



## 2015 HEAL Facilitator Training Program for Equine-Facilitated Psychotherapy & Learning (EFPL)

### **HUMAN EQUINE ALLIANCES FOR LEARNING - HEAL**

#### **“State of the Art” in EFPL: the HEAL Facilitator Training**

**HEAL-FTP** provides post-graduate level training for professionals seeking the knowledge and experience to incorporate Equine-Facilitated Psychotherapy & Learning (EFPL) into their counseling, teaching, or coaching practice.\* This 5-month course prepares participants to facilitate horse activities for experiential psychotherapy or learning, helping clients increase relational ability, emotional well-being, self-awareness and empowerment. The teaching faculty includes **Leigh Shambo, MSW, LPCC**, founder of HEAL; with HEAL graduates **Kristin Fernald, MA, LMHC**, psychotherapist; and **Brigette Potgieter, LCSW**.



*‘This training program is amazing. I feel well prepared to get started in this work.’*  
**Donna Martino, CO, USA**

Call HEAL for more information 760-873-8980 or email [info@humanequinealliance.org](mailto:info@humanequinealliance.org)

### **HEAL-FTP Philosophy and Vision**

The **HEAL Model™ for EFPL** is a powerful and safe way of facilitating EFPL for a variety of age groups and client types. The HEAL Model™ offers practitioners a scientifically grounded approach using HEAL’s “6 Keys to Relationship”. The focus is on the limbic/emotional connections between horse and human, revealing the primary affective neural circuits in the mammalian brain. The goal is to help the client gain new neural pathways that support healthier relationships. Students develop their understanding of facilitation skills, emotional and physical safety for human and horse participants, and the utilization of equine exercises and activities for therapeutic and educational applications for diverse clients. The HEAL Model can be effectively applied for riding or non-riding therapy and learning situations. Students will be supported to determine whether or when to offer riding within their specific program or practice. The core EFPL exercises and concepts are taught with groundwork in the HEAL program.

*‘Overall a great experience, we managed to cover so much. I feel like we are being set up for success. There is plenty of support available during the time in between the on-site weeks.’*  
**Charmaine Lane, Bristol, UK**

\* CE credits for Social Workers, MFT, and Counselors through CA-Board of Behavioral Science

\*\*HEAL-FTP meets CBEIP documentation requirements for education/training in the field of EFL



Call HEAL for more information 760-873-8980 or email [info@humanequinealliance.org](mailto:info@humanequinealliance.org)

**Program time frame**

The HEAL-FTP is a 5-month program. It begins May 04, 2015 with one full week of on-site instruction at a HEAL approved equestrian site in the Pacific Northwest Puget Sound region, USA. After this, students spend 10-12 hours per week in distance learning from home, including EFPL practice sessions, reading assignments and peer conferences. The final week is again at the approved HEAL site September 21-27, when students complete supervised sessions with HEAL clients. HEAL supports graduates with continuing education, mentorship and supervision.

*‘Saying “YES!” to the HEAL Facilitator Training Program was the most gratifying decision I’ve ever made. The program affirmed my passion for learning, sustained my dedication to bringing healing to others, and deepened my trust in horses as wise teachers.’*  
**Ruthi Davenport, PhD,  
LaGrande, OR, USA**

**2015 Location** Raven Rock Ranch, Redmond, WA near Seattle [www.ravenrockranch.org](http://www.ravenrockranch.org)

**We are honored to be hosted by RRR, a unique healing ranch, & convenient for travelers!**

**Costs and benefits of HEAL-FTP**

**Program cost: Standard registration as of January 1, 2015 - \$7200**

A variety of payment plans and options are available.

**Program benefit:** Upon fulfilling graduation requirements students will receive an individual, strength-based evaluation and a certificate of HEAL graduation. Graduates are encouraged to pursue continuing education and additional related certifications, including the Certification Board for Equine Interaction Professionals (CBEIP). HEAL-FTP meets CBEIP documentation requirements for education/training in the field of equine facilitated mental health or education. HEAL professional continuing education hours are accepted in many states



*‘My training at HEAL has allowed me to integrate over 20 years of clinical work as a psychologist with this powerful ability horses have, discovering new and rich ways to help others heal emotional and developmental injuries.’*  
**Eric Mueller, PhD, Portland, OR, USA**

\* CE credits for Social Workers, MFT, and Counselors through CA-Board of Behavioral Science

\*\*HEAL-FTP meets CBEIP documentation requirements for education/training in the field of EFL



Call HEAL for more information 760-873-8980 or email [info@humanequinealliance.org](mailto:info@humanequinealliance.org)

### 2015 Program Faculty



**Leigh Shambo, MSW, LMHC** is a Licensed Professional Clinical Counselor specializing in EFPL with adults and children, EFPL therapy groups and personal growth workshops. Leigh founded **Human-Equine Alliances for Learning (HEAL)**, a non-profit 501c(3) in 2000. Leigh is the lead author for HEAL- sponsored research on the efficacy of EFP for survivors of complex trauma, published in 2010 & 2011 by the Journal for Therapeutic Riding International. Her

book ***The Listening Heart: Limbic Path Beyond Office Therapy*** was published in 2013. Leigh is frequently invited to teach workshops and seminars on EFPL in the US and abroad. Visit the HEAL website at [www.humanequinealliance.org](http://www.humanequinealliance.org)



**Kristin Fernald** is a Licensed Mental Health Counselor in the San Juan Islands in Washington State. She has a private practice serving individuals and couples and leads retreats and group workshops, with a specialty in Energy Psychology. She offers EFPL services with her herd of 3 horses as an adjunct to her psychotherapy practice and teaches EFL workshops nationwide. [www.kristinfernald.com](http://www.kristinfernald.com)

**Brigette Potgieter** is a Licensed Clinical Social Worker in Pennsylvania with 25years experience in the mental health field. She integrates traditional office-based psychotherapy, equine-facilitated psychotherapy, and Mind-Body Intelligence™ practice to meet the individual needs of clients. She owns and operates Philly Equine Partners, LLC, and maintains a private practice in the Philadelphia area. [www.PhillyEquinePartners.com](http://www.PhillyEquinePartners.com)



*'I have one word to describe the value of the program: Priceless.'*  
**Donna Martino, CO, USA**

\* CE credits for Social Workers, MFT, and Counselors through CA-Board of Behavioral Science

\*\*HEAL-FTP meets CBEIP documentation requirements for education/training in the field of EFL





**2015 Program dates:** On-site: May 04-10, 2015 and September 21-27 (Includes 6 days of intensive study + 1 day integration and practice). Between these on-site portions students commit approximately 10-12 hours weekly for distance study, EFPL practice sessions, and consultation with mentors and peers.

**Application fee:** \$75 non-refundable (payable to Leigh Shambo and Associates). We are happy to answer questions about program qualification prior to official application.

**Deposit:** \$600 non-refundable due at time of acceptance.

### **What are the application criteria?**

Applicants should have Master's level or equivalent education and experience in human growth and development such as psychology or psychotherapy, social work, clinical mental health counseling, teaching or coaching; and 2 years experience in the field of human services. In addition, a minimum of 3 years recent and regular horse experience is highly recommended; candidates should feel confident in basic horse handling with a relational focus to create a "willing and safe partnership". In HEAL FTP, students learn to understand horses as sophisticated emotional and relational beings; this may be very different from more traditional approaches to recreational, sport, or competitive riding. Prepare to be amazed when horses are allowed to freely demonstrate their "emotional genius"!

Some HEAL FTP applicants may use, or plan to use, a team approach to EFPL practice – i.e. the clinician or educator supported by a horse specialist as their practice partner. Practice partners are encouraged to attend HEAL FTP together when possible, which amplifies the learning and effectiveness for the team. Accepted teams are eligible for a 15% registration discount.

**Prerequisite:** Attendance in a **HEAL Keys to Connection** workshop or 6 hour private intensive with a HEAL Trainer, and a completed program application.

***The 2015 HEAL-FTP will accept up to 10 qualified applicants, filling on a first-come basis.***

*Wondering if HEAL offers the right EFPL Certification for you? Call or email me for a free, confidential consultation. I'm happy to answer questions, discuss application criteria at HEAL or your pathway in EFPL. I hope you enjoyed reading about our program!*

*Sincerely, Leigh Shambo, founder of HEAL*



\* CE credits for Social Workers, MFT, and Counselors through CA-Board of Behavioral Science

\*\*HEAL-FTP meets CBEIP documentation requirements for education/training in the field of EFL



## HUMAN-EQUINE ALLIANCES FOR LEARNING

### HEAL FTP LEARNING OBJECTIVES

#### Human Development

Graduates will be able to understand and address the following components of human emotional functioning as they unfold in Equine-Facilitated Psychotherapy and Learning (EFPL), and be prepared to manage these dynamics in practice.

- Facilitating a client through experiential exercises and maintaining a safe container.
- Be able to teach and practice the basic HEAL Model™ as it applies to people and horses.
- Learn how to differentiate the applications and styles which will best apply to each unique circumstance.
- Understand the concepts of boundaries, projection and transference and their role in the EFPL experience.
- Understand your personal history, experiences, body cues and thought patterns and be able to deal effectively with your counter-transference issues.
- Learn to use your own body as a “sensing device”, determining your physiological, emotional, and mental state prior to any engagement with the horses or a client.
- Teach the client how to determine their physiological state in the present moment and help them to clarify emotions and make healthy choices using emotions as information.
- Assist clients in identifying their own “coping strategies” and behavioral patterns which have helped them to survive. Help develop new behaviors and thoughts which help clients to thrive and not just survive.
- Learn to personally identify the subtle energetic clues from the horse, and assist clients in identifying their own subtle messages, thought patterns, and the effect these have on interactions with people and horses.
- Be able to clearly and quickly identify when a client needs immediate assistance and intervention, psychological or equine support, and know and accept your personal limitations.
- Utilize and incorporate the HEAL Relationship Keys™ in all interactions with humans and equines.



*‘The HEAL Facilitator Training Program has enabled me to synthesize heart, mind, and intuition in the service of “healing”.’*  
**Randy Zasloff, MA, Portland, OR, USA**

\* CE credits for Social Workers, MFT, and Counselors through CA-Board of Behavioral Science

\*\*HEAL-FTP meets CBEIP documentation requirements for education/training in the field of EFL



## Equine Skills

Note: Participants should enter the program with working knowledge of standard equestrian safety practices with horses in a teaching atmosphere where beginners will be present.

- Identify guidelines for physical and emotional safety for horses and clients, and understand how to structure and present equestrian safety to best serve different types of clients.
- Practice and understand the underlying principles that guide the horse-human relationships toward positive and co-creative outcomes.
- Translate and generalize horsemanship principles to human relationships and emotional states.
- Recognize a variety of emotional and energetic states that impact horse-human communication; and support, facilitate, or assist the client to manage such states during horse activities.
- Develop targeted EFL approaches/activities to serve the developmental and emotional needs of specific clients or groups.
- Understand the demands and impact of EFL for the horses you have, develop your herd for your unique practice, and care for your herd's emotional well-being.
- Balance and integrate instructional, guided, and facilitative approaches in horse work with specific techniques that serve immediate and long-term client needs.
- Facilitate a variety of activities on the ground, on lead, at liberty, or under saddle in ways that strengthen and develop positive emotional functioning.
- Read and interpret the horse's subtle communication and work effectively with the client's interpretations and attributions.



*'Participating in the HEAL Facilitator Training Program has been one of the most transformative, profound, and enjoyable experiences of my life so far... As a result of the training I am able to offer EFL courses to some of the largest youth agencies on the Island.'*

**Hannah Clarke, Jersey, UK**

\* CE credits for Social Workers, MFT, and Counselors through CA-Board of Behavioral Science

\*\*HEAL-FTP meets CBEIP documentation requirements for education/training in the field of EFL