
SUPPORTING PEOPLE WITH ANXIETY, DEPRESSION AND TRAUMA RELATED BARRIERS



One in Three people in Australia today are impacted by anxiety, depression and/or trauma related barriers.

Equine Learning Experiences Australia has had continued success since our inception with supporting people who are stuck and unable to move forward in their lives due to mental health barriers.

Working with clients to build upon their Inner balance and resilience so as they are more able to cope with the day to day pressures of life is our focus.

Masterful at reading a persons inner world, the horses are able to give instant feedback giving insights' into the unconscious thought patterns that drive behaviour and encourage a greater level of awareness, flexibility and resourcefulness from clients.

Through their highly developed right (creative) brain the horses are able to offer a much more left brain balance when interacting with them. This shift helps people to move from a very logic based focus to

one that honours our instinctive and emotional side.

Sessions are experiential which makes it memorable and creates instant shifts. Out in nature with the horses participants are positively encouraged to listen to themselves at a deeper level and trust their inner guidance.

In a safe environment you get to stretch your boundaries where it's ok to make mistakes. You get non-judgemental feedback on hoe your shoeing up in the world from the horses and the reward is personal development, growth and resilience which can be taken from the arena into our day to day lives.

If you have or you are supporting someone who is feeling stuck and overwhelmed in life, then this innovative platform of therapy may be the answer to moving forward again.



To learn more , please contact

Emily McVeigh via email at :

emily@elea.com.au

Mobile 0415 991115

Website www.elea.com.au