

Introduction to Equine Facilitated Interventions: the Sirona approach



This one day course will provide participants with an overview of the theory and practice of equine facilitated interventions, how this range of interventions can help, and what you need to learn to practice safely - for clients and horses. The day will blend classroom learning with the opportunity to experience some of Sirona's session activities out on the yard and with the horses.

The course will cover

- Definitions & standards
- Why/how it can help
- Why horses
- Sirona's model + other models
- Who we work with
- Safe practice
- Suitability of clients & of horses
- Animal welfare
- A chance to experience some of Sirona's session activities

About Sirona

Sirona is a charity that provides equine-based therapeutic and educational activities to disadvantaged young people and adults with the aim of increasing health & wellbeing, building resilience and providing more positive life outcomes. Founder Dr. Hannah Burgon has been involved in equine-assisted therapy and learning since 1998, starting Sirona in 2011 at Seale Hayne. The centre has evolved considerably since its humble beginnings, gaining charity status in October 2017. Sirona's move to a new purpose built centre on the Dartington Hall Estate in October 2018 is the start of another chapter, with the space and security to further develop its life-changing programmes.

Lunch

Lunch and refreshments will be provided - it will be a vegan soup with bread, crackers, salad, cheese etc. If you have special dietary requirements not catered by this then please feel free to bring your own food.

Clothing

You will need to bring warm, comfortable clothing, suitable footwear (preferably boots) and a waterproof coat or jacket.

Timings

Please arrive at 9.30 for registration, as we will start promptly at 10am. We are aiming to finish the day by 4pm, but there will be some extra time for questions if people wish. You will need to leave by 4.30pm at the latest.

Certificate of Attendance

You will receive a certificate of attendance with the course title and the number of CPD hours attained.

Fees & Payment

The course costs £155 per person (with two early bird places available at £145).
You can pay by BACS:

Account Name: Sirona CIO
Account Number: 61729560
Sort Code: 30-84-67

Or by cheque made out to Sirona Therapeutic Horsemanship CIO

Once you have booked your place it is non-refundable. In the event that we have a waiting list and are able to fill your place, we will be able to offer a refund but this cannot be guaranteed.

Sirona holds the right to cancel the course if it is not filled or other unforeseen circumstances. In this instance you will receive a full refund.

Directions

The course will be held at the Sirona yard:

Buckhams Stables
Old School Farm
Dartington Hall
Totnes, TQ9 6EB

Google Maps: <https://goo.gl/maps/Eb6Zsc6vnB32> This link takes you to our yard - you can only see the access road if you change to satellite view, as our track is not yet marked on the map. If you are using google maps to navigate here then use this pin <https://goo.gl/maps/BhyLG5sRCRn>, which will get you onto our track - you continue up this track until you reach the yard.

Directions: From the A384 turn in to the Dartington Estate by St Mary's church. Carry on past Schumacher then Dartington Dairy/Parsonage Farm on the left and then Landworks on the right. There will be a cricket pitch on your right, at the end of this turn right, immediately right again and then left. Turn immediately left again down the track (Foxhole car park is opposite the turning on your right). Drive past the School Farm greenhouses, follow the track around to the right and then around to the left. Continue on up the hill until you arrive at Sirona.

There is a train station in Totnes, 10 minutes away by taxi or 1/2 hour walk.

Accommodation

There are hotel and camping options at Dartington Hall: <https://www.dartington.org/visit/#stay>

The Cott Inn <https://cottinn.co.uk> - nice rooms and good food.

There are of course many other options of hotels, B&B's or self-catering accommodation. Please contact us if you need any further suggestions.

Contact

For tickets or other enquiries please contact Josie Arscott:
07977 271 628 / 01803 868779 josie@sironaequine.org.uk

Additional Needs

Please let us know if you have any additional needs and we will do our best to accommodate these.

Course Facilitators

Sarah Urwin

(Chair of trustees)

Reg. BACP Accredited Counsellor/Psychotherapist, BSc., Adv. Dip. Int. Couns, RMA, FdA (Health Care), Dip. Supervision, EAGALA Cert.

Sarah has a background in agriculture, management and training. For the past 20 years she has worked in Health and Social Care, and as a Counsellor/Psychotherapist, whilst also developing her Equine and Animal Assisted Therapy practice. Sarah trains, supervises and mentors practitioners across the UK and is passionate about this work.

Dr Hannah Burgon

(CEO and Founder)

PhD, MA DipSW, MSc, BSc, Cert in Counselling, Cert in Riding Therapy

Hannah is a qualified Social Worker and has completed training in Riding Therapy and Equine Facilitated Learning. She also holds a Certificate in Counselling, and has a PhD into the benefits of Equine-Assisted Therapy & Learning from Cardiff University. Her book 'Equine-Assisted Therapy and Learning with At-Risk Young People' was published by Palgrave Macmillan in 2014.

Josie Arscott

(Practitioner and Communications and Marketing Officer)

Counsellor (NCS accredited registrant), BA English and American Literature. Advanced Diploma in Humanistic Counselling.

Horses have been a huge part of Josie's life growing up. She recognised the power of the relationship that can develop between people and these wonderfully perceptive animals.

Josie is also a qualified counsellor and values the opportunity that Sirona offers in bringing these two aspects of her life together.