

HEAL: Keys to Connection for Counselors

3-day workshop on Equine-Facilitated Psychotherapy and Learning (EFPL)

September 16 – 18 (Fri – Sun), 2016 in Bishop, CA

Facilitated by: Leigh Shambo, MSW, LPCC, CEIP-MH

Horses are adept emotional modulators who readily seek social connection, yet also require congruence and safety. In this unique workshop, participants will learn and practice the “Keys to Connection” with real horses, illuminating the essence of therapeutic presence and offering pathways for growth both personally and professionally.

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.

This workshop is designed for helping professionals who are seeking to improve their clinical skills by learning with horses, and those who wish to incorporate equine therapy into their existing practice,

We will begin each day with class-based learning, followed by activities with the horses that engage each “Key to Relationship”.

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 Keys to Connection has been approved by NBCC for NBCC Credit. HEAL is solely responsible for all aspects of the program. NBCC approval No. SP 2731

“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

HEAL 6 Keys to Connection for Counselors

A 3-day equine experiential workshop for Clinical Counselors & related professions

Instructor & Facilitator *

HEAL Founder 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

*Along with designated HEAL Instructors and assistants

Enjoy Bishop, CA

Experience the adventure of the Eastern High Sierra in and around Bishop California. Many canyons leading into the back country offer horse trips guided by professional pack outfitters who can design a trip just for you. Bishop Creek Canyon offers dozens of fantastic trails for day hikes or fishing. The volcanic tablelands and Fish Slough north of Bishop are rich in ancient native dwelling and petroglyph sites. Come see why we call Bishop “a little town with a BIG backyard”!

<http://www.bishopvisitor.com/activities/horseback/>

“...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

Dates: September 16-18, 2016

Time: 9:30 am – 5:30 pm Daily

Cost: \$725.00

Location: Tri-County Fairgrounds
Bishop, CA

www.tricountyfair.com

RV hook ups available on-site
Wide variety of local accommodations
Nearby camping
www.bishopvisitor.com/activities/camping

We have space for 12 participants

To register: contact Leigh Shambo:

Phone: 760-873-8980

Email: leigh@humanequinealliance.org

Website: www.humanequinealliance.com

HEAL Mailing address:

44 Osage Circle, Bishop CA 93514

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



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

Participant Learning Objectives for HEAL Keys to Connection for Counselors:



1. Participants will understand the HEAL Six Keys model for Equine Facilitated Psychotherapy and Learning (EFPL), with it's blend of mindfulness, affective neuroscience, and ability to build relational capacity by employing horses to help clients experience a mammal to mammal bond.
2. Participants will practice specific skills in mindfulness, body awareness, and “open focus” to enable deeper relational connection, as part of a continuum of EFPL exercises.
3. Participants will engage in an “interactive affective world” with the horses – with a focus on what is communicated through behavior – and applications to clinical practice in EFPL and other types of therapy.
4. Participants will explore boundaries through guided exercises with the horses, enabling respectful, intentional space and connection, with applications to clinical practice in EFPL and other types of therapy.
5. Participants, through guided experience with the horses, will distinguish thoughts, feelings and instincts as these influence behavior, and will observe how these are affected by stress arousal systems, in all mammals including humans.
6. Participants will employ specific steps, and structure balanced with flexibility, in order to keep connection (with the horse) alive through challenges, a process that requires examination of assumptions and beliefs.
7. Participants will gain skills for soothing heightened affect while remaining cognitively “on-line” and will understand the effect of heightened arousal (stress response system) on cognition and affect.
8. Participants will experience the Six Key process used in HEAL Therapy, exploring how it promotes a positive transformative process for humans, while respecting the natural communication and well being of the horse.