

HEAL: 6 Keys to Connection

A 3-DAY EQUINE EXPERIENTIAL WORKSHOP

For personal or professional growth and learning

Friday April 10 – Sunday April 12, 2015 Redmond, WA

Facilitated by: Leigh Shambo, LPCC and Kristin Fernald, LMHC

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 activities serve as a living relationship laboratory, helping us learn about ourselves.”

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

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About Leigh Shambo, LPCC

Leigh Shambo, MSW, LMHC is a Licensed Professional Clinical Counselor specializing in Equine-Facilitated Psychotherapy & Learning – EFPL. Leigh founded Human-Equine Alliances for Learning (HEAL), in 2000. Author of *The Listening Heart: Limbic Path Beyond Office Therapy* (published in 2013), Leigh has also authored HEAL-sponsored research on EFPL as a therapeutic modality. Leigh is frequently invited to teach workshops and seminars on EFPL in the US and abroad. Visit the HEAL home page at www.humanequinealliance.com



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

About Kristin Fernald, LMHC

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

REGISTRATION DETAILS

Workshop Dates: April 10-12th 2015

Time: 9:30 am – 5:30 pm Daily

Lunch Included

Location: Raven Rock Ranch
Redmond, WA

www.ravenrockranch.org

Cost: \$630

A non-refundable deposit of \$150 will reserve your place.

Register by March 1st for a 5% discount

We have space for 10 participants

Please contact Leigh for further information:

Phone: 360-269-8763

Email: leigh@humanequinealliance.org

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*Rain or Shine
The horses don't mind!*

“In this rich, experiential workshop you will learn and practice how to create loving, respectful relationships with healthy boundaries and participate more powerfully in your life. The HEAL model of Six Keys to Connection is based on current neuroscience and the power of partnering with horses to heal and grow.” Kristin Fernald