

Sarah Urwin Therapy Services

MISSION STATEMENT

Sarah Urwin Therapy Services is a business run by Sarah Urwin as a sole trader, from her smallholding, Youngs Farm in mid-Devon. It offers counselling and psychotherapy, including Animal Assisted Therapy, Equine Assisted Psychotherapy, and Walk & Talk sessions, to adults and young people (18 years +) with mental health, and/or autistic spectrum, difficulties.

It also offers Supervision and Training in Equine & Animal Assisted Interventions, and working Outside with clients, to supervisees and students from many professional backgrounds, across the UK and abroad.

Sarah Urwin works alongside other experienced professionals from the fields of health, social care, and education. They value diversity, and together offer a warm, empathic, non-judgemental space for participants to explore their difficulties and work towards their own solutions thus improving health and well-being and experiencing more positive life outcomes.

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