



Welcome to Therapy HorsesTM

EquiRx

Welcome to Therapy Horses, an equine-assisted therapy program designed to support children and adults with disabilities or other difficulties, whether physical, emotional, behavioural, or cognitive, through a multidisciplinary, evidence-based approach. This document includes key information to help you understand how we work and what we expect from clients and/or parents.

Multidisciplinary Approach

At Therapy Horses, we prioritize tracking our clients' progress through evidence-based methods. Our team collaborates with a variety of medical and allied health professionals, depending on the client's needs. These may include:

- Psychomotor therapists
- Psychologists
- Speech and language therapists
- Physiotherapists
- Specialist medical physicians (e.g., neurologists, rehabilitation doctors)

Working with a team of professionals helps us to set specific, measurable goals which are relevant to our clients. These professionals can produce evidence-based reports which allows us to monitor whether our activities are meeting client's goals and objectives. To assess your or your child's suitability for our program and set relevant goals. The following are basic steps we require prior to starting equitherapy.



GP Medical Assessment with Dr EE Mohith.



Psychomotor Assessment



Liaise with current therapists to refine goals



Initial 5 sessions to assess for improvements

Safety & Rules

To ensure sessions run smoothly and safely, we ask that you follow these guidelines:



Remain On-Site

Parents/guardians must remain on-site throughout the session. If your child may need help using the bathroom, please be prepared to assist them, as our staff cannot do this for safety reasons.



Be Punctual

Please arrive on time. We cannot supervise children outside of their scheduled session times. If you arrive early, you will be expected to wait with your child until the beginning of their session. If you arrive late, the session will end at the scheduled time.



Photos and Videos

Photos and videos are only allowed with permission from staff. If approval is granted, please make sure any media only includes your child. As these are confidential therapeutic sessions, we request that you refrain from posting any photos and videos on social media as this may have repercussions for your child later on when applying for employment. Any photos or other media should not include staff faces.

Occasionally, with your permission, we may record sessions to track progress. These recordings are confidential, will not be shared publicly, and will only be shared with you (the child's parents) or other professionals involved in your child's care. If we wish to use videos or other media for conferences or educational purposes, this shall only be done with your explicit, written permission.



No Extra Children

To maintain a focused environment, generally, only the participating child is allowed during sessions. As we are working towards structured therapeutic outcomes, we will not give your session to a friend or sibling.



Scheduled Visits Only

Holy Ranch is a private facility. For everyone's safety and privacy, unscheduled visits to the sites are not permitted. We are guests on the property. During sessions, do not wander into the stables or horse areas as this could put you at risk.



Follow Staff Directions

For the safety of all participants, please do not interfere with the sessions or touch the animals unless directed by a staff member.



Payment Policy

The payment policy states that sessions cost Rs 2,000 for 50-55 minutes, accommodating up to three children with a staff-to-child ratio of 1:2. Private sessions are Rs 3,000. Payments are due in advance, and cancellations within 24 hours incur the full fee.

It is important to note that not every session will involve mounted activities, as therapeutic objectives may vary. To foster social skills, teamwork, collaboration, and empathy in supporting one another, children may occasionally share a horse during sessions.

Our Expectations of Clients

The animals we collaborate with deserve our utmost respect at all times. They are not mere tools or objects; they have feelings, instincts and reactions. To ensure the safety of both our clients and the animals, we ask that clients and any accompanying individuals behave in a respectful and safe manner around them. It's all about partnership, safety, and respect.



Come with an open mind



Prepare to be challenged and build skills



Be ready to have fun while learning

What to bring and what to wear

- Please bring a drink and snack for the way home, as children tend to be very thirsty and hungry afterwards.
- We require clients to wear closed shoes or boots, long trousers, shoulder-covering T-shirts, sunscreen, and a hat.
- If inappropriate footwear or shorts are worn on arrival we cannot conduct the session for safety reasons, however, you will still be billed for the session. We will supply helmets before mounting. If required, a safety belt will be provided.

Discontinuation of Sessions

We will discontinue sessions if clients do not adhere to safety guidelines. Behaviours such as hitting, kicking, biting, screaming, swearing, and yanking on equipment or animals will not be tolerated, resulting in an immediate end to the session with the animal. The following session will be considered probationary. If there is no improvement in behavior, we will terminate all sessions to ensure the welfare of the animal, staff and the safety of the client.

Facility Rules

Holy Ranch is a private property which facilitates our activities. There are many animals on site, including horses, ponies, dogs, and tortoises. As some animals are on specific veterinary directed diets and treatments, please refrain from feeding any animal without prior permission from our team. Animals can be unpredictable, however, most on-site when handled by people they know are friendly. We strongly advise that you do not touch and remain at a safe distance from any animals unless directed by our team members. If the dogs approach you, please ignore them, our team will assist and they will go away. At times, one of the dogs on-site named Suki may accompany us during the sessions. He is very gentle and loves children.

Holy Ranch includes a swimming pool, an events area, lodges, toilets, and play areas. The swimming pool and lodges are off-limits. Please remain out of the swimming pool area at all times. The toilets by the event hall are available for use, please bring your own tissue or toilet paper as this is not always available. Parents are required to remain in the sheltered viewing platform next to the arena. There is no wifi available on-site.



Parking & Accessibility

For parking, please use the grassy area on the right side of the dirt road, in front of the large green fence next to the playing field. Please park nose-out to comply with fire-safety regulations. Clients with severe mobility problems can unload closer to the main entrance after discussion with the team and then park their car in the normal car park.

Parking on the left is for staff members only as there are many moving trucks and horse boxes which go in and out throughout the day.

The main gate is 60m further up the dirt road, on the right-hand side. You will see our umbrella, table, and equipment laid out. If you arrive early for your session, please wait until a staff member can assist you before entering the property.

Our Team



Dr Elisabeth Mohith

GP (VTS-UK, 1996). All information will be managed by Dr. Eleanor Mohith, a general physician with over 20 years of experience in general practice and rehabilitation on the island of Mauritius. Dr. Mohith has strong connections within the allied health and medical community and has collaborated internationally with teams on various cases. Member of CANOSC. Over 50 years horse experience, currently national dressage judge.

Britney Soll

BSc(HONS) Psychology. Doctor of Counseling Psychology in-training (London). Assists in behavioural management and counseling at Therapy Horses since 2022. Director of Therapy Dogs. Worked in animal-assisted education within primary school settings for two years working with children with special needs and behavioural problems, and their parents. Researching the efficacy of animal-assisted education interventions with an international team of professors.



Angeline Dove

BSc Psychology with Counselling Skills. Assistant at Therapy Horses since 2021. Collaborator at Therapy Dogs. Additionally, she participated in educational workshops for school children, sharing knowledge about animals. Currently, she holds joint roles at Greenline Pest Control and Therapy Horses, where she assists in rehabilitation and counselling under the guidance of Dr EE Mohith.

Celia Joubert

Celia brings specialised expertise in equine care, centre management, and adaptive riding. With advanced certifications in animal production, equestrian education, and Equi-Handi instruction, she is qualified to support clients with motor, sensory, and mental challenges through inclusive, therapeutic equestrian programs in a safe and professionally managed environment.

