete before your first session. Kindly complete the attached forms (or have a carer or guardian complete them) and [return via email](#) before your session. All information provided is confidential. Please let us know any specific requirements, concerns or questions you have.

We are also including some easy tips to prepare for your first session as below. We look forward to meeting you.

### **Things to know before you arrive:**

- Boots – Closed toe sturdy shoes are necessary.
- Clothing – Please wear clothing that you don't mind getting dirty. Come prepared for changes in the weather. We provide sessions undercover but in cooler weather, warm jackets are necessary. Please be prepared with sun hat and sun protection in warmer months. Our arena is undercover but we may move about the property also.
- Toilets – we have a portaloos style toilet onsite.
- Parking – is available and well signed off main driveway. There is no cost.
- Water is provided.
- Sessions will be 50 mins in duration.
- Cancellations require 48 hours' notice.

Please complete and return the attached documentation at your earliest convenience. It will assist us in planning your sessions and ensuring our facilities are accessible and welcoming for you. Including:

- Client Contact Sheet
- NDIS Service Agreement
- Medical History Summary
- Waiver

### **Getting to Wedgetail Therapy**

Our address is 205 Parkinsons Rd, Launching Place. Detailed instructions are available on [our website](#). Link to google [maps here](#).

### **A little about our approach**

Equine Facilitated Learning and Art Therapy is an interaction between horse and people designed to promote experiential learning. Contemporary clinical research shows that close proximity to horses can change human brain wave patterns suggesting that humans can be transformed in a very positive way when in the presence of horses.

Our Equine and Art therapy program embraces all learning styles and can be adapted to suit the unique skills and insights of individuals. It helps people identify and build on their strengths in a supported and nature-based environment and can provide a range of benefits including emotional regulation, empathy, awareness of energy, boundaries, active listening, body-mind integration, balance, core strength, confidence, communication skills, and behavioural regulation and general fitness. This type of horse interaction is regarded worldwide for its parallels with mindfulness practices.

Art and Equine therapy can also be an important integration tool as it has particular relevance for those who may be experiencing learning difficulties, have social and emotional challenges and/or challenging behaviours. An interaction with a horse is highly relational, which is advantageous for those who are non-verbal and who may experience some social isolation due to communication challenges.

Wedgetail Therapy has been in operation for more than ten years and is highly regarded within the Yarra Valley and therapeutic community. We see every day how Art and Equine Therapy provides valuable life lessons that can help in most areas of life – just being with horses is proven to reduce stress and anxiety.

We look forward to welcoming you soon.

Kind regards,



Kim Wren and the therapeutic team  
Wedgetail Therapy