

# HorsePlay: Equine Assisted Enrichment & Psychotherapy



## APPLICATION FOR GETTING HERD: A TEEN GROUP WORKSHOP WITH HORSES

*In order for us to best serve your needs and make sure that you feel comfortable during this group, we hope that you'll answer the following questions as fully as you can. Please note, the information you provide below is confidential and will not be shared with third parties. Your parent or guardian can assist you in filling out this form.*

*For teen applicants to fill out:*

**Your Name:** \_\_\_\_\_ **DOB**

**Do you have any allergies or medical conditions we need to know about?**

**On a scale of 1 - 10, how do you feel around horses? (1 = very uncomfortable, 10 = very comfortable)**

**On a scale of 1 - 10, how do you feel about participating in a group? (1 = very uncomfortable 10 = very comfortable)**

**On a scale of 1 - 10, how do you feel about participating in an outdoor activity? (1 = very uncomfortable, 10 = very comfortable)**

**Have you ever seen a counselor or therapist? If so, why? Do you receive medication to assist with your mental health and emotional wellbeing?**

**What is something difficult you have gone through in life and how have you handled it?**



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**Who do you live with at home? Who are you closest to in your family?**

**How are you doing in school? How do you get along with the teachers, staff, and students?**

**How would you rate your friendships? Are social skills something you want to work on?**

**What are your favorite hobbies and activities?**

**Who in your life do you look up to? Why?**

**What goals do you have for yourself this year? How about in four years?**

**What is a topic (or topics) you might want to work on during this group? Check any that apply:**

<input type="checkbox"/> stress	<input type="checkbox"/> healthy relationships	<input type="checkbox"/> friendships	<input type="checkbox"/> peer pressure
<input type="checkbox"/> bullying	<input type="checkbox"/> self-esteem	<input type="checkbox"/> boundaries	<input type="checkbox"/> body image
<input type="checkbox"/> academic success/ failure	<input type="checkbox"/> communication and social skills	<input type="checkbox"/> drugs/ alcohol	

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**Take a look at the picture of this herd of horses. On a separate page, please answer the following questions and submit with application and registration materials. All materials must be received by Monday, November 7 for the Sunday, November 20 workshop. We hope you can join us!**

Briefly describe this group of horses.

Which horse (or horses) get your attention most?

Why?

Why is it positioned where it is in relation to the others?



What are this horse's strengths?

Challenges?

Do they know each other?      How do they get along?

Any else?