

# HEAL: 6 Keys to Connection

## A 3-DAY EQUINE EXPERIENTIAL WORKSHOP

*For personal or professional growth and learning*

**Friday September 11 – Sunday September 13, 2015 Redmond, WA**

Facilitated by Kristin Fernald, MA LMHC

HEAL Keys to Connection is an *experiential, personal growth* workshop suitable for individuals in search of personal growth, professionals exploring models of EFPL, and anyone seeking a deeper understanding of the human-horse bond.

Six core skills for enhancing self-awareness and interpersonal wellbeing will be explored.

The facilitation team and the horses will help you *experience* the HEAL model of EFPL from the inside out, rather than simply teaching you about it. The experience is likely to be challenging in some of its aspects, yet is safe & reliably transformative and expanding as well.

Come prepared for the safe and heart-opening experience of deep connection with horses.

- **No horse experience necessary** •

The **HEAL Model™** of EFPL is based on scientifically validated principles from neuroscience and psychology (human and animal). Horses, as social mammals, help us learn relational skills essential to thriving.

**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. Improve your **feeling-centered awareness**.
2. Practice **Boundaries** for trust and respect.
3. Mend the **Divided Self**, the "inner critic."
4. Balance **Yin & Yang** - sensitivity in action.
5. Finding **New Pathways** in the brain.
6. Caring in action: your **Social Brain**



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 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 on Lopez Island as an adjunct to her psychotherapy practice and teaches EFL workshops nationwide. [www.kristinfernald.com](http://www.kristinfernald.com)

Participation in the HEAL Keys to Connection workshop fulfills the prerequisite for the 5-month HEAL Facilitator Training Program. For more information on HEAL FTP go to:

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

**Please note** that in-depth personal work on complex issues is more suitable for individual sessions than the workshop. If you'd like more

theoretical training in the workshop, please read *The Listening*



QuickTime™ and a decompressor are needed to see this picture.



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## REGISTRATION DETAILS

Dates: September 11-13<sup>th</sup>, 2015

Time: 9:30 am – 5:30 pm Daily

*Lunch Included*

Location: Raven Rock Ranch  
Redmond, WA

[www.ravenrockranch.org](http://www.ravenrockranch.org)

Cost: \$725

A non-refundable deposit of \$225 will reserve your place.

*We have space for 10 participants*

Please contact Kristin for further information:

**Phone:** 360-468-3785

**Email:** [kristin@kristinfernald.com](mailto:kristin@kristinfernald.com)



*Rain or Shine*

*The horses don't mind!*

*Clothing appropriate to weather*

**“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**