



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 anxiety or dominance causing them to become disengaged, disorganised, 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 1141654/1170553

SERVICES according to need



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://thehorsecourse.eventbrite.com)

Services	Details	Costs
ReStart	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 get our Skills Star, a DVD and photos to take home and are given the chance to be videoed for an external horsemanship assessment. By referral only, we provide detailed feedback and handback.	£950 person
Lighter Touch	Various session types of 1–2 hours, focusing on one or several Star Skills: <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"> - School groups to work on a single issue, eg assertiveness - Community groups or support services bringing a group for a taster session or to work on a single issue - Frontline worker and client for relationship-building Some sessions are listed on Eventbrite, otherwise please call to arrange something for your group.	£95 facilitator hour



Funding and part-funding is available through various streams, eg. Looked After Children, DFM, NEET, Back to work. We also have ongoing rounds of funding provided by charitable foundations. Please enquire regarding current opportunities.

Volunteers	A fantastic mix of local volunteers and ex-participants . Volunteering can be a very significant next step for our beneficiaries. <ul style="list-style-type: none"> • Local people and ex-participants can apply – just ask for an application form • Professionals can refer more vulnerable ReStart participants to join us as supported volunteers 	FOC
Wraparound	Bespoke programmes for families or those with specialist needs such as foster families. eg. ReStarts for all members of a family, followed by group sessions to improve family dynamics, plus non-verbals toolbox for parents and 360° supporting staff together so that all are following the same strategies. Please phone to discuss the needs of your referral.	POA
Non-verbals Toolbox	We run regular workshops at our premises, targetted for: <ul style="list-style-type: none"> • Frontline professionals – managing clients • Parents – managing children • Individuals – understanding your own emotions and everyone else's! Book individual places at Eventbrite or call us to book a group We can also deliver workshops at work premises, schools or at conferences.	£25 person at our premises Groups POA
Deep Dive Day	We run regular deep dive days, which can be booked on Eventbrite.	£75 person
Facilitator Training	We run a 3 day theory training twice a year. Successful candidates are then invited to shadow the practical work until they are assessed as ready to teach. Approved facilitators receive ongoing support, CPD and peer supervision.	£750 person + some scholarships

THE CHANGE JOURNEY

HORSEMANSHIP TASKS TEACH
8 CORE SKILLS ON THE THC STAR

SPECIALLY TRAINED HORSES GIVE
FEEDBACK & REWARD IN THE
MOMENT

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

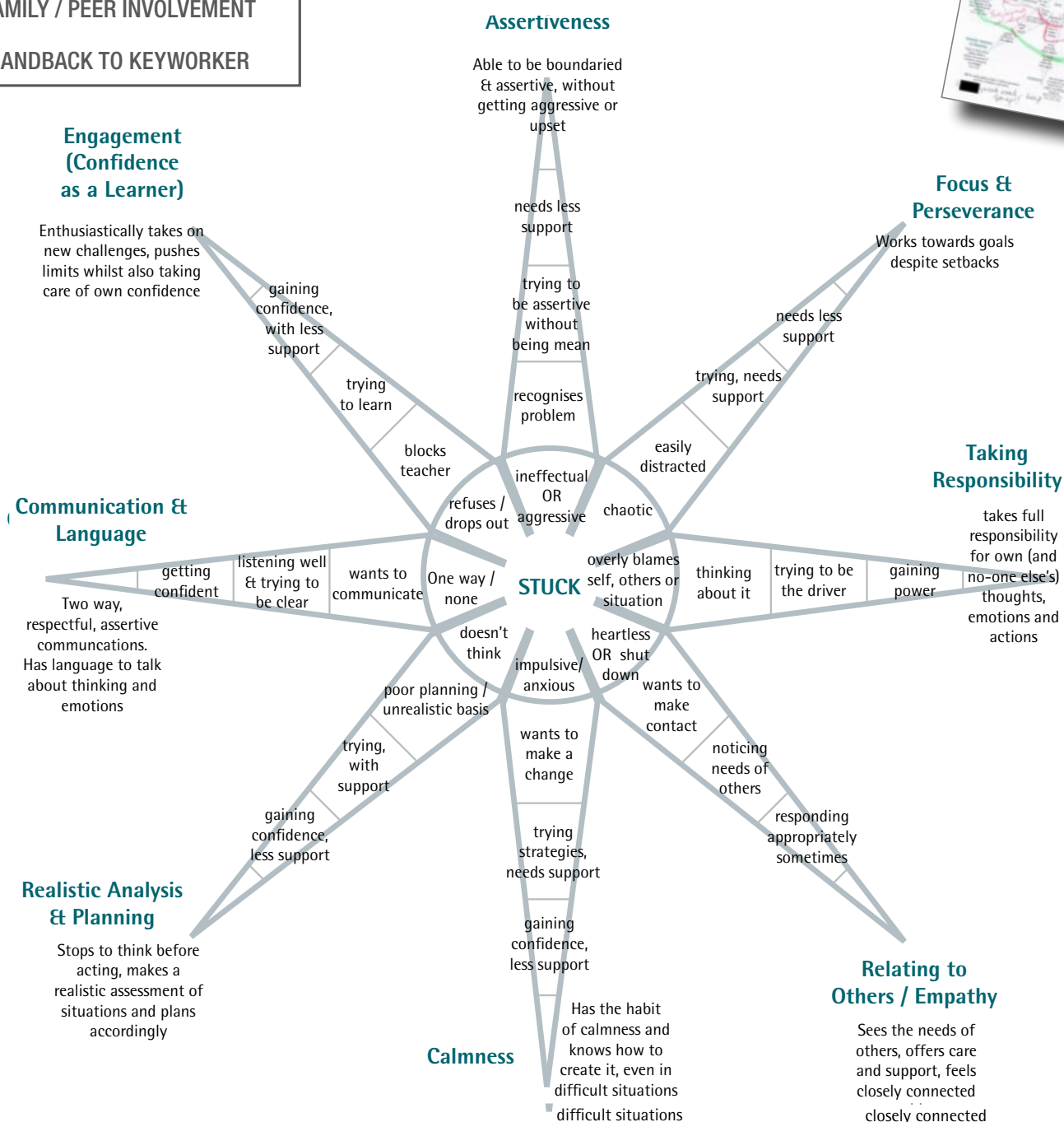
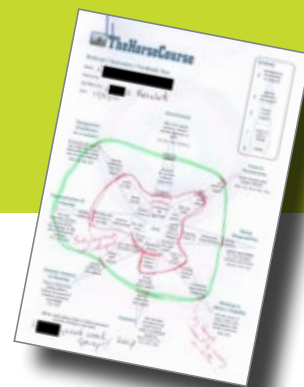
REFLECTIVE SESSION
EXTERNAL ASSESSMENT
(Parelli Horsemanship Level 1)
FAMILY / PEER INVOLVEMENT
HANDBACK TO KEYWORKER

The ReStart: how it works

We do very little talking - the 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.

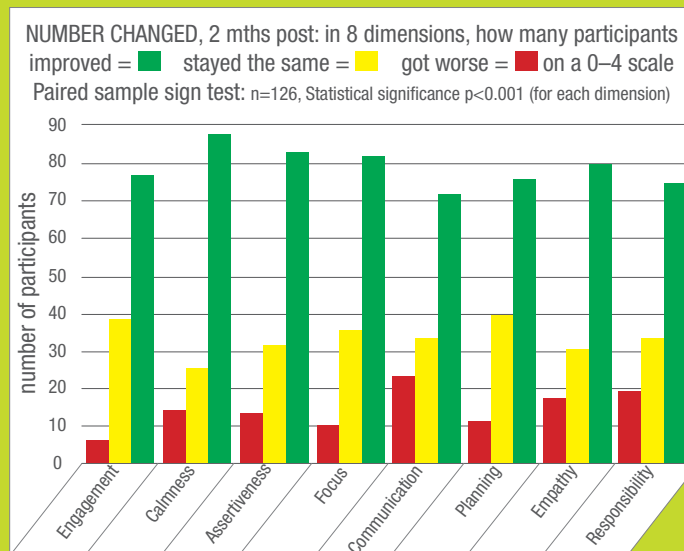


TheHorseCourse exemplifies the right attitude and approach towards collecting and analysing data in order to test and demonstrate impact, as well as develop practice responsively
James Noble, Senior Analyst



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.
Professor Ann Hemingway
 Senior Lecturer in 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, as at 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 ”



Dorset County Council

I am always confident when I recommend TheHorseCourse that it's effective and works with the most challenging children.

Jodine Raines,
Dorset Children's Services

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 thehorsecourse.org/team. They are carefully selected, trained, assessed and supported.



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