



TheHorseCourse

high impact horse-powered interventions for hard to reach participants



When talking isn't working



**8yrs – Adult
& Families**

we specialise in those
who are *disengaged*
or 'stuck'



81% of participants improve core skills

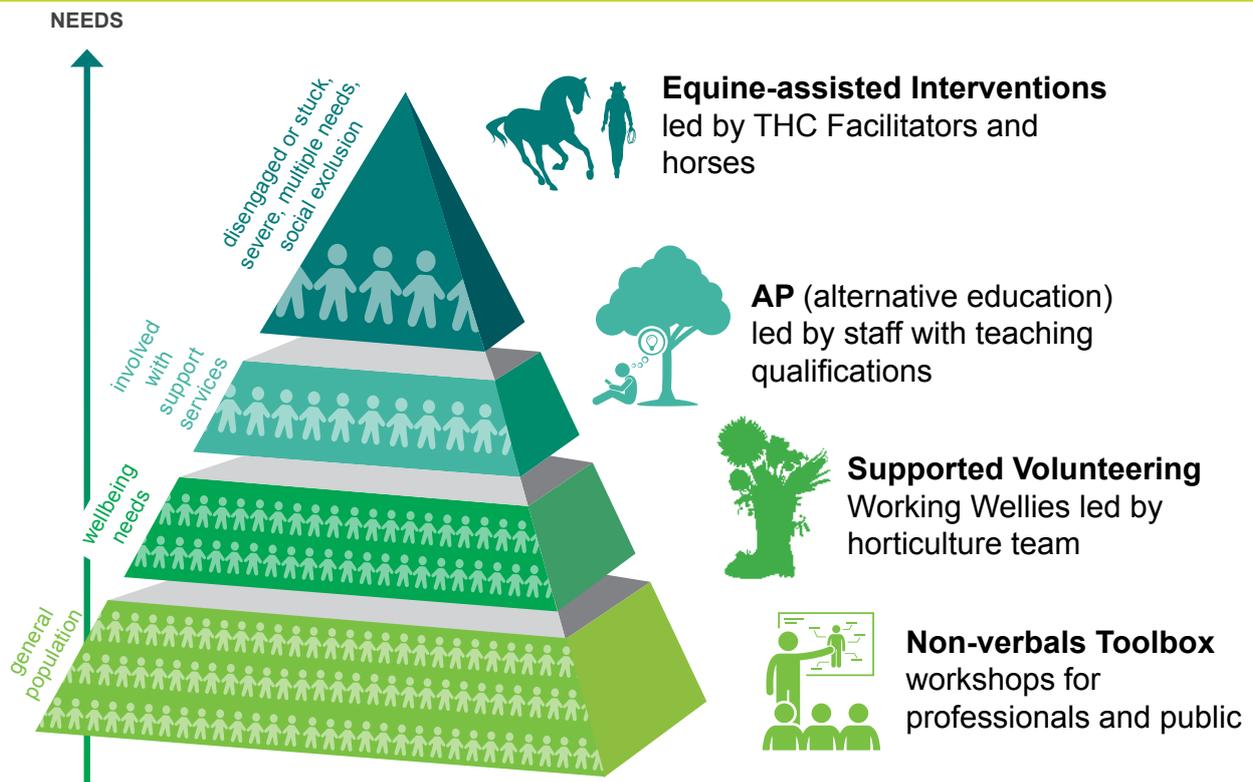
See multiple external evaluations: www.thehorsecourse.org/evidence



TheHorseCourse is a revolutionary approach to mental health/self-regulation with excellent impact evidence. We help people to become calm and focused by learning to communicate with specially trained horses from the ground. Our programmes train people to recognise and manage emotions causing them to become disengaged, chaotic, shut down or aggressive.

01305 819669 | Top Yard Littlemead Weymouth DT3 5DL | mail@thehorsecourse.org

www.thehorsecourse.org Patrons Lord Knight of Weymouth Martin Clunes Charity No 1170553



Email mail@thehorsecourse.org for referral forms or call 01305 819669 to discuss

TRAININGS



Non-verbals Toolbox Training

For frontline professionals in mental health, social work and education, and for parents. Talking is often ineffective when people shut down, zone out, become upset, disruptive or chaotic. We offer training in our specialism – reading body language and responding appropriately with non-verbal strategies to help people become calm and engaged. Also for anyone (especially young people) to understand their own emotions better, in a non-medical way.



Deep Dive Day

A full day to understand all our materials and methodology, some hands on time and to ask any questions! This appeals to equestrians, frontline professionals and others wishing to see “under the hood”.

Facilitator Training

For those wishing to replicate our successful services around the UK or internationally. By application only, with specific horsemanship credentials.

Book trainings at: [thehorsecourse.Eventbrite.com](https://www.thehorsecourse.Eventbrite.com)

Services	Details	Costs
ReStart	<p>Our flagship, evidence-based equine-assisted behaviour change programme. By referral only from professionals in mental health, social work or education. 1:1 for 2 hours/day, over 5 consecutive days. Participants learn the eight psycho-social skills shown opposite, and take home our Skills Star, a DVD and photos. We provide a detailed handback to the professional referrer. Primary research shows these eight core skills generalise into real life outcomes long term.</p> <ul style="list-style-type: none"> • Professionals interested in referring can come and have a go! Book a Professional Taster session on Eventbrite. 	£950 person
Lighter Touch	<p>Various session types of 1–2 hours, focusing on one or several Star Skills</p> <ul style="list-style-type: none"> • Tasters or Top ups for ReStart participants, 1-to-1 or in family groups • Highlight sessions, usually at a 3:1 ratio, we can accommodate groups of up to 12 people. Suitable for: <ul style="list-style-type: none"> - Groups to work on a single issue, eg assertiveness, or as a taster for the ReStart programme - Frontline workers with clients for relationship-building 	£95 facilitator hour



Funding is available through various streams, such as Local Authority Social Care (LAC, DFM, SEND, AP), CAMHS, Pupil Premium. We also hold charitable funding. All services are **FREE** to the service user, and we will not turn away those in need of our help.

Supported Volunteers	<p>Supported volunteering can be a crucial next step for those who have done our ReStart and now need to build confidence in small, carefully managed groups.</p> <ul style="list-style-type: none"> • Separate Adult and young people's groups • Horticulture, hens and horses: the focus is on fun and friendship while caring for the animals and yards, learning to grow and cook vegetables, and supplying extra veg for local food banks. 	FOC
Alternative Education AP	<p>We can provide regular one-to-one AP utilising our outdoor spaces as well as a classroom, for young people with social, emotional or mental health needs (SEMH) to help transition into school. Five Rivers also offer full curriculum one-to-one AP on our site.</p>	POA
Non-verbals Toolbox	<p>We run regular workshops at our premises for:</p> <ul style="list-style-type: none"> • Frontline professionals – supporting clients • Parents – helping to build family harmony • Individuals – understanding your own emotions and everyone else's! <p>Book individual places on Eventbrite or call us to book a group. We can also deliver workshops at work, schools or conferences.</p>	£25 onsite; FOC zoom; POA offsite
Deep Dive Day	<p>We run regular deep dive days, which can be booked on Eventbrite.</p>	£75 person
Facilitator Training	<p>Our entry criteria, training and assessment process is under review and is shifting to an accredited qualification. Approved facilitators receive ongoing support, CPD and peer supervision. See contacts on our website.</p>	POA, scholarships available

THE CHANGE JOURNEY

NON-VERBAL TECHNIQUES ARE USED TO CALM AND ENGAGE CHALLENGING PARTICIPANTS

HORSEMANSHIP TASKS TEACH 8 CORE SKILLS ON THE THC STAR

SPECIALLY TRAINED HORSES GIVE FEEDBACK & REWARD IN THE MOMENT

REFLECTIVE SESSION

CERTIFICATE ASSESSMENT (Horsemanship Level 1)

FAMILY / PEER INVOLVEMENT

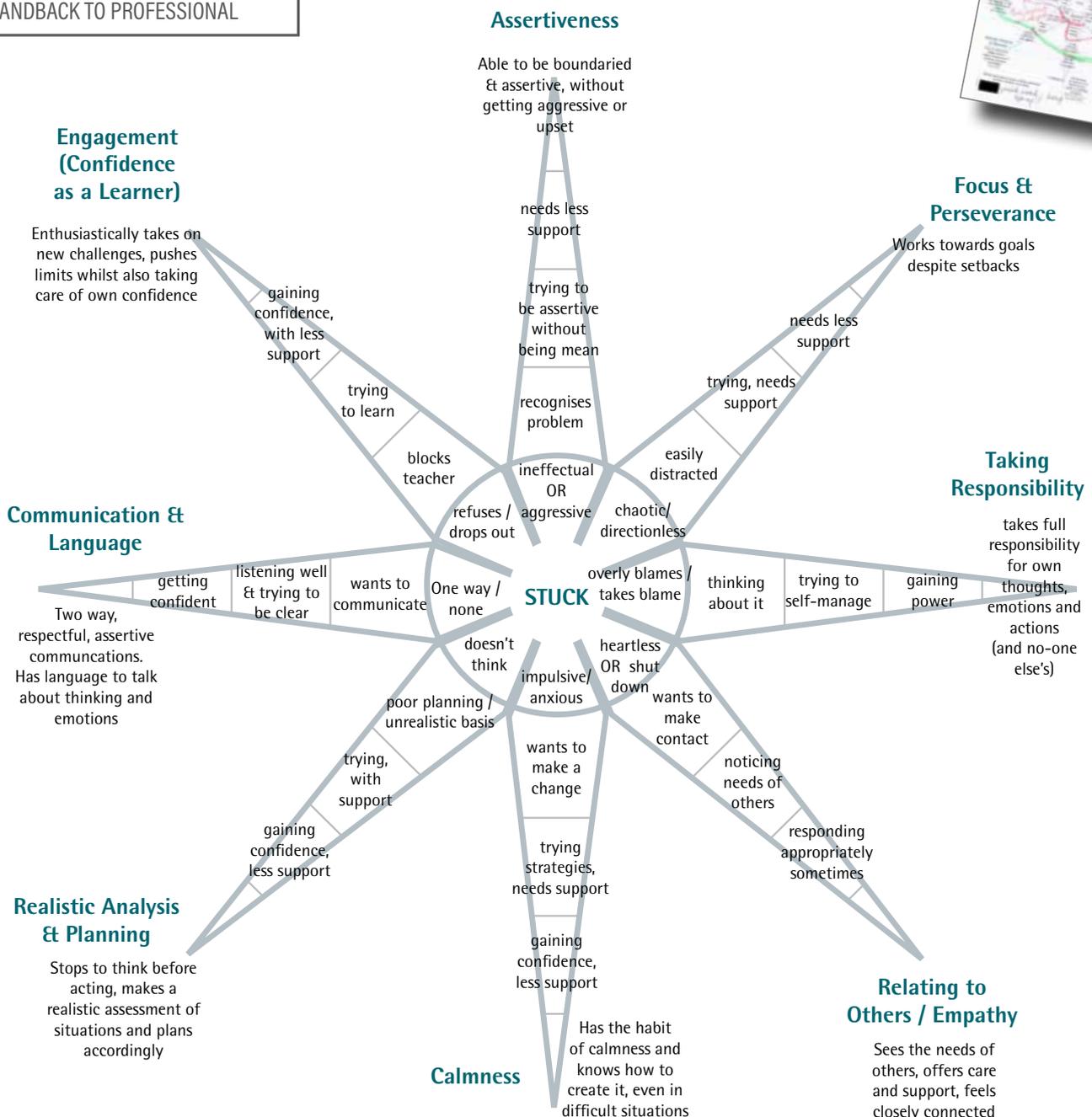
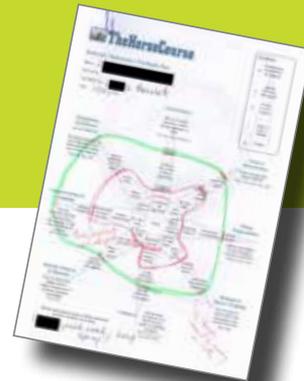
HANDBACK TO PROFESSIONAL

EQUINE-ASSISTED SERVICES

We do very little talking - the ReStart course is action-based, designed to interrupt participants' usual thinking and emotional responses, whilst responsive to their pace and needs. It is effective because of the challenging programme of activities in which people succeed only by altering their presentation in response to coaching from expert facilitators. They learn and rehearse the eight skills shown on the THC Skills Star below and positive habits are rewarded with success in an urgent context with clear feedback from unbiased, sensitive and expressive horses.

In the final session the facilitator and participant reflect on our Skills Star and talk through successful strategies that can be taken away into real life. Our lighter touch sessions also focus on one or several of these 8 skills.

The ReStart was designed within a 3 year action-research project in partnership with two universities. Our success relies strongly on the style and quality of our horsemanship and our rigorous staff training. We test everything we do through robust external evaluation.



TheHorseCourse exemplifies the right attitude and approach towards collecting and analysing data in order to test and demonstrate impact, as well as develop practice responsively

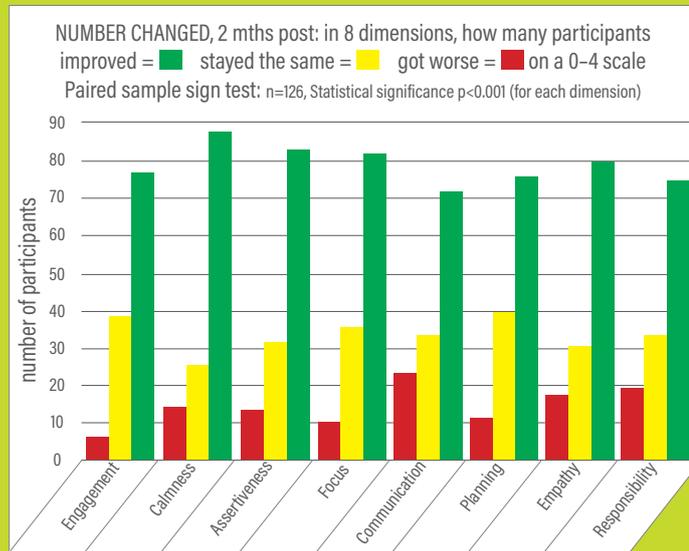
James Noble, Senior Analyst



Evidence to date indicates that TheHorseCourse provides a very promising range of benefits, particularly for people who are unable or unwilling to make progress in conventional services. We are engaged with THC in a range of studies to measure effectiveness and understand the change mechanisms.

Dr Ann Hemingway
Professor of Public Health

THC SKILLS STAR OUTCOMES showing that course outcomes hold over time



Positive shifters %
81%

Average gain for positive shifters
+10.4 points on 0-32 scale

INTERMEDIATE OUTCOMES showing that course skills are generalising into real life

EDUCATION, TRAINING & WORK	PROBLEM BEHAVIOURS	RELATIONSHIPS	SELF BELIEF / IDENTITY
Has engagement, attendance or attainment at school, training or work improved?	Have problem behaviours improved since referral? (eg. resulting in reduced support required)	Any improvements in relationships with peers, professionals or family?	Does the participant view themselves more positively? (eg. improved self-esteem, hope, confidence, citizenship)
77% improved	78% improved	81% improved	78% improved
% of participants moving in a positive direction for each intermediate outcome, 7 March 2018, n=271. 82% Attribution			

See more at thehorsecourse.org/evidence

Our pioneering work in prisons was found by NPC to yield a 27 % point reduction in 12 month reoffending amongst disengaged and disruptive violent young offenders – an extraordinary result with a highly resistant cohort. Results peer-reviewed by CSAAP at MoJ

£8.30
RETURN ON
£1 SPENT

“ at last I know **how** to calm down, and I'm able to get on with life Participant ”

Significant positive impact for families with domestic abuse as a factor was evidenced in the research undertaken with B.U.

Lucy Johns
Commissioning & Transformation
Lead, Social Care
Dorset Council

Proven in the most difficult environments, TheHorseCourse offers a new and highly effective tool in tackling behavioural problems. It has my strong endorsement



Lord Jim Knight
Former Minister of Education
& THC Patron

Your local contact:



Partners



These horses are great teachers. Seeing people getting a horse to do something for them simply by controlling their own moods is incredible. **Martin Clunes, Actor, BHS President and THC Patron**

About TheHorseCourse charity

We are committed to bold innovation and rigorous monitoring and evaluation. We are considered by senior academics and sector experts to be international leaders in the equine-assisted field. As a charity we aim to deliver excellent services and to promote best practice as widely as possible in order to reduce social exclusion. We offer workshops and information widely. We cannot endorse everyone who has attended a training or who uses our materials. Approved THC Facilitators are listed on www.thehorsecourse.org/contact. They are carefully selected, trained, assessed and supported.



TheHorseCourse

01305 819669 | Top Yard Littlemead Weymouth DT3 5DL | mail@thehorsecourse.org

www.thehorsecourse.org Patrons Lord Knight of Weymouth Martin Clunes Charity No 1170553