

**Subject:** Re: Horses Helping Humans (HHH) Communications Program  
**Attachments:** Flyer-HHH Intro Brochure.pdf; Referral Form.pdf; Indemnity Form.pdf

Hi XXX

Thanks so much for contacting me. As promised, here is the email formally introducing myself . . . I **am the Tasmanian licensee** of the highly acclaimed and incredibly successful Sue Spence Communications Horses Helping Humans (HHH) Communications program which I launched into Tasmania back in March 2018, via our registered not-for-profit charity called RESPECT Communications Ltd. Our charity also works with NDIS clients and operates from 103 Winspears Road, Ambleside (**East Devonport**).

Sue Spence has been running her **certified Equine Assisted Learning Intervention Program** for well over 15 years and it has certified people running the program throughout Australia and New Zealand. It is an incredibly simple, yet profoundly effective, program using horsemanship skills to show the importance and impact that body language and energy projection has when communicating with others. We teach participants about the four main personality types, (using Sue's four horses' names, which people easily identify with), and teach them how their strongest one or two personality types predispose them to a certain body language and energy projection, particularly when under stress.

**We then teach participants emotional regulation and communication skills in a fun and safe environment, which builds their confidence and social awareness.** As a result of the program, many of the participants are then empowered to re-engage back into education, workforce, society, etc. thus transforming their lives, and the lives of others in their direct environment. To find out more information about the program, please see the attached information and also visit the following website: [www.HorsesHelpingHumansAustralia.com](http://www.HorsesHelpingHumansAustralia.com)  
(By the way, **participants do not need to have any previous horse experience and will not be riding a horse.**)

At the end of 2020, a psychologist referred a young 5 yo girl to the HHH program (with autism and social anxiety, who was non-verbal). She is doing so well with the program and we are both having a heap of fun! Very soon after commencing the program with us, her mother told me that the school (who did not know she was doing the HHH program) rang her and gave her feedback of an incident that would normally send this girl 'off the rails'. However, on this occasion, when the incident happened, she stopped and steadied herself, clenched her fists and, most importantly, took a deep breath . . . and then got on with what she was doing previously. The teacher was so impressed and amazed that she just had to share it with the mother direct. We are all so proud of her – just got to work on relaxing those hands at the same time as well!!!

Each participant needs to come along to each session with their case worker / carer / parent, who is required to be in attendance for the entirety of each session. This is one of many reasons why the program is so successful, because there is a mentor in the 'background' encouraging the participant to apply the skills that they learn in the HHH program to their everyday situations. We also do family workshops and private one on one sessions.

The program is suitable for anyone to participate in and, despite the official name being the "HHH youth communications program", it is suitable for any age group. In particular, we work with people suffering various issues including, but not limited to: PTSD, anxiety, depression, ASD, ADHD, ADD, domestic violence, trauma, anger issues, shyness / lack of confidence, fears / phobias, etc.

Ideally, it is better if participants can do weekly sessions, as it better facilitates forming and reinforcing the implementation of good habits. However, if travelling or time is an issue, we can combine all multiple sessions into a single session. We offer a multitude of different workshops. Below are the costings. GST needs to be added to each of the figures. However, having said that, most NDIS clients are GST-free:

| <b>Workshop</b>  | <b>Time Session /</b> | <b>Tot Cost</b> | <b>Numbers</b>  | <b>Extras</b> |
|--|-----------------------|-----------------|-----------------|---------------|
| 3 one on one sessions  | Approx 1.5 hrs        | \$450pp         |                 |               |
| 3 group sessions   | Approx 1.5 hrs        | \$380pp         |                 |               |
| Half day youth workshop  | Approx 3.0 hrs        | \$600           | Up to 4 people  | \$100pap      |
| Half day family dynamics workshop                                | Approx 3.0 hrs        | \$600           | Up to 4 people  | \$100pap      |
| Half day family workshop   | Approx 3.0 hrs        | \$700           | Up to 6 people  | \$100pap      |
| Half day adult community services staff / Team Dynamics workshop | Approx 3.0 hrs        | \$150pp         |                 |               |
| All day corporate business workshops                             | Approx 6.0 hrs        | \$200pp         | Up to 10 people |               |
| Private adult consultation                                       | Approx 1.5 hrs        | \$260pp         |                 |               |
| NDIS private participants session                                | Approx 1.0 hour       | \$165 / hour    | 1 person        |               |

A 10% surcharge applies to the above rates for sessions held on Saturdays.

(Most commonly used Item code for NDIS is as follows: AT - Other Therapy 15\_056\_0128\_1\_3. However, we have used multiple other NDIS codes as well. Please be aware that we are an Equine Assisted Learning (EAL) program NOT allied health workers running an Equine Therapy program.)

Traditionally the HHH communications program goes over three weekly sessions. However, most of my clients are electing to do it over at least 5 sessions. For those who are interested, there is also scope to continue doing extended HHH sessions, beyond the initial program.

Before any sessions can commence with a particular individual, we do require a filled out referral form and signed indemnity form (see attached). Ideally, we would like this emailed to us at least 2 days prior to the first session. Please be assured that the information contained within these forms is treated with the strictest of confidentiality.

I hope the above information is of assistance to you. Please do not hesitate to contact me any time if you have any questions whatsoever, or would like further information. I would love the opportunity to be able to present our HHH program to your organisation, so you can all get a full understanding of exactly what it is that we do. Better still! It would be fantastic if I could do the presentation to your organisation at our venue, with our horses, so you can all fully experience it first-hand! I am more than happy to do this too!

Please feel free to share this email with anyone and everyone you think could benefit from our services.

Hoping to hear back from you soon,  
Fiona Hanafin

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