



About The Path of the Horse

Since our establishment as a registered Charity in 2016, The Path of the Horse has been a beacon of support for self-managed and plan-managed NDIS participants. Our approach has proven invaluable in assisting people of all ages, backgrounds, and needs to manage life's challenges. Our approach is not just effective; it's a compassionate journey toward positive change, goal achievement, better mental health, and overall well-being.

Equine-Assisted Psychotherapy

Our holistic sessions are provided in well-established indoor and outdoor facilities surrounded by beautiful bushland. We offer a wonderful blend of evidence-based therapeutic modalities, nature, horse interaction, well-being, learning and personal development opportunities. Participants are always empowered to have choice and control in our work together.

No prior horse experience is necessary. Participants may be gently invited to observe, meet or simply share space with one or more of our horses. Horses assist participants to calm, focus, regulate and engage. Relating personal experiences to horse behaviour can establish connections and deep bonds.

Some participants may also explore practical experiences, such as horse care or supervised lead work, to facilitate participation and instil purpose, trust, and resilience. Translating these skills and experiences to daily life is a valuable aspect that allows participants to apply what they learn in the program to various real-world situations.



Contact Details

www.pathofthehorse.com.au
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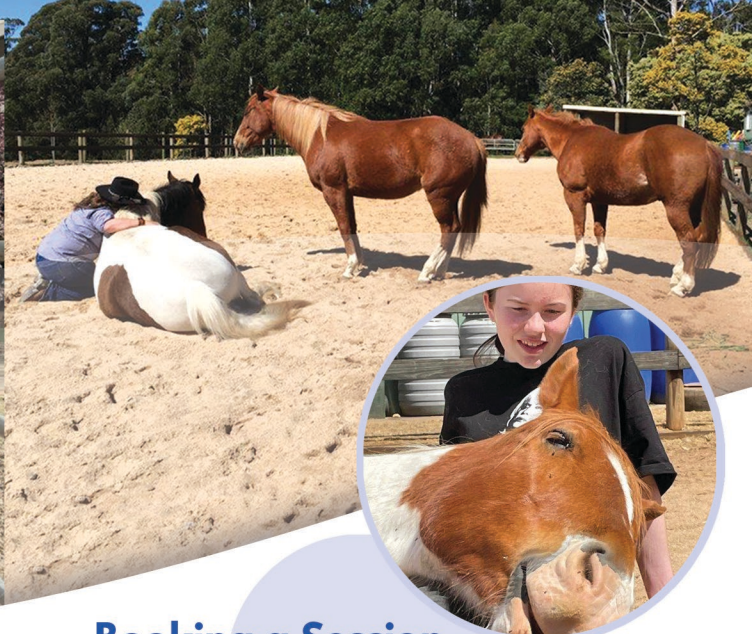
NDIS Support

Equine-Assisted Psychotherapy

Our empathetic and caring staff value, respect and embrace the diversity of each individual's uniqueness. We welcome people just as they are.



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NDIS Participant's Goals

Every session is meticulously tailored to each NDIS participant's goals and preferences.

Some of our focus areas can include:

- Psychosocial functioning
- Independent living skills
- Relationship, interpersonal and social skills
- Self-regulation
- Awareness of self and others
- Communication
- Confidence building
- Resilience strengthening
- Responsibility development
- Trust enhancement
- Boundary consciousness
- Solution resolution



Booking a Session

When booking a session, please let us know what you would like to work on so we can match you with the most suitable practitioner

Kerryn Mitchell - Social Worker
kerryn@pathofthehorse.com.au
0431 763 203

Dean Mighell - Clinical Counsellor,
Psychotherapist/Equine-Assisted Therapist
dean@pathofthehorse.com.au
0418 354 362

Michelle Bourne - Community Engagement
michelle@pathofthehorse.com.au
0493 865 538

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PH: 0418 354 362



The Path of the Horse Location

The Path OfThe Horse is located just a few minutes from the beautiful town of Trentham, and just a short drive from Melbourne and other major regional towns.

PLEASE NOTE that entry to our facility is via Domino Road only, all visits are strictly via appointment to allow us to give our scheduled guests undivided attention.

Travel Times: Melbourne - Trentham 90 mins
Ballarat - Trentham 70 mins
Bendigo - Trentham 60 mins

