



## What IS IT?

TheraTails is an animal-assisted therapy (AAT) program; the first of its kind in Bermuda. We work with animals to facilitate engagement in therapeutic contact and trust-building. The transdisciplinary program is designed and run by a clinical psychologist and animal therapists, working together with the shelter animals.

## WHO MIGHT Benefit?

We accept all ages of client, either as individuals or in groups. AAT can be beneficial when clients are non-verbal or find traditional talking therapies too intimidating, for whatever reasons. Clients with relational and social issues also find AAT helpful. Our clinical psychologist has a background in forensic animal-assisted therapy so we are able to engage the most challenging of clients, including those with intellectual disabilities or neurodevelopmental disorders such as autism and ADHD. There is also evidence that AAT benefits those with addiction issues; those with eating disorders; and those who have suffered traumatic experiences. AAT is also an excellent introduction to psychological therapy as it helps to build trust and allows clients to develop the skills and confidence to engage in other forms of psychotherapy.

**FOR FURTHER INFORMATION,  
PLEASE CONTACT**

**DR HENAGULPH**

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Or contact

**KATE TERCEIRA**

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# TheraTails

By





# WHAT DO WE *actually* OFFER?

## EQUINE-ASSISTED PSYCHOTHERAPY

Run by Kate Terceira and Dr Laura Henagulph, who are trained and certified in the Eagala Model. This type of therapy uses psychodynamic theory to interpret the interactions between the horse and the client. We first allow the client/s to get to know the horse and experience grooming and caring for the animal. We then set simple exercises that require reflection and communication between human and animal. This creates a quiet, undemanding therapeutic space. The client is welcome to speak or to remain silent. Usually, we see strong themes appear fairly quickly and continue from week to week. We are then able to offer our thoughts to the client for discussion afterwards.

This type of therapy takes one hour. It can be done individually or in small groups (the therapy is useful for families). The therapy takes place on site in the SPCA stable and a private paddock.

## ANIMAL-ASSISTED MENTALISATION-BASED THERAPY

Run by Eileen Thorne and Dr Laura Henagulph. The overarching task of the sessions is to help socialise the animals. We do this slowly and incrementally, or more actively, through clicker training. Mentalisation-based Therapy (MBT) is a type of therapy focused on what is happening in the present. We seek to make thoughts, feelings and intentions clear and explicit. We do this by talking with the client about the interactions taking place and thinking about the assumptions and misinterpretations that may be happening. For instance, a client may be puzzled by an animal's sudden withdrawal; we then discuss in detail what was happening at the time and what might have been going on in the animal's mind. This helps with perspective-taking and lowers impulsive reactions in social situations.

This type of therapy takes one hour. It can be done individually or in small groups. The therapy can take place on site with a range of animals to interact with; or we can visit your home or facility with a therapy animal, usually a small dog. This type of therapy can also function as an extended assessment: children, adolescents and adults who work particularly well with the animals can be referred on for more intensive individual work.

**We are very excited to be able to offer this programme and thank our sponsor Third Point Re for their generous support.**

Due to their support we are now able to offer all the above sessions (including the animal, the location if required and two therapists) for a substantial discount. Each session will cost \$150 per hour.



**DR. LAURA HENAGULPH** is presently Executive Director at Seaglass Clinical Consulting. She is a Bermuda-registered Chartered Clinical Psychologist who trained in the UK. After obtaining a Master's degree (MA) in English Literature at Balliol College, Oxford she worked as a journalist and editor in eastern Europe for several years. She then began her clinical psychology training working

with the Red Cross in France. After completing her Doctorate in Psychology (DCLinPsy) at Canterbury Christchurch University she went on to work in specialist forensic mental health services in East London NHS.

Laura's primary interest is working with those who have histories of multiple adverse childhood experiences (ACEs) and who have gone on to develop personality disorder, adult attachment disorders and complex trauma syndromes. She has specialist training and experience in Mentalisation-Based Therapy (MBT) and brief psychodynamic psychotherapies. Laura has co-written, edited and published *A Transdisciplinary Approach: Working with Individuals in a Sex Offender Programme* (Rothwell & Henagulph, 2017). She has past and present experience of working with therapy animals across both forensic secure inpatient and community outreach settings.

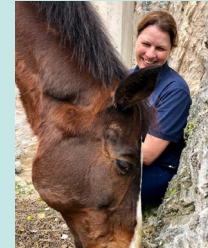


**EILEEN THORNE** completed her Masters Degree in Biology prior to relocating to Bermuda where she spent several years in the office environment. She became a Certified Professional Dog Trainer (CPDT-KA) in 2007. Since that time, she has been instructing a range of public/private classes from puppy socialization, various levels of obedience and life skills, competition and therapy classes.

She has been on the Dog Training Club of Bermuda's (DTC) board since 2004 serving as president, vice president and is currently a director. She has also served on the SPCA Management Committee and Veterinarian Practitioners Council.

She was introduced to animal therapy work through her Doberman, Magnum, 10 years ago and in 2013 created a small therapy dog group called Community K9. She began with visits to seniors homes, Agape house and Windreach, developing goal oriented therapy classes focused on increasing student confidence and focus, developing social skills and working on motor skills and body awareness.

In 2019 she teamed up with Dr. Laura Henagulph and Kate Terceira in the animal assisted therapy service called TheraTails.



**KATE TERCEIRA** is a British/Bermudian equine specialist who has worked with horses for over twenty-five years, gaining experience within riding schools, competition and private barns.

These experiences have allowed Kate to acquire a well balanced understanding and respect for horses. Until recently, Kate was the manager of the therapeutic riding

programme at WindReach, working with riders with disabilities. This has given Kate a further appreciation to the horses ability to trust and support individuals at their most vulnerable. Since leaving WindReach and working at the Bermuda SPCA shelter Kate has continued to appreciate the positive impact animals have on human lives.

Kate is a qualified British Horse Society Assistant Riding Instructor, Canadian Therapeutic Instructor and an Eagala certified Equine Specialist.