



Jackie Archer

Integrative Psychotherapist & Equine Coach

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Information for Schools, Parents & Social Care



Who We Are

Jackie is a BACP registered Psychotherapist and an ICF accredited Equus Coach located in Northwich, West Cheshire. She specialises in providing Equine-Assisted Therapy services for young individuals. These sessions aim to support young people facing challenges such as school attendance issues, adverse childhood experiences, trauma, autism, ADHD, emotional regulation, and self-esteem, among others.

Collaborating with schools, social care, and families, Jackie creates a safe and nurturing environment where young people can cultivate emotional resilience, confidence, and practical life skills through ground-based equine activities—no riding is involved, and no prior experience with horses is required.

Sessions are held at Cheshire Riding School on Cogshall Lane in Comberbach, conducted on a one-on-one basis, lasting between 1 to 1.5 hours either weekly or bi-weekly. It is recommended that young people attend weekly for at least the first six weeks to foster the therapeutic relationship, with the possibility of reducing the frequency as they progress.



Who We Support

Our sessions benefit young people from diverse backgrounds who are experiencing a range of emotional difficulties.

- ✓ Anxiety, trauma, and emotional dysregulation
- ✓ Autism, ADHD, and sensory sensitivities
- ✓ Grief, loss, or attachment difficulties
- ✓ Social difficulties, school avoidance, or bullying
- ✓ Low confidence and self-esteem
- ✓ Challenges related to being in care or adopted



“It just shows that with all the right support, how much things can help a child! ”

— Client Anon, Parent

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The Focus

We use horses in the process of therapy, along with a variety of guided activities that help meet the goals we set in therapy.

Therapy offers

- **Emotional Healing:** Reflection and Breakthroughs.
- **Physical Engagement:** Enhancing motor skills.
- **Stress Reduction:** Calming interactions.
- **Life Skills:** Teaching responsibility and teamwork.
- **Emotional Resilience:** Coping with stress.
- **Confidence:** Building self-esteem.
- **Life Skills:** Developing social and communication abilities.



Session Structure

All sessions are individual (1:1) and tailored to support the therapy goals

- **Personal goal setting** - Developing self-confidence and resilience by working towards achievable goals.
- **Groundwork exercises**- Leading, grooming, and handling the horse to build confidence and self-awareness and building relationships.
- **Somatic & mindfulness practices**- Helping regulate emotions through presence and connection with the horse.
- **Emotional exploration**- Using the horse's responses to reflect on emotions, relationships, and behavior patterns.

Sessions run during **school hours, term time only**, and can be arranged directly with families or through schools and social services.



Costs and Funding

Service	Cost
Assessment	£150
Review Meeting	£45
1:1 Equine Therapy Session	£120
Specialist Report Writing	£360
End of Therapy Report	INCLUDED

We strive to maintain transparency and fairness in our pricing to ensure that our services remain accessible to as many families and young people as possible. Please note that prices are reviewed and are subject to increase from the 1st of April each year.

Accepted Funding Streams

- ✓ EHCP (Education, Health & Care Plan) funding
- ✓ LAC Funding
- ✓ School funding for alternative therapies
- ✓ Social care referrals
- ✓ Direct payments from privately funded sources

Sessions are typically booked for a minimum of 6 weeks and reviewed regularly.



Service Description

Assessment Session

This session includes an introductory meet and greet on-site, a comprehensive therapeutic assessment, and a tailored therapy plan for the young person.

Review meeting

These meetings can be called at any point during the child's therapy by the child's school, social care team or family. These are virtual meetings and can be used to discuss the child's therapy (*in accordance with young person confidentiality guidelines*).

1:1 Equine Assisted Therapy Sessions

These sessions will last between 60 and 90 minutes, featuring a mix of activities involving the horse and direct therapeutic work.

Report Writing

It is important to note that while the therapist's notes do not constitute a statement of fact and cannot be upheld in a court of law, documentation of the child's therapy may be necessary in certain circumstances. This documentation serves as a valuable tool for tracking progress and can be shared with relevant parties, such as schools or social care teams, to support the ongoing development of the young person. Additionally, it provides insights into the therapeutic journey and highlights areas of growth and potential challenges.

End of Therapy Report

This report provides a summary of the young person's engagement in therapy and is included with the service.

Contact Us

📍 **Location:** Cheshire Riding School, Cogshall Lane, Comberbach

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