

HEAL: Keys to Connection for Counselors, Therapists, Teachers

A 3-day course in equine-facilitated psychotherapy & learning!
Introductory HEAL course for Clinical Counselors, Therapists and Educators

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

Facilitated by: Leigh Shambo, LPCC, and 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 many aspects of clinical work.

The HEAL Model™ of EFPL relies on experiential learning with horses, highly social mammals who are similar in some 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.

• **No horse experience is necessary** •

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



“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 helping professionals



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



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

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

"...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 8-10th 2016

Time: 9:30 am – 5:30 pm Daily

Lunch Included

Location: Raven Rock Ranch
Redmond, WA

www.ravenrockranch.org

Cost: \$725

A non-refundable deposit of \$225 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: 760-258-5515

Email: leigh@humanequinealliance.org

•
*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