



WHISPERING SANDS EQUINE ASSISTED COUNSELLING HORSE WISDOM ADDICTION RECOVERY PROGRAM

A unique, 10 session therapy program, that offers important social and emotional skills, that are necessary for coping in life. Particular attention is paid to the needs of rehabilitating substance users during their recovery programs.

- 1) Awareness-** Awareness will give you choice. Awareness of Self, including thoughts, feelings and sensations, awareness of others and awareness of the environment. How to become present, aware and grounded. Noticing body language.
- 2) Boundaries-** Understanding and becoming respectful of personal space, touch, and verbal boundaries. To discover what is OK and NOT OK. How to communicate these clearly.
- 3) Thoughts-** Becoming aware of self-talk, beliefs and where they come from. How thoughts affect your energy, body language and actions. Noticing helpful or unhelpful thinking. Start noticing seductive self-talk.
- 4) Feelings-** Understand that feelings are information, all feelings are welcome, learn how to express them choice-fully and in a healthy manner. Become aware of the early sensations so that you can act earlier. Surf the urge. Working with difficult emotions.
- 5) Trigger Mapping-** Learning what is a trigger, notice that thoughts can trigger feelings and feelings can trigger thoughts. Trigger Log, tracking them.
- 6) Relationship-** The ingredients necessary to engage and develop healthy relationships. Noticing and understanding self and noticing others, give and take, mutuality. Rupture and repair work.

- 7) Core Needs/ Meet the addicted part of self and its purpose.** Understand that addiction is 'searching for the right thing in the wrong place'. The addiction was created by an unmet need. Meet with the addicted part of self to understand its purpose.
- 8) Self Worth Inherent value, purpose.** Understanding that we are a part of this world and that we have a place here regardless of what others think. Develop compassion and empathy to self and others, regardless of who they are and where we, or others are at.
- 9) Growth/ Relapses-** Understanding relapses, how to handle them, learn from them, noticing the patterns of seductive self-talk.
- 10) Challenges of life after rehab-** Resources required, friends housing etc, using the 4 quadrants- self, things we can do, relational support, financial, legal and housing.