



Jackie Archer

BACP Registered Psychotherapist, Equus
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Assisted Practitioner

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Equine Assisted Therapy Information Pack



Who We Are

Jackie is a BACP-registered psychotherapist, ICF-accredited Equus Coach, and Athena Herd-accredited Equine Assisted Practitioner. She specialises in providing Equine-Assisted Therapy services for young people in Cheshire and Lancashire.

These sessions aim to support young people facing challenges such as school attendance issues, attachment trauma, adverse childhood experiences, autism, ADHD, emotional regulation, and self-esteem, among others.

Collaborating with schools, alternative education providers, social care, and families, Jackie creates a safe and nurturing environment where young people can cultivate emotional resilience, confidence, and practical life skills through ground-based equine activities; no riding is involved, and no prior experience with horses is required.

Sessions are conducted on a one-on-one basis, lasting for up to 1 hour. Regular, weekly sessions are recommended.



Who We Support

Our sessions benefit young people from diverse backgrounds who are experiencing a range of emotional difficulties.

- ✓ Anxiety, trauma, and emotional dysregulation
- ✓ Autism, ADHD, and sensory sensitivities
- ✓ Grief, loss, or attachment difficulties
- ✓ Social difficulties, school avoidance, or bullying
- ✓ Low confidence and self-esteem
- ✓ Challenges related to being in care or adopted



“It just shows that with all the right support, how much things can help a child! ”

— Parent

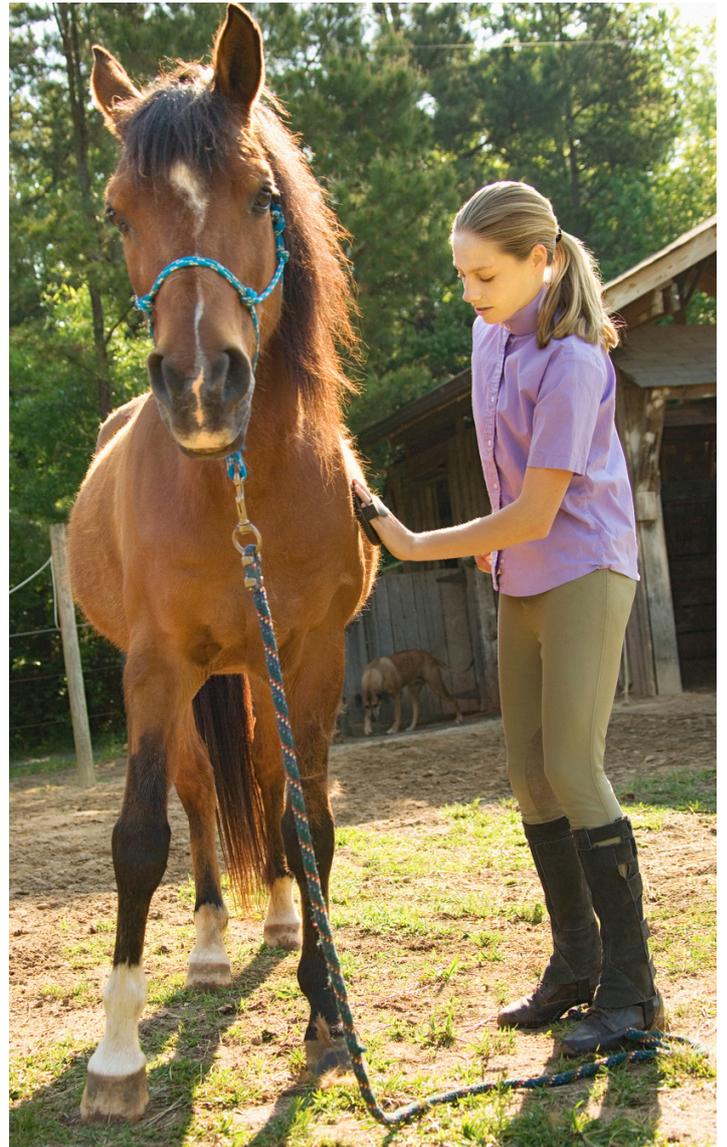
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The Focus

We use horses in the process of therapy, along with a variety of guided activities that help meet the goals we set in therapy.

Therapy offers

- **Emotional Healing:** Reflection and Breakthroughs.
- **Physical Engagement:** Enhancing motor skills.
- **Stress Reduction:** Calming interactions.
- **Life Skills:** Teaching responsibility and teamwork.
- **Emotional Resilience:** Coping with stress.
- **Confidence:** Building self-esteem.
- **Life Skills:** Developing social and communication abilities.



Session Structure

All sessions are individual (1:1) and tailored to support the therapy goals

- **Personal goal setting** - Developing self-confidence and resilience by working towards achievable goals.
- **Groundwork exercises**- Leading, grooming, and handling the horse to build confidence and self-awareness, and building relationships.
- **Somatic & mindfulness practices**- Helping regulate emotions through presence and connection with the horse.
- **Emotional exploration**- Using the horse's responses to reflect on emotions, relationships, and behavior patterns.

Sessions can be arranged directly with families or through schools, family members, or social care services.



Service Cost Breakdown

Service	Cost
Assessment	£195
Review Meeting	£52
1:1 Equine Therapy Session	£132
End of Therapy Report	£375
Attendance Confirmation and Brief Session Overview via Email	£35 per email

Typical Service Structure

To give you a clear understanding of how our quotations are processed, we have provided you with a typical breakdown of what you might expect when engaging with our services. A quote can be prepared for any single service or a combination of services to suit your needs.

1. **Assessment Session**

Before therapy sessions begin, an initial assessment session is conducted. This session is **mandatory** to tailor the therapy to the young person's needs effectively. It includes information gathering with the parents/carers, social worker, and educational establishment (completed online), a meet and greet with the student, establishment of clear therapeutic goals, and a tailored therapeutic plan.

2. **Review Meetings**

We recommend one online or telephone review meeting at the end of each term. These meetings are **optional** but beneficial for discussing progress and adjustments to the therapy plan, and is particularly beneficial if the student is on an EHCP.

3. **Therapy Sessions**

We recommend at least 12 therapy sessions so the young person has enough time and support to work on their goals. For students with an EHCP, weekly sessions across the school year (excluding half-term and holidays) help keep progress steady. This builds emotional well-being into their weekly timetable.

4. **End of Therapy Report**

At the conclusion of therapy, an end-of-therapy report is drafted. This report summarizes the young person's journey and development through the sessions. This is **not mandatory, but it is particularly beneficial** when the student is on an EHCP and can assist with further funding in the future.

5. **Attendance Confirmation**

Weekly attendance confirmations are available as **an optional extra** at a cost of £35 per week. These provide a brief overview of session attendance and activities without breaching confidentiality.

We strive to maintain transparency and fairness in our pricing to ensure that our services remain accessible to as many families and young people as possible. Please note that prices are reviewed and are subject to increase from the 1st of April each year.

Accepted Funding Streams

- ✓ EHCP (Education, Health & Care Plan) funding
- ✓ LAC Funding
- ✓ School funding for alternative therapies
- ✓ Social care referrals
- ✓ Direct payments from privately funded sources



Service Description

Assessment Session

This session is mandatory before 1:1 sessions can commence. This comprehensive assessment includes an introductory meet and greet on-site, a comprehensive therapeutic assessment, including outcome measures, and a tailored therapy plan for the young person.

Review meeting - optional

These meetings can be called at any point during the child's therapy by the child's school, social care team or family. These are virtual meetings and can be used to discuss the child's therapy (*in accordance with young person confidentiality guidelines*).

1:1 Equine Assisted Therapy Sessions

These sessions will last up to 60 minutes and feature a mix of activities (observation, grooming, leading, obstacle courses) involving the horse alongside direct therapeutic work.

End of Therapy Report - optional, but advised

This documentation serves as a valuable tool for tracking progress. It can be shared with relevant parties, such as schools or social care teams, to support the ongoing development of the young person or EHCP. Additionally, it provides insights into the therapeutic journey and highlights areas of growth and potential challenges, and may provide professional recommendations if required.

Attendance Confirmation and Brief Session Overview via Email - optional

A short written summary that is sent after a session to confirm that a young person attended and to provide a brief, factual overview of what was covered - without sharing confidential details.

Contact Us

📍 Choose From Our Various Locations:

- Ivy Dene's Animal Sanctuary, Preston
- Folly Farm, Tarporley, Northwich
- Cheshire Riding School, Comberbach

*By appointment only

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