

EQUILLATION

HORSES, LOVE AND RECONCILIATION



Equine Facilitated
Constellations Blending
systemic wisdom, equine
partnership,
and human healing

Welcome

Welcome to Equillation

Welcome, and thank you for taking the time to discover Equillation. We are delighted that you are here.

Equillation was founded from a shared belief that there is another way to work alongside horses, one that is authentic, respectful and deeply rooted in relationship. A way that honours horses as sentient beings with their own wisdom, choice and individuality, rather than expecting them to perform a role or carry the responsibility for another's healing.

Our vision has always been to create a training that places horse welfare, ethical practice and a genuine understanding of equine behaviour at the heart of everything we do. By bringing together the principles of Systemic Constellations, trauma-informed practice and evidence-based equine behaviour, we have developed a unique approach that supports both people and horses with integrity, compassion and respect.

For Kate, this journey began in 2012 when she met a remarkable horse named Topper. From the very first day they met, Topper became far more than a companion. Through his quiet presence, honesty and unwavering authenticity, he guided Kate towards a deeper understanding of connection, relationships and the profound lessons horses offer when we are willing to slow down, observe and truly listen.

At Equillation, we believe this work cannot be learned through theory alone. It is about developing a way of being. As you journey through the programme, the principles of the Orders of Love, the Orders of Helping, equine behaviour, ethical practice and systemic awareness become more than subjects to study, they become values to embody in your relationships, your facilitation and your everyday life.

This training invites you to cultivate curiosity, humility and self-awareness, recognising that who you are is just as important as what you know. As your understanding deepens, so too does your capacity to hold space for others with authenticity, compassion and integrity. We believe that meaningful facilitation begins with our own willingness to learn, reflect and grow.

Equillation has grown from that original relationship with Topper and from our collective passion for creating a new generation of practitioners who are committed to working ethically, professionally and always in genuine partnership with the horse. Our aim is to support you in becoming the kind of practitioner who naturally embodies these principles in every interaction with horses, with clients and within your own life.

Whether you are an experienced practitioner or beginning a new chapter in your professional journey, we hope this prospectus offers a glimpse into the values, learning and community that make Equillation so unique. If our philosophy resonates with you, we would be honoured to welcome you into our community and to walk alongside you on this transformative journey.

With warmest wishes,

Kate Bickerstaff

Founder, Equillation, Maria-Lucy Neason

Director & Equine Behaviour Specialist, Ursula-Maria Bell

Systemic Constellations Trainer & Supervisor



Why Equillation?

Equillation was created with a clear vision: to offer a professional training that is as committed to the wellbeing of the horse as it is to the development of the practitioner.

Our approach is grounded in the belief that meaningful work begins with relationship-relationship with ourselves, with others, your family system and, with the horse.

Every aspect of the programme has been carefully designed to integrate ethical practice, systemic understanding and evidence-based equine behaviour into one cohesive learning experience.

What Makes Our Training Different?

Horse Welfare Comes First

The welfare, choice and autonomy of the horse underpin every decision we make.

Our horses are never expected to perform, carry responsibility for a client's healing or work beyond what they freely choose to offer.

Evidence-Based Equine Behaviour

Understanding the horse is the foundation of this training. Students learn to observe behaviour through a scientific and welfare-led lens, developing the knowledge to work in ways that respect the horse's natural needs and communication.



A Whole-System Approach

Rather than focusing only on the individual, we explore the wider systems that influence our lives. By integrating Systemic Constellations with equine partnership, we help reveal hidden patterns and create opportunities for lasting insight and change.

Learning Through Experience

This is more than a qualification. Alongside theory and practical skills, you will be encouraged to embody the principles of the work through self-reflection, personal development and experiential learning, allowing your understanding to become lived.



Small Cohorts, Personal Support

We intentionally keep our groups small, creating a supportive learning environment where every student is seen, encouraged and given the opportunity to grow with confidence.

Experienced Tutors, Shared Expertise

Learn from an experienced multidisciplinary team, bringing together expertise in Systemic Constellations, equine behaviour, psychotherapy and ethical facilitation to provide a rich and well-rounded learning experience.

At Equillation, we are not simply training practitioners, we are nurturing a community of professionals who are committed to working with integrity, compassion and deep respect for both horses and people.



What Are Equine Facilitated Constellations?

Systemic Constellations are an experiential approach that explores the hidden dynamics within our families, relationships and wider systems. They help bring unconscious patterns into awareness, allowing new perspectives and insights to emerge.

Traditionally, a constellation is facilitated using people as representatives who stand within the constellation, each representing an aspect of the client's system. As the process unfolds, these representatives often begin to reflect the underlying dynamics, revealing patterns that may previously have remained unseen.

In Equine Facilitated Constellations, horses become part of this process. Living freely within their environment, they are invited, to engage with the constellation in whatever way feels natural to them. Their responses are observed alongside the systemic process, offering another layer of information and perspective.

No two constellations are ever the same. Every session unfolds differently, guided by the unique needs of the client, the system being explored and the authentic responses of both the human participants and the horses.

As facilitators, our role is to hold the process with skill, curiosity and integrity, creating a safe space where meaningful insights can emerge while always respecting the welfare, choice and autonomy of the horse.

Why Horses?

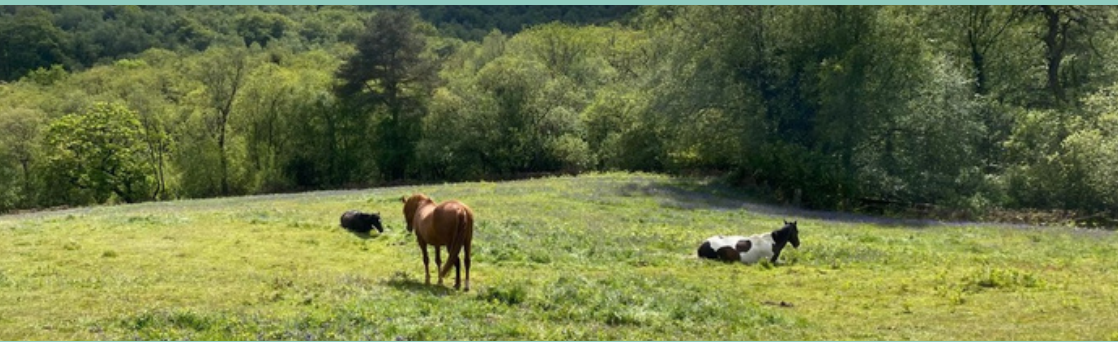
At Equillation, we believe horses offer something extraordinary, not because they have been trained to facilitate, but because they are simply allowed to be horses.

Our horses live as a herd, free to graze, move and interact naturally within their environment. They are never asked to perform, follow commands or carry responsibility for a client's experience. Every interaction is on their terms, with their welfare, choice and autonomy always coming first.

Unlike many equine-assisted approaches, we work at a distance. There is no need to touch, lead or direct the horses. By removing expectation and allowing them complete freedom of choice, we create the conditions for authentic interactions to unfold naturally.



**"Everything begins with the horse,
and everything begins with respect,"**



Within the philosophy of Systemic Constellations, there is the concept of the Knowing Field, a field of information that is believed to hold the deeper dynamics of a system. At Equillation, we believe that because horses live with such authenticity, free from judgement, agenda or expectation, they are uniquely able to respond within this field. We do not ask them to do so, nor do we expect a particular outcome. Instead, we simply allow them the freedom to be themselves and observe with openness, curiosity and respect what naturally emerges.



Time and time again, we witness horses choosing to engage in ways that invite reflection, curiosity and deeper awareness. Whether they approach, remain at a distance or simply continue grazing, every response is honoured as part of the unfolding process rather than something to be directed or controlled.

We believe the profound nature of this work comes not from asking the horse to do something, but from respecting who the horse already is. By combining systemic understanding with evidence-based equine behaviour, we create a space where meaningful insights can emerge while always honouring the welfare, choice and intrinsic value of the horse. Everything begins with the horse, and everything begins with respect.

Why Is Equine Behaviour So Important?

At Equillation, we believe that if we are asking horses to share space with us, it is our responsibility to understand them first.

That is why equine behaviour is a core module within our diploma. Before we can ethically facilitate alongside horses, we must learn to see the world from the horse's perspective, understanding how they communicate, what influences their behaviour and what they need to feel safe, secure and able to express their natural instincts.

Equine behaviour is the scientific study of how horses think, communicate and interact with one another and their environment. It explores their social relationships, body language, learning, emotions and behavioural needs, helping us understand not just what horses do, but why they do it.



This knowledge forms the foundation of everything we teach. It enables practitioners to distinguish natural equine behaviour from behaviours that may indicate stress, discomfort or conflict, ensuring that the horse's welfare remains central to every session.

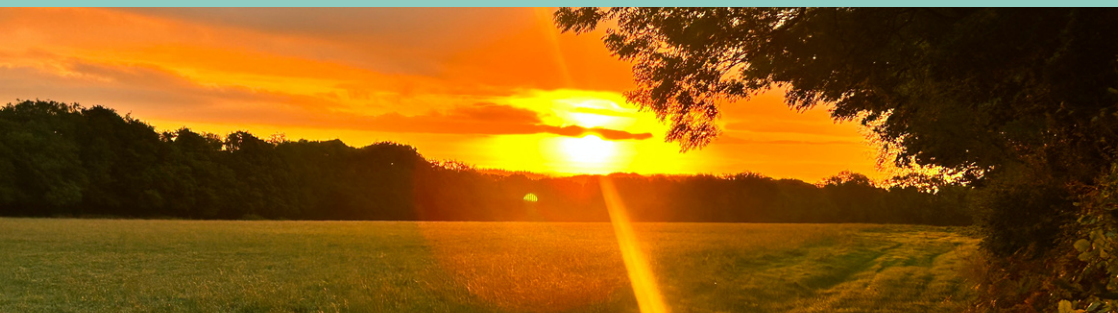
By combining evidence-based equine behaviour with the principles of Systemic Constellations, students develop the knowledge and confidence to work in true partnership with horses, observing with curiosity, responding ethically and always respecting the horse's choice, autonomy and wellbeing.

For us, understanding equine behaviour is not an optional skill; it is an ethical responsibility. It is the foundation upon which authentic, respectful and welfare-led practice is built.



What you'll Learn

The Equillation Diploma is designed to develop knowledgeable, ethical and confident practitioners who understand both the human and equine sides of this work.



Equine Behaviour & Welfare

Develop a deeper understanding of horses, their communication, needs and natural behaviours, creating a strong foundation for ethical and welfare-led practice.

Systemic Constellations

Explore the foundations of systemic work, including family systems, hidden dynamics, patterns and the principles that support meaningful change.

Equine Facilitated Constellations

Learn how to integrate horses into constellation work, understanding their role as authentic partners within the process.

The Orders of Love

Explore the systemic principles that influence belonging, balance and relationships within family and wider systems.

The Orders of Helping

Develop an understanding of ethical helping relationships, including how we support others while respecting their own process and responsibility.



Trauma-Informed Practice

Learn how to create safe, respectful spaces that recognise the impact of trauma and prioritise choice, consent and emotional safety.

Facilitation Skills

Develop the awareness, presence and practical skills required to hold space, observe dynamics and guide a constellation process with confidence.

Ethical & Professional Practice

Understand the responsibilities of working with both humans and horses, including boundaries, safeguarding, welfare and professional standards.



How the course is delivered

The Equillation Diploma is a 20-month immersive learning journey, carefully designed to allow you time to develop knowledge, practical skills and the deeper awareness required to become an ethical Equine Facilitated Constellations practitioner.

We believe this work cannot be rushed. True understanding develops through experience, reflection and integration. Our blended learning approach allows you to combine academic learning with practical application, personal development and connection with a supportive community of like-minded practitioners.



Online Learning

Our online sessions provide the theoretical foundations of the programme, allowing you to explore systemic principles, equine behaviour, facilitation skills and ethical practice from wherever you are in the world.

In-Person Practicals

Our practicals offer the opportunity to experience the work alongside horses, develop your facilitation skills and deepen your understanding through experiential learning.

We welcome students from around the world. To make the practical elements of the diploma as accessible as possible, we use a regional cohort model.

Once registrations are received, we look at where students are based and organise practical training in the most suitable central location for that group. Wherever possible, our tutors travel to the students, rather than requiring everyone to travel to one permanent venue.



Peer Learning & Community

Throughout the programme, you will be supported by your cohort through shared learning, reflection and connection. The journey is not one you take alone.

Personal Reflection & Integration

Alongside developing practical skills, you will be encouraged to explore your own awareness and understanding. This work is about becoming as much as it is learning, allowing the principles of systemic practice to become embodied within you.

Assessment & Completion

Throughout the diploma, you will complete a range of assessments designed to support your growth as a practitioner, including reflective learning, case studies, practical facilitation and evidence of your developing skills and understanding.

On successful completion, you will be awarded the Level 5 Diploma in Equine Facilitated Constellations.

Equillation is not simply a course you attend, it is a journey of learning, experience and transformation that supports you to develop the knowledge, confidence and integrity to work alongside horses and people in a deeply respectful way.



Meet your Tutors

Kate Bickerstaff **Founder of Equillation**

Kate created the Equillation approach through her deep connection with horses and her passion for creating a more ethical, respectful way of working alongside them. With a background in psychology, psychotherapy and equine-facilitated practice, Kate brings together human understanding, systemic principles and a profound respect for the horse.



Maria-Lucy Neason **Director & Equine Behaviour Specialist**

Maria-Lucy brings extensive knowledge of equine behaviour, learning theory and horse welfare. Her approach ensures that understanding the horse remains at the heart of everything we teach, supporting practitioners to develop ethical and informed relationships with horses.

Ursula-Maria Bell **Systemic Constellations Trainer & Supervisor**

Ursula brings many years of experience in Systemic Constellations, supporting students to explore the deeper principles of systemic work, including the Orders of Love and Orders of Helping. Her wisdom and guidance provide a strong foundation for developing embodied facilitation skills.



Fees and Funding

At Equillation, we believe that financial circumstances should not be the sole barrier to professional learning. As a not-for-profit organisation, we are committed to making high-quality professional education as accessible as possible.

Flexible payment options, including monthly and quarterly instalments, are available to help spread the cost of the programme.

As our resources allow, we also hope to offer an Equillation Professional Development Bursary to support applicants who demonstrate a genuine commitment to learning but may otherwise be unable to undertake the programme due to financial circumstances. Details of bursary opportunities will be published when available.

Course Fees

- Cost: £6,700 per person

Payment Plans

To help make the diploma as accessible as possible, we offer flexible payment options, including:

- 12-month payment plan
- 18-month payment plan
- Quarterly payments

We understand that everyone's circumstances are different. If you would like to discuss an alternative payment arrangement, please get in touch and we will do our best to accommodate a plan that works for you.

accounts@equillation.com

