



Warida  
Wholistic  
Wellness



# Equine Assisted Therapy



## What is Equine Assisted Psychotherapy?

EAP is a professional, innovative and experiential approach to counselling, psychotherapy and Mental health that supports clients of all ages in addressing therapeutic goals (emotional, cognitive, behavioural, relationship and mental health conditions), with horses as assistants, support and co- facilitators in this process.

EAP is offered by registered Counsellors, Psychotherapist or registered mental health practitioners, such as SocialW orkers and Psychologists.

## Who attends EAP?

Clients who are experiencing:

- Anxiety
- Depression
- Trauma
- Addiction Eating disorders
- ADHD
- Clients looking for alternatives to room - based therapy
- And more

## What does this look like?

- Observation of horses
- Meeting with horses at liberty
- Lead- line experiences including touching, groom ing and leading
- Liberty leading (leading horses without a lead rope)
- Led- mounted/ riding
- Creative activities w ith horses
- Connection w ith Country and horses



## What happens in an EAP session?

In EAP, clients are offered 'safe' (physically and emotionally) experiences with horses for the purpose of exploring self- experience in relationship, building self-awareness, building awareness of patterns or habits that are no-

longer serving them well, developing psychological and social skills and addressing therapeutic goals clients have identified.

## Why Horses?

Horses are beautiful, intelligent, sensitive and strong beings w ho can evoke strong feelings in clients or engage clients in the learning process. Calm and healthy horses can assist in co-regulating a client's nervous system, can model healthy living and expression of feelings, as well as offering non judgemental safety and trust. Horses can offer unique bio feedback and hold clients in a way traditional therapy environm ents cannot. The natural environm ent can also contribute positively to therapeutic outcom es for clients.



## About Bianca Stawiarski

"Passionate and unique"

I am fiercely passionate about assisting you to explore and embrace your unique inner fire.

As a qualified Transformational Coach (Dip. Life Coaching) operating at an international level, a trauma-informed Counsellor (Master of Counselling Practice); Horse Archery Instructor (Level 2); and a certified Equine Assisted / Animal Assisted Psychotherapist (EPI model) operating at a national level; I am passionate about empowering people to explore, embrace and reconnect with their inner fire. This drive has come from mastering and processing my own trauma experiences as well as spending time understanding and reflecting on who I am at my core. I assist people to move through their self-limiting beliefs and distress, building social and emotional resilience, and emotional regulation to be the best person that they can be - all within a trauma-informed therapeutic practice.

I feel that there is an urgent need for change that has the potential to have a ripple on effect throughout our communities. By assisting individuals and communities to mentally strengthen themselves and break through their own self-limiting beliefs, this has the potential to break through inter-generational disempowerment. Strong empowered people are pivotal in encouraging inner strength in their children, grandchildren and partners. It is from this viewpoint, that I deliver services using proven psychological techniques, strategies, within an intuitive, integrated approach.

My connection to country and my belief that we are part of a living, breathing organism rather than being separate from informs who I am and the way I deliver my services. At all times, my Badimaya (Indigenous) and Ukrainian heritage, and sense of community, underpin my practice.

## Contact Warida Wholistic Wellness

[Bianca@warida.com.au](mailto:Bianca@warida.com.au)

+61 438253202

[www.warida.com.au](http://www.warida.com.au)

As a Badimaya (First Nations) business / social enterprise, Warida Wholistic Wellness acknowledges and pays our respects to the traditional custodians across the lands, waters and seas and thank our Elders past, present and emerging for their continued custodianship.