

Introduction Equine Therapy

EqCetera Inc



[Download App.](#)

**&
Veterans**



Horses were first used in therapy as early as ancient Greece. Around 400 BCE, the famous physician Hippocrates wrote about the therapeutic benefits of horseback riding, describing how it could improve a person's health and emotional well-being.

In more modern times, equine therapy gained recognition in the 1950s and 1960s. A Danish dressage rider named Lis Hartel, who had polio and was partially paralysed, used horseback riding to improve her strength and coordination. Her success in competitive riding inspired the medical community to explore horseback riding as a form of therapy.

Since then, equine-assisted therapy has grown into many different forms, including:

- Hippotherapy (used by physiotherapists, occupational therapists and speech therapists to improve core strength, movement, coordination and balance).
- Equine-assisted psychotherapy (helping people with emotional regulation and mental health challenges).
- Therapeutic adaptive ground handling skills and horse riding (building confidence and skills in people with impairments and disabilities).

Today, equine therapy is widely used to help people with physical disabilities, PTSD, autism, ADHD and many other conditions, proving that the bond between humans and horses can be healing in many ways.



About EqCetera Inc.

Eq Cetera Inc., located in Darling Downs, Western Australia, offers Adaptive Horse Riding, Equine Assisted Learning, and Hippotherapy services. With a herd of 12 horses/ponies, we are proud members of AHAI International and affiliated with the Australian Pony Club as a Pony Club Member Centre.

The bond between humans and horses enhances physical and emotional health, nurturing skills and overall well-being. Horses contribute to improved muscle tone, balance, posture, mobility, coordination, and motor function. They also promote living in the present moment and fostering teamwork despite individual differences.

Learn more about the benefits of Adaptive Horse Riding and how it can positively impact physical and emotional wellness. In 2024, EqCetera introduced Horses Helping Humans to Western Australia. This multi-award-winning program combines "horse whispering" with "people whispering," bringing transformative change that has positively impacted countless lives.

Visit Us on our websites:

<https://EqCetera.org>

<https://EqCeteraHorsesHelpingHumans.com>



PROUDLY SUPPORTED BY
telethon 7

Program Outline
10:00 AM – 1:00 PM
Each session will include:

All participants:

- Welcome presentation, Orientation & Safety Briefing, Housekeeping and Evacuation – Muster Points (**closed toe shoes are a MUST on the day**)
- Meet & Greet with EqCetera staff 3 Facilitators +1 Assistant/Groom and 5 Horses – (4 are Australian Walers – Australia's world-renowned War Horse).

Participants divide into two groups (3–4 persons per group)

Group 1: Stable Veranda / Working Arena

- Explain the Horseman's handshake
- Hands-on getting to know horses, how to approach a horse safely
- Grooming demonstration followed by the opportunity to grooming a horse (including picking out hooves)
- Typical infrastructure, equipment & tack used (demonstration of its fitting and explain purpose of use in therapy)
- Demonstration on how to safely lead a horses followed by all participants may lead a horse through a simple obstacle course
- Simulated Therapy Session – (a demonstration of a horse working in long reins and explanation of why the approach is a preferred method)

Group 2: Round Yard / Equine Playground

- Demonstration of working a horse in a round yard at walk, trot, and canter (talk about the use of Pressure – Release and the concept of Natural Horsemanship in training and working with horses)
- Participants can go Hands-on in the Round Yard with supervision (Communication, Trust, Respect exercises) – working towards "Join-up" (Monty Roberts style)
- Equine Playground – Walk-through with a horse (talk about the use of desensitisation and habituation in training and working with horses – explain each element of the Playground and it's use in training and preparing of therapy horses)

Refreshments, toilet break, and group change over 20 minutes



Meet the Clayton's

Moving-On

Group 2: Stable veranda / working arena

- Explain the Horseman's handshake
- Hands-on getting to know horses, how to approach a horse safely
- Grooming demonstration followed by the opportunity to grooming a horse (including picking out hooves)
- Typical infrastructure, equipment & tack used (demonstration of its fitting and explain purpose of use in therapy)
- Demonstration on how to safely lead a horses followed by all participants may lead a horse through a simple obstacle course
- Simulated Therapy Session – (a demonstration of a horse working in long reins and explanation of why the approach is a preferred method)

Group 1: Round Yard / Equine Playground

- Demonstration of working a horse in a round yard at walk, trot, and canter (talk about the use of Pressure – Release and the concept of Natural Horsemanship in training and working with horses)
- Participants can go Hands-on in the Round Yard with supervision (Communication, Trust, Respect exercises) – working towards "Join-up" (Monty Roberts style)
- Equine Playground – Walk-through with a horse (talk about the use of desensitisation and habituation in training and working with horses – explain each element of the Playground and it's use in training and preparing of therapy horses)

All participants:

- Talk and demonstration of working with horses at Liberty by Horsewest
- Concluding presentation (Types of Therapy facilitated by EqCetera Inc.)
- & Q&A on Equine Therapy



PROUD SUPPORTER OF
**SOLDIER
»»»ON**



EqCetera Inc.

232 Hopkinson Road, Darling
Downs WA 6122

Mob: 0409 993 097

The Australian Waler

The Australian Waler is a hardy and versatile horse breed that played a crucial role in Australia's military and pastoral history. The breed originated in the early 19th century, developed from a mix of Thoroughbreds, Arabians, Cape Horses, and Timor Ponies, which were brought to Australia to create strong, adaptable horses suited to the harsh climate and rugged terrain.

Named after their use in New South Wales (shortened to "Waler"), these horses became famous for their stamina, strength, and resilience. They were heavily used in pastoral work, carrying stockmen and drovers across vast outback regions. However, the Waler's most significant contribution was to the Australian military, particularly in the Boer War (1899–1902) and World War I. The breed became the backbone of the Australian Light Horse regiments, with thousands sent to battlefields in the Middle East and Europe.

Despite their service, few Walers returned home, as quarantine restrictions and economic factors led to many being sold or euthanised overseas. This led to a decline in their numbers, and by the mid-20th century, the breed was nearly extinct.

However, dedicated breeders and enthusiasts worked to preserve the Waler, recognising its historical and cultural significance. Today, the breed is valued for its intelligence, endurance, and calm temperament, with modern Walers used in stock work, endurance riding, and recreational equestrian activities. Efforts continue to promote and protect this iconic Australian breed.



Therapy in Action



Equine Playground and Sensory Trail

"Reflections with Equus a Veterans Journey with Horses"



EqCetera Inc.

PROUD SUPPORTER OF
**SOLDIER
ON**

Doodle Notes



Serpentine
Jarrahdale Shire

Mental Health Plan

Your mental health is important. Write down situations and make a plan for what to do if you need help.



If...

Then...

What helps

If...

Then...

What doesn't help

If...

Then...

If...

Then...

Doodle notes



Horses help people with Post-Traumatic Stress Disorder (PTSD) through a process known as Equine-Assisted Therapy (EAT). This therapy takes advantage of the horse's natural behaviours and responses to help individuals manage their emotions, rebuild trust, and develop coping skills. Here's how it works:

1. Emotional Regulation

Horses are highly sensitive to human emotions. They mirror a person's feelings and respond to their body language. If someone is anxious or tense, the horse may react by becoming nervous or distant. This feedback helps individuals recognise their own emotions and learn to regulate them.

2. Building Trust and Relationships

People with PTSD often struggle with trust due to past trauma. Horses provide a non-judgmental and consistent presence. Through activities like grooming, leading, ground handling and riding, individuals build a bond with the horse, which can help rebuild trust and improve relationships with the people close to them.

3. Mindfulness and Grounding

Caring for and interacting with a horse requires focus, which helps people stay present in the moment. This mindfulness practice can reduce flashbacks, anxiety, and dissociation, common PTSD symptoms. The rhythmic motion of horseback riding can also have a calming effect on the nervous system.

4. Exposure Therapy in a Safe Space

Horses provide a safe, controlled environment where individuals can gradually face fears or triggers. For example, a veteran with PTSD might feel vulnerable in open spaces, but walking alongside or riding a horse can help them regain confidence in their ability to handle new or uncertain situations.

5. Developing Coping Skills

Working with horses requires patience, communication, and problem-solving. These same skills can be applied to real-life situations, helping individuals manage stress, anger, and anxiety more effectively.

6. Physical Benefits

Riding and working with horses on the ground can reduce stress hormones and increase the production of endorphins, the body's natural mood boosters and pain relievers. The physical movement of riding also helps with relaxation and reducing muscle tension often linked to PTSD.

7. Creating a Sense of Purpose

Many people with PTSD feel disconnected from the world. Caring for a horse gives them a sense of responsibility and achievement, which can be deeply therapeutic.

Because of these benefits, equine therapy is now widely used for military veterans, first responders, and trauma survivors, offering a unique path toward healing and recovery.



Eq Cetera Inc.

partnering with



PROUD SUPPORTER OF
SOLDIER
ON