



UNBRIDLED UNITY

Equine assisted coaching and learning

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www.jansenscompassconversations.com

A Basic Equine Assisted Learning Curriculum for youth.

Care givers are expected to sign a liability waiver prior to the start of the program. Student(s) are expected to abide by the clothing list and dress accordingly

This program consists of 8 sessions with 60 minutes in the round pen each session.

At the end of every session time is set aside to process.

The horse(s) of choice in the first session will be utilized during the entire program

Facilitators will document each session

1. Introduction : Observation & Communication
In this session the student(s) will learn about safety and how horses communicate. The student(s) will be able to identify and explain the importance of clear and honest communication.
2. On lead, Off lead: In this session the student(s) will demonstrate learned communication skills. Focus is now on assertiveness, critical thinking and problem solving. This is the first of challenging sessions where we will build on working through frustration
3. Horse in box: In this session we will identify the "boxes" in student's life. Student(s) work on how to make plans, be creative when things are challenging. How to "stick with it" This session is also about comfort zones and expanding those
4. Lunging at Liberty: In this session the student(s) will work on development of body language, empowerment and core beliefs. We move through the process of communication and barriers to clarity. A series of obstacles are used. The student(s) start to develop healthier patterns of communication

5. Just another day: In this session the student(s) are identifying situations that are impacting daily life. Focus will be on addressing 5 to 7 obstacles identified and finding alternate positive solutions. With the assistance of the horse the student(s) will work on patterns to change
6. Stay Out!: In this session the student(s) will focus on boundaries as well as peer pressure. The horse will respond to temptations brought into the round pen. Challenges are to use correct communication. How temptation does affect the student(s). Balances between boundaries and respect
7. Moving On: In this session the student(s) will utilize learned problem solving skills and positive communication. Horses assist in the process of moving on by removing unwanted items. At this time family members may be asked to join to incorporate the new behaviors in familial patterns. Student(s) will demonstrate new and valuable thought processes
8. Paint your Pony: Student(s) will have this concluding session as part of thanking their equine teacher. We will recap the past sessions and student(s) will be able to formulate how this will impact their daily life and communication with others. We use tempura paints or chalk to paint the horse and pictures will be taken as a memory.