



Jennifer Black, Psychologist, and **Louise Campbell**, Equine Professional/Art Therapist and Life Coach, trading as Women Under a Blue Moon (est. 2010), offer **Psychological Services** including Medicare supported, third party and privately funded appointments, and **Equine Assisted Therapy and Personal Development (EAT)** sessions and programs for individuals, families and groups in the New England North-West area. Their facility - the **Blue Moon Centre for Wellness, Creativity and Growth** – is located at **Moonbi** (20mins from Tamworth). Appointments are available Wednesday to Friday.

At Women Under a Blue Moon (WUBM) we use the Equine Assisted Growth & Learning Association (EAGALA) model of EAT. EAGALA provides an international professional standard of practice that requires extensive training, continuing education, and adherence to a high standard of practice and ethics. EAGALA model EAT has been effectively utilised in the treatment of **emotional and behavioural disorders including depression, anxiety, aggression, PTSD, eating disorders, and substance abuse**, as well as **corporate leadership and wellness, communication and team building**. Sessions are based on principals of *cognitive-behavioural, experiential learning, and other evidenced based approaches*, and are conducted by our accredited EAGALA team consisting of Psychologist and Equine Professional and our herd of horses.

EAT is a brief, solution-focused approach that is experiential in nature. Clients learn about themselves through participating in groundwork activities (*no riding*) with horses and then processing thoughts, feelings, behaviours, and patterns. The sessions centre on the “here and now” leading to **greater self-awareness, understanding, self-management, and personal growth**. As an emerging modality with an increasing evidence-base, EAT offers an alternative treatment to traditional “talk therapy”. EAT can assist people to learn and improve upon **Behavioural Modification, Relapse Prevention, Creative Thinking, Assertiveness, Communication, Social Skills, Building Healthy Relationship, Coping Skills, Self-Acceptance, Problem Solving, Leadership, and Teamwork**.

Referrals – Please complete the attached Referral form. As services are provided by a Psychologist, it may be possible to access a Medicare rebate if the client is referred by a GP. A limited number of bulk-billed office-based sessions are available to people experiencing financial hardship. Please note that Medicare rebates cannot be claimed in conjunction with third party payments. Some private health care providers cover psychological services. Please refer to our website for fee schedule.

Feel free to contact us with any questions. You can find further information on EAGALA model Equine Assisted Psychotherapy and Learning on our website. We look forward to introducing you and your clients to this powerful and effective therapeutic modality.

Regards,

Jen Black and Louise Campbell