

# HEAL: Keys to Connection for Professional and personal learning

*Introductory HEAL workshop, of special interest for Clinical Counselors, Therapists, Educators and others*

**Friday April 8 – Sunday April 10, 2016 Redmond, WA**

A 3-day experiential equine-facilitated learning workshop!

Facilitated by: Leigh Shambo, LPCC, assisted by Sandy Matts, MA

Horse power for positive change! Horses are adept emotional modulators who readily seek a clear bond, yet also require congruence and safety. In this unique workshop, participants practice the Keys to Connection with real horses, illuminating the essence of therapeutic presence and offering pathways for growth as each person needs.

**The HEAL Model™** of EFPL relies on experiential learning with horses, highly social mammals who are similar in many ways to humans. The Six Keys are core skills that enhance self-awareness and interpersonal wellbeing. The HEAL model for animal-assisted therapy is clinically sound for clients from 5 to 85, especially those affected by relational and/or developmental trauma.

**We will begin each day** with class-based learning, followed by activities with the horses that engage each “Key to Relationship”. We will conclude each day with time for shared experiences and reflections.

## **HEAL’s Six Keys:**

1. Body or feeling-centered awareness
2. Boundaries – Trust and respect.
3. Divided Self – Taming that “inner critic.”
4. Yin and Yang – Sensitivity & action
5. New Pathways – Beyond Dominance
6. The Social Brain – Putting relationship ahead of performance.

*“Life-changing! Leigh and the horses created a safe and open environment for learning.”*

*~ A.S., Portland, OR*

● **No horse experience is necessary** ●



*“Equine-Facilitated activities serve as a living relationship laboratory, helping us learn about ourselves.”*

*Leigh Shambo*

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





# HEAL 6 Keys to Connection

A 3-day equine experiential workshop for professional and personal growth & learning



## About Leigh Shambo, LPCC, CEIP-MH

**Leigh Shambo**, MSW, LMHC is a Licensed Professional Clinical Counselor specializing in Equine-Facilitated Psychotherapy & Learning – EFPL – with clients of all ages who have experienced relational trauma. 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 teaches workshops and seminars on EFPL in the US and abroad. Learn more at [www.humanequinealliance.com](http://www.humanequinealliance.com)



## About Sandy Matts, MA

Sandy, founder of Raven Rock Ranch, is a lifelong horse lover and riding instructor, and a teacher and counselor. As a Para-Educator for the Lake Washington School District, she was awarded Para-Educator of the Year, for the state of WA. After earning an MA in Counseling Psychology from Northwest University, Sandy worked with Senior Services of King County and her own counseling practice for families and couples. Raven Rock Ranch integrates Sandy's passions, skills, and training for the healing of horses and humans. [www.ravenrockranch.org](http://www.ravenrockranch.org)

**This workshop fulfills the prerequisite for the 5-month HEAL Facilitator Training Program. For more information on HEAL FTP 2016 go to:**

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

*"...a wonderful blend of theory, practice, modeling, trust... and just enough magic to leave me feeling I had been ...on an amazing journey." KC from OR*

## REGISTRATION DETAILS

Workshop Dates: April 8-10<sup>th</sup> 2016

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.

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

*We have space for 10 participants*

Please contact Leigh for further information:

**Phone:** 760-258-5515

**Email:** [leigh@humanequinealliance.org](mailto:leigh@humanequinealliance.org)

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

***"In this rich, experiential workshop you will practice a method for quickly creating a bond that is strong and respectful, with healthy boundaries. There is much here to benefit both therapist and client. The HEAL model blends neuroscience and mindfulness with horse power."*** ~ Kristin Fernald, LMHC, HEAL Instructor