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## Client and Service Information

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### Important information about equine assisted therapy and personal development (EAT)

Equine Assisted Growth & Learning Association (EAGALA) model EAT incorporates horses experientially for human personal growth, learning, and skills development. EAT focuses on setting up ground activities which involve interacting and connecting with horses and ponies in a problem-solving endeavour (*there is no riding involved*). Sessions are conducted by a facilitating team of a Psychologist and a qualified Equine Specialist (ES) in all your sessions. Sessions generally include checking in with your psychologist prior to and following activities. The Psychologist and ES are EAGALA Certified which requires completion of specialised training in this model, ongoing continuing education, and adherence to high standards of practice.

There are some risks in being around horses due to their size and nature of being an animal. This is covered in the **Release and Waiver of Liability** we will provide for your review and signature, before your initial session. It is important you understand the risks and benefits and ask any questions you may have about that in making your decision to be involved in these services.

### Appointments

Appointments will ordinarily be 55-75 minutes in duration. If you need to cancel or reschedule a session, we ask that you provide us with 48 hours notice. Unfortunately missed appointments are not covered by Medicare (and other third parties) and as private practitioners, we rely on appointments for our livelihood and business sustainability. If you miss a session without cancelling, or cancel with less than 24 hours notice, our policy is to collect 100% of the session fee; cancellations with less than 48 hours notice will be charged 50% of the full service fee (unless we both agree that you were unable to attend due to circumstances beyond your control). If it is possible, we will try to find another time to reschedule the appointment. In addition, you are responsible for coming to your session on time; if you are late, your appointment will still need to end at the normal, agreed time. If more than two sessions are missed without notice or rescheduling occurs frequently, your file may be closed and a referral made back to your GP or referring service.

### Fees

As of 1 January 2017, the standard fee for EAT sessions is **\$170** (*initial assessment appointment is \$190, see below*). All fees payable at time of appointment. Payment must be made by cash, unless arrangements have been made prior to appointment for payment to be made by cheque or direct deposit; we are not able to process EFTPOS/credit cards as payment. We have the right to terminate care for non-payment.

As the service will be provided by Jennifer Black (Registered Psychologist), it may be possible to access a Medicare rebate for part of the consultation fee if you have been referred by a General Practitioner or Medical Specialist such as a Psychiatrist or Paediatrician. A referral letter and current Mental Health Care Plan is required. Bulk billing is not available for EAT. Some private health funds also support psychological services. Please check with your provider.

In some instances, your service fees may be fully or partially paid by a third party (e.g. employer, insurer, compensation scheme, NDIS, government agency). If the service is being paid by a third party, funding must be authorised prior to services commencing. Invoices will then be sent to the government or non-government organisation for payment within 7 days. Please note that Medicare rebates cannot be claimed in conjunction with third party payments.

Please refer to our website for further information on the above – [www.bluemoonwellness.com.au](http://www.bluemoonwellness.com.au)

**Initial intake process**

You, or the person who has referred you, will be asked to complete a referral form to provide us with basic contact details and information about what your goals are in working with us. This helps us to maintain our records, and to negotiate treatment targets and goals with you. The initial assessment appointment will normally be completed prior to commencing a full EAT session. However, if we agree that EAT may be suitable, you will have a short introduction to the team – including Equine Specialist and herd. This session will be charged at initial consultation fee of \$190, as per fee policy outlined above.

You may be asked to fill in questionnaires during intake, and again at the conclusion of your time with us, so that we are able to evaluate our services and report your progress back to your referrer. The questionnaires are voluntary, and will not effect the provision of service, should you choose not to complete them.

**Can I bring family and friends to watch?**

You might wish to bring a support person along for the first session. Just like when you have therapy in an office, the experiences you have in sessions in the arena may be quite powerful. In the interests of your privacy, we encourage you to come independently to most of your sessions.

We understand that many people will need to rely on others to transport them to the venue. In this case we offer a basic waiting area separate from the arena to maintain privacy and confidentiality. We encourage support people to bring water and something to do while they wait, or they can take advantage of the peaceful setting and just relax.

**What to Wear and What to Bring**

We value your safety and comfort. We recommend participants wear closed in shoes such as joggers or boots, and wear comfortable clothing suitable for the weather and the outdoor setting. As sessions are held outside, we recommend a hat and sunscreen or appropriate wet weather gear, and you may also find that a drink bottle is handy

For insurance purposes you will need to complete a Release and Waiver of Liability. If you are less than 18 years of age, the Release and Waiver of Liability must be signed and completed by a parent or guardian. If court orders are in place, a copy will need to be provided and both parents may be required to sign consent and insurance documentation.

**Wet Weather**

Sessions will continue unless the weather is deemed unsafe. If your session needs to be re-scheduled we will contact you as soon as possible before your session. If you are unsure, please call us to confirm.

**Personal information and records**

We are required to keep appropriate records of the EAT services we provide. Your records are maintained in a secure location as per professional standards and as outlined in the Informed Consent document. For example, we also keep a brief record of horse observations and EAT activities to inform session planning and service provision.

**Confidentiality**

All sessions and their content, as well as your records, will be kept strictly confidential unless you give permission to share the information; where your health or wellbeing or the health or wellbeing of others is at risk; or there is a requirement by order of the law/court to breach confidentiality. Please refer to Informed Consent document for further details.

***Further information on our policies and procedures are contained on our website.*** Please do not hesitate to contact me with any questions or concerns that you may have prior to your initial session.

Regards,

Jen



Jennifer Black, Psychologist, and Louise Campbell, Equine Specialist  
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## Release and Waiver of Liability

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**It is important that you read and understand this document before signing.**

### Injury may result from activities with horses.

Participating in activities with horses involves an inherent risk including the risk of serious injury or death. I agree to take part in Equine Assisted Psychotherapy and Personal Development (EAT) sessions on the understanding that I will take responsibility for my own safety and that being around and interacting with horses entails known and unanticipated risks that could result in injury or death to others or me. **I hereby assume all risks in connection therewith and expressly waive any claims for any injury or loss arising there from.**

By participating in EAT sessions **I agree to do so at my own risk.** I know that my agreement operates to **exclude any liability in negligence** for harm that I suffer.

I have been warned that this **activity** may cause physical harm to me, and I confirm that I have no condition, medical or physical, that could prevent me from, or be aggravated by, participating in this activity.

I understand that any information offered during the event is only advice, not treatment or cure for any disease, disorder, or condition, and is not intended to replace advice given to you by your doctor or other specialised health care professional.

I agree to not be under the influence of alcohol or drugs prohibited by law whilst participating in an EAT session.

I agree to follow the instruction of the session facilitators and give my consent to any first aid treatment I may require.

Name of Participant .....

Age of Participant if under 18 years .....

Name of Guardian if under 18 years .....

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### Effect of this document

*I understand that my signature to this document constitutes a complete and unconditional release of all liability of Jennifer Black, Psychologist, and the proprietors of Women Under a Blue Moon and Farndale Enterprises to the greatest extent allowed by law in the event of me and/or children under my care, suffering injury, loss or death.*

Signature of Participant/Guardian .....

Dated .....