



King's High
School

**Well-being and Equine Facilitated
Learning and Therapy at King's High**

Introduction

At King's we are wholeheartedly committed to providing a holistic education for all our students. We believe it is vital that, alongside achieving their academic potential, our students also develop the skills and gain the experience needed to enable them to thrive and flourish in their everyday lives, whilst at school and beyond. We want all of our students to be happy, healthy, capable and engaged and our aim is to support them as they navigate today's society and the challenges it presents.

Our well-being programme is covered in six strands: physical health, emotional health, perspective, engagement, healthy living and preparation for the future.

Our well-being programme is promoted and developed through the following areas and from September 2018 we are introducing an equine programme.

- **Curriculum provision** – Through the PSHEE, Springboard, Create and Curiosity and Your Future programmes, we cover a huge range of age appropriate topics including friendships, healthy relationships, bullying, habits of happiness, mindfulness, resilience, growth mindsets, mental health, sexual health, sexting, financial literacy and careers.
- **Form time provision** – In form time, tutors will use a series of activities focussing on: motivation, gratitude, mindfulness, relax, stretch, play, challenge and perspective.
- **Co-curricular provision** – with over 135 activities (and 36 subject workshops) on offer at lunchtime and after school, all students have opportunities to discover new interests as well as develop them. Any activity undertaken can enhance a girl's well-being and with so much on offer from sports, music, crafts, drama, volunteering to joining a pop-up club such as walks, cookery or chilling out in the mindfulness space, the girls can really bring balance to their work-life experiences.
- **Whole school events** – bringing a broad range of external speakers into schools provides a wealth of expertise, whether for our Festival of Well-being week 11-15 March 2019, or at specific points throughout the year to support certain areas of focus such as mental health awareness weeks or pop up clubs.
- **Well-being ambassadors** – peer group support is exceptionally valuable and our sixth formers, who have received training in listening skills and safeguarding, can bring such "contemporary" wisdom and experiences to support younger students.
- **Library resources** – the library now houses dedicated sections of fiction and non-fiction relating to well-being for girls to dip into as they wish.
- **Equine facilitated learning**
- **Equine therapy**

What is equine facilitated learning and equine therapy?

Equine facilitated learning and therapy are where changes happen as a direct result of being in a relationship with a horse or horses, through horse related activities.

The introduction of our equine programme in September 2018 is designed to offer an additional opportunity for students to develop life skills on an educational and personal level through their interaction with horses. The equine programme is open to every girl in school and access to this is made by contacting Emma Williams.

Equine Facilitator: Ms Emma Williams



Emma is our King's High Well-Being Mentor, and a qualified counsellor with a BA (Hons) in Person Centred Counselling & Psychotherapy (University of Warwick), Diploma – Nutrition Specialist (Southampton) and is a member of the British Association for Counselling and Psychotherapy (MBACP). With over 18 years of experience providing professional support to adults and young people, Emma has undertaken training in equine facilitated learning and coaching and continues her CPD training with Horses Helping People.



Equine Facilitated Learning Course (EFL)

The equine facilitated learning (EFL) course focuses on leadership and team building activities as students work with (not ride) the horses. This course is designed to help develop trust, listening skills, leadership & negotiation skills, teamwork & motivational and social skills.

Who can benefit from this course?

Anyone, who is able to reflect on their own physical and emotional experience. EFL can help with many areas of our lives and is considered to be especially helpful for those who want to develop personally and increase levels of self awareness.

EFL can provide major benefits for children and young people, in particular those finding the traditional educational settings challenging. For young people and adults, these benefits include increased levels of self-awareness, personal development, building on existing knowledge base and learning new, transferable skills.

EFL is so diverse and very specific to the individual person and their own unique learning experience. There are plenty of recorded outcomes that evidence increased levels of self-esteem, clarity in thinking, feelings of connectedness and self-awareness that determine this way of working as both valuable and beneficial. People also report deep levels of personal healing and increased attention to the need for relaxation and mindfulness. Those wanting to develop assertiveness and confidence find this type of work extremely rewarding.

What is at the heart of this work is an emotional, and even spiritual, bond which takes place between the participants and the horses. Horses are very curious, loving and generous animals, they have huge hearts and the capacity to accept us as we are and forgive us when we get it wrong. This makes them ideal – they work in the moment and reflect back to us aspects of ourselves that we might not otherwise recognise or identify with.

Engagement in the course can bring other benefits including:

- Learning to problem solve
- Increase in decision making abilities
- Challenge and change current attitudes and behaviours
- Manage emotions more effectively
- Understand and improve communication skills
- Develop confidence and self acceptance.

The course programme:

Workshops will be offered over the academic year. All the work with the horses is ground based – there is no riding involved, most of the work will be outside in all types of weather. Please wear appropriate clothing and footwear.

Course dates:

Course dates and times to be confirmed with:
em.williams@kingshighwarwick.co.uk

Location and facility: The sessions will be held at Furnace End, near Shustoke and the horses have come from different backgrounds and are experienced in working with people.

Insurance: Insurance documents and qualification certificates are held by the WISF.

All course participants will be awarded a Certificate of Attendance on completion.



Equine Facilitated Therapy (EFT)

Humans have been using animals within therapy for hundreds of years, and recorded evidence of using Animal Assisted Therapy (AAT) dates back to the late 18th century. Florence Nightingale, made substantial discoveries regarding AAT. She observed that small pets helped reduce anxiety in children and adults living in psychiatric institutions. Florence recorded her findings in her books and notes. By the end of the 1800s, AAT was growing as a treatment for anxiety and used as a way to relax.

It is perhaps an animal's instinctive ability to rely upon its senses in order to survive that makes it so good at reading human emotion, and with their inherent honesty, many animals today are highly regarded for their therapeutic qualities.

Horses have been used in a therapeutic way for hundreds of years. In more recent years, horses have become universally recognised for their ability to foster change in people's attitudes and behaviours, helping people to develop emotional awareness and refine motor skills, often in very powerful yet subtle ways. The unique bond between the human and the horse has, in more recent years, been channelled into psychological therapies.

Equine therapy, or hippotherapy (from the Greek word 'hippos' which means horse), brings people and horses together, accompanied by a human therapist in a safe environment, using activities designed to promote emotional growth and learning. This unique therapy has been employed successfully in countries such as USA and Australia for many years and is now becoming more widely recognised within the UK. The success stories for encouraging permanent life changes are increasing. This work is not about riding and no prior experience around horses is necessary. Initially, there may

be very little physical contact with the horses; observation and reflection can be powerful enough to promote change in attitudes and thinking in the initial stages of the work.

Who can benefit from this work?

Anyone, who is experiencing any level of difficulty or distress, either from the present or from past life experiences, and where the level of difficulty or distress is affecting their lives today in some way.

EFT has been used to support people to overcome many issues, such as:

- Trauma
- Stress and Anxiety
- Loss/Change
- Autism Spectrum Disorder
- Attention Deficit Hyperactivity Disorder
- Attachment issues
- Aiding recovery from illness, addiction and eating disorders.

Individual Therapy/Coaching sessions

Much like traditional counselling, the space provided is one which is intended to be a therapeutic, safe space; and one in which the participants experience unconditional, non-judgmental acceptance. The horses are an integral part of the therapeutic process and the participant's experience. The horses assist participants to explore their internal world in a way which reflects back to the participant's, deeper seated emotions and often reveals something of the unconscious schemas, beliefs and attitudes. Equine assisted therapy can help with many issues and is considered to be especially helpful for those who want to change elements of their behaviour.

EFT sessions and cost

Typically one hour in duration and cost £50 per hour.

All the work we do with the horses is ground based – there is no riding involved, most of the work will be outside in all types of weather. Please wear appropriate clothing and footwear.

After an initial consultation, course activities will be designed to meet the needs of the participant.

Location and facility

The sessions will be held at Furnace End, near Shustoke and the horses have come from different backgrounds and are experienced in working with people.

Insurance

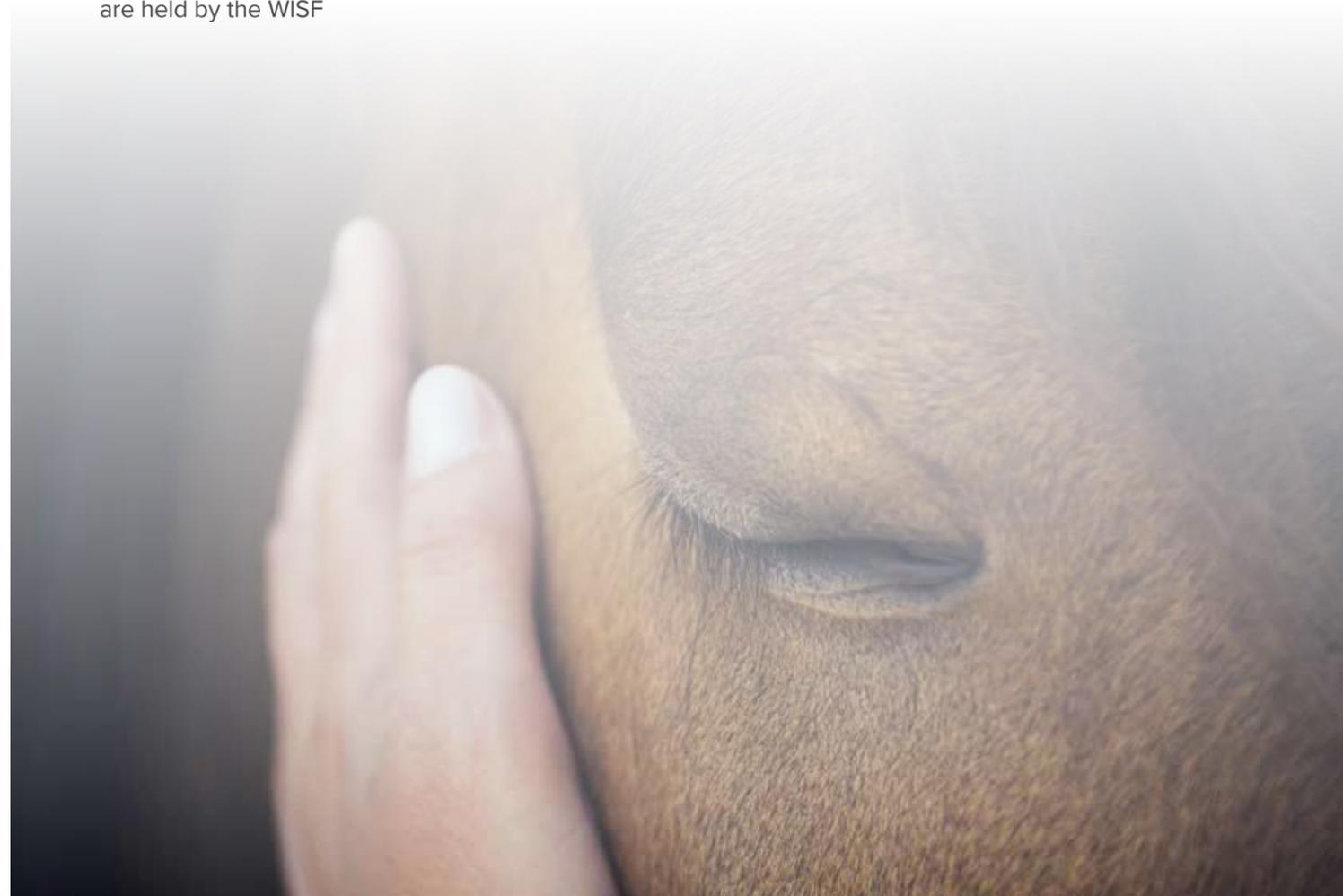
Insurance documents and qualification certificates are held by the WISF

Who to contact?

Please email Emma Williams:

em.williams@kingshighwarwick.co.uk

to find out more or to book a place on the Equine Facilitated learning Course.





King's High
School

King's High School
Banbury Road
Warwick CV34 6YE
t: 01926 494485 e: enquiries@kingshighwarwick.co.uk

www.kingshighwarwick.co.uk