



Statement of Purpose and Standards

Sarah Urwin Therapy Services has the legal status of Sole Trader and operates from its own smallholding at Youngs Farm, Colebrooke, Crediton, Devon, EX17 5JH. Telephone 01363 85154

Email: sarah@youngsfarm.co.uk Website: sarahurwin.co.uk

From Youngs Farm, and also from the surrounding Devon countryside, including Dartmoor National Park, Sarah Urwin Therapy offers clients with a range of health and social care needs; counselling and psychotherapy (both indoors and outdoors) as well as other interventions including Animal Assisted Therapy, Equine Assisted Psychotherapy and Walk & Talk sessions.

Services are offered to adults and young people (18 years and over) who have mental health difficulties, and/or Autistic Spectrum disorders. Presenting issues may include (but are not limited to) low self-esteem, low selfconfidence, problems with communication and relationships, difficulty regulating emotions (including anger), lack of emotional stability and resilience, generalised anxiety disorder, mild to moderate depression, loss and grief, suicidal ideation, eating disorders, addictions, Obsessive Compulsive Disorders and other self-harming behaviours.

Professional support is delivered by Sarah Urwin, BSc., Reg. BACP (Accred), Adv. Dip. Counselling, Dip. Supervision, Registered Manager's Award, and other suitably qualified, freelance, health and social care professionals who specialise in mental health and/or autism.

Sarah Urwin Therapy aims to support its clients to improve their levels of self-awareness and understanding, by offering experiential and therapeutic learning opportunities with an experienced and well qualified health professional, as well as alongside horses, dogs and other animals, outside in a natural environment.

Humanistic and person-centred principles underpin all interactions with each and every client as they work towards the changes they wish for in their lives. The underlying ethos is one which values diversity, offers unconditional positive regard and a warm, open, empathic environment where all participants can discover more about themselves, and others.



Statement of Purpose and Standards

All practitioners attend core training in Safeguarding, First Aid, Risk Assessment and GDPR. In addition practitioners involved in delivering Animal or Equine Assisted Interventions keep the welfare of our animals at the heart of their practice. They have training in Animal/Equine Welfare as well as Equine/Animal Assisted Therapy. They also undergo regular annual Continuing Professional Development to ensure their learning and practice is kept up to date.

At Sarah Urwin Therapy we also believe in regular monthly clinical Supervision for all the interventions we offer clients, as laid down in the ethical guidelines of the various professional organisations we belong to including The British Association of Counselling & Psychotherapy (BACP), Horses in Therapy & Education International (HETI) and Social Farms & Gardens (S F & G). We also adhere to all the Codes of Practice published by these three organisations.

Sarah Urwin Therapy have several processes for Measuring Outcomes and are committed to regular 6 weekly and annual reviews of the work they do with clients.

Sarah Urwin Therapy actively participate in Equine and Animal Assisted research with both individuals and organisations.

Core training, CPD, Supervision, Measuring Outcomes and Research all help to widen and deepen our knowledge and improve what we can safely offer our participants and our horses and other animals.