



Horses for Good

Helping horses, helping people

Therapy Agreement for Participants

About Equine Therapeutic Wellbeing Sessions

Therapeutic Wellbeing Sessions provide a confidential space for people to explore thoughts, actions, behaviours and feelings with someone who is interested in understanding and helping them. Therapists don't give participants 'the answer' or provide advice, instead the therapeutic relationship enables the participant to find their own way through their past or present difficulties.

The therapist facilitating the Therapy/Wellbeing Sessions uses a number of different therapeutic interventions. This may include physical movement and working with objects with a trained horse/pony in a safe environment. The term 'Therapist' also applies to other therapeutic, wellbeing and teaching facilitators and assistant therapists who conduct these sessions.

When a participant is under 18, we understand that a parent/carer is trusting us to work with their child and we are happy to update parents/carers with progress.

Therapeutic Wellbeing Sessions - Arrangements

Number of Sessions: Initially one month and then ongoing as required
Length of Sessions: One hour, weekly, at the agreed day and time
Type of facilitation: One-to-one, with a chosen horse (or sometimes more)

We follow a safer recruitment policy. All staff/volunteers on site have enhanced DBS clearance and receive safeguarding training. We are fully insured for therapy sessions and for public liability. There is always at least one first-aid trained person and a Designated Safeguarding Lead on site. We regularly carry out fire safety procedures, review our risk assessment and follow COSHH guidelines.



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Payment & Cancellation

Payment is made monthly in advance by bank transfer please to:

Horses for Good Ltd

Account: 10497191

Sort code: 60-83-71

To ensure therapeutic continuity, we are open 51 weeks of the year with one week's closure over the Christmas period. We continue our sessions throughout all school holiday periods.

Monthly payments remain the same every month, including the four months of the year when there are five weeks in a month. This effectively provides four weeks of 'free' sessions every year which help to cover holidays or any four absences.

Sessions may be cancelled by phone, message or email. Missed and cancelled sessions are not refundable. Session days/times are not transferable.

If we are made aware of holidays/school trips/any other pre-arranged absences one month in advance we will offer an alternative session time if needed.

On very rare occasions we may need to cancel a session at short notice, in which case there is no charge for that session and you will be one session in credit.

If you decide to finish your therapeutic wellbeing sessions, please give one month's notice. This helps to end our work together safely.

Confidentiality

Our responsibility in the therapeutic relationship is to you (the participant). What is said during the sessions remains confidential between you and the therapist.

To work ethically, therapists take their work to supervision sessions. Supervision is subject to the same confidentiality agreement between therapist and supervisor.

Please be aware that if we meet outside of our sessions, we will not initiate contact. This is purely to respect your right to keep your therapeutic relationship with us private and confidential.



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Safeguarding

If there appears to be risk of serious harm to you or others, selective disclosure may be judged necessary. This would usually occur after a conversation with you and would follow our safeguarding procedure.

There are legal limits to confidentiality, such as the Prevention of Terrorism, Drug Trafficking Acts and Child Protection where we would be acting within the confines of the law.

Privacy Statement

In undertaking therapy, you will be providing us with personal data. It is important that you are aware of and agree to the following: any therapy notes taken are anonymous and contact details are not shared; all documentation containing personal data, including this agreement, are stored securely and in accordance with GDPR.

Our Responsibilities

- To abide by a professional therapeutic ethical framework
- To work in your best interests
- To maintain safe and ethical boundaries and a safe environment
- To foster an appropriate atmosphere for the therapeutic process
- To review sessions on a regular basis

Your Responsibilities

- To provide a referral form prior to first session
- To maintain good and timely communication
- To inform us of any changes/problems/absences that may impact the sessions
- To adhere to payment terms in order for us to maintain this provision
- To inform us of any potential safety or safeguarding concerns for yourself, your therapist, HfG volunteers and participants or our horses
- To adhere to our Mobile Phone Policy which is available on our website or in the White Barn where you sign in



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I give consent to take part in Equine Facilitated Therapeutic Wellbeing Sessions at Horses for Good and I agree to the terms and conditions of this Therapy Agreement.

Therapist/Facilitator

Name	
Signature	
Date	

Participant or Parent/Carer for participants under 18

Name	
Signature	
Date	

Name of participant (if under 18)

Revised: October 2024