



**Horses for Good**

Helping horses, helping people

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## **Therapy Agreement for Students/Young People and their Schools/LAs/Trusts**

### **About Equine Therapy/Wellbeing Sessions**

Therapeutic Wellbeing sessions provide a confidential space for students/young persons to explore thoughts, actions, behaviours and feelings with someone who is interested in understanding and helping them. Therapists don't give the student/young person 'the answer' or provide advice, instead the therapeutic relationship supports and enables the student/young person to find their own way through their past or present difficulties.

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

### **Therapeutic Wellbeing Sessions - Arrangements**

- Number of Sessions:           Initially one term and reviewed termly
- Length of Session:           One hour a week 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, termly or annually (as applicable). Payment in advance by bank transfer please. You will receive an invoice one month prior to commencement of the sessions and payment terms are 30 days.

Sessions may be cancelled by phone or by email.

All missed and cancelled sessions must be paid for in full.

Sessions are able to be filled with another student/young person at short notice, providing we have been informed prior to the session, so as not to lose out on the booked session time. Session days/times are not transferable.

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

If you and your student/young person decide to finish therapy, please give one month's notice. This helps to end our work together safely.

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.

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

## **Confidentiality**

Our responsibility in the therapeutic relationship is to your student/young person. What is said during the sessions remains confidential between the student/young person and the therapist.

Working 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 student/young person's therapeutic relationship with us private.



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## **Safeguarding**

If there appears to be risk of serious harm to your student/young person or others, selective disclosure may be judged necessary. This would usually occur after a conversation with the student/young person and we 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 the best interests of your student/young person
- 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 and provide a termly report

## **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 provide an individual risk assessment if applicable
- 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 for our student/young person 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	

### **School/LA/Trust Representative**

Name	
Signature	
Date	

**This agreement shall cover all pupils from the above School/LA/Trust.**