

# HEAL: Keys to Connection

A 3-day course in Equine-Facilitated Psychotherapy & Learning

**Friday April 8 – Sunday April 10, Stevensville, MT**

Facilitated by Kristin Fernald, MA LMHC

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 their equine companions, 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



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.CO](http://WWW.HUMANEQUINEALLIANCE.CO)



## About Kristin Fernald, MA 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)

***This is an introductory HEAL course of special interest for Clinical Counselors, Therapists, Educators and others***

**Please note** that in-depth personal work on complex issues is more suitable for individual sessions than the workshop setting. Let us know if you'd like more information on private sessions.

**EFPL professionals** seeking theoretical training in the HEAL Model are encouraged to read ***The Listening Heart***, by Leigh Shambo.

*"...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: Horse Time Farm  
Stevensville, MT

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  
Partial scholarships available*

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!*

***"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