

# HEAL: 6 Keys to Connection

## A 3-DAY EQUINE EXPERIENTIAL WORKSHOP FOR PERSONAL & PROFESSIONAL DEVELOPMENT

**This workshop** is for anyone interested in equine-facilitated psychotherapy and learning (EFPL), for personal and/or professional benefit, including horse owners wanting to deepen their understanding of the horse-human bond.

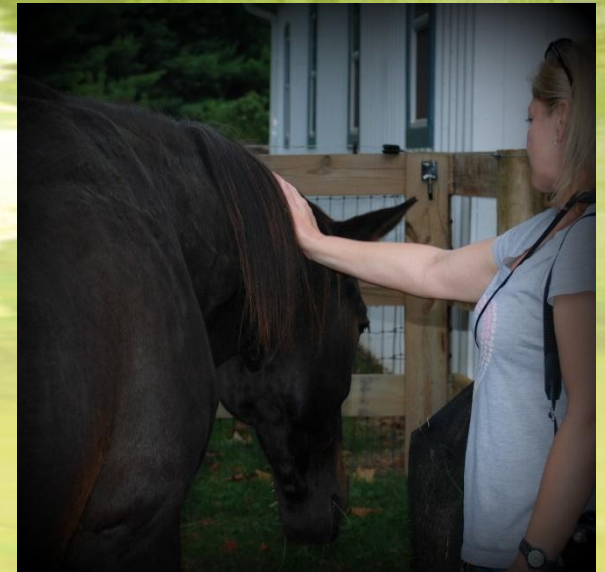
**The HEAL Model™** of EFPL is an experiential learning model, based on scientifically validated principles from the fields of neuroscience and psychology (human and animal). Horses, as social mammals, are surprisingly similar to humans in terms of their relational needs to not only survive, but thrive. Through ground-level activities with these sentient beings, six core skills for enhancing self-awareness and interpersonal wellbeing will be explored.

- **No horse experience necessary** ●

**We will begin each day** with a didactic, followed by activities with the horses that engage each key. We will conclude each day with time for shared experiences and reflections.

### **HEAL's Six Keys:**

1. Body-centered awareness – Consciously navigate by feeling.
2. Boundaries – Trust and respect.
3. Mending the Divided Self – Make friends with the “inner critic.”
4. The Yin and Yang of It – Sensitivity and action in balance. Beyond dominance.
5. New Pathways – Activating the SEEKING system and creating new “deer paths” in the brain.
6. The Social Brain – Mutual caring, nurturance and acceptance in relationship.



LEARNING TOGETHER THROUGH  
MUTUAL UNDERSTANDING

*“Equine-Facilitated  
Psychotherapy and Learning  
(EFPL) activities serve as a  
living relationship laboratory”*

*Leigh Shambo  
Founder, Human-Equine Alliance for  
Learning (HEAL)*



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FOR  
PERSONAL & PROFESSIONAL DEVELOPMENT



*Manderley Farm, Blue Bell PA*

**This workshop fulfills the prerequisite for the 5-month HEAL Facilitator Training Program.**

**For more information on HEAL FTP 2015 go to:**

[WWW.HUMANEQUINEALLIANCE.COM](http://WWW.HUMANEQUINEALLIANCE.COM)

## About Drea

**Drea Bowen** is a Board Certified Coach-specializing in working with women, and Designated HEAL Trainer. She is the founder of the training program R.E.A.L. Principles for Creating Mutual Horse Human Social Bonds and the Heart of the Herd Ranch & Retreat Center Professional EFPL Services Co-op. Drea is a lifelong horsewoman who works out of her ranch in Silverdale, WA with her herd seeing individual clients as well as conducting groups and retreats. She travels around the US and abroad to teach, train and speak.

[WWW.DREABOWEN.COM](http://WWW.DREABOWEN.COM)

## About Brigette

**Brigette Potgieter** is a Licensed Clinical Social Worker in Pennsylvania and Designated HEAL Trainer. She has 25 years experience in the mental health field. She integrates traditional office-based psychotherapy, equine-facilitated psychotherapy, and Buddhist psychology 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)

## REGISTRATION DETAILS

Workshop Dates: April 17-19<sup>th</sup> 2015

Time: 10am – 4pm Daily

*Lunch Included*

Location: Manderley Farm, Blue Bell Pennsylvania (Philadelphia area)

Cost: \$630

A non-refundable deposit of \$300 will reserve your place.

*Register by March 1<sup>st</sup> for a 5% discount*

*We have space for 10 participants*

Please contact Brigette for further information:

**Phone:** 215-880-7015

**Email:** [bfpotgieter@hotmail.com](mailto:bfpotgieter@hotmail.com)

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*Rain or Shine*

*The horses don't mind!*

*“Being in nature and engaging with horses through focused and reflective activities reveal challenges and solutions that are directly transferable to everyday life. Horses, like people, respond to a congruence of intention and action, trustworthy and connective leadership, a desire to understand and be understood and to committed and engaging teamwork” ~ Drea*