

HEAL: Keys to Connection

A 3-DAY EQUINE EXPERIENTIAL WORKSHOP

For personal or professional growth and learning

Friday October 21 – Sunday October 23, Cape Elizabeth, Maine

Facilitated by Kristin Fernald, MA LMHC with Brigitte Potgieter, LCSW

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)*

HEAL 6 Keys to Connection

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About the Instructors



Lead Instructor: 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 internationally.

www.kristinfernald.com



Assistant Instructor: Brigette Potgieter is a Licensed Clinical Social Worker in Pennsylvania.. She integrates traditional office-based psychotherapy, equine-facilitated psychotherapy, and Mind-Body Intelligence™ practice to meet the individual needs of clients. She owns and operates Philly Equine Partners, LLC, and maintains a private practice in the Philadelphia area. www.PhillyEquinePartners.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

“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

REGISTRATION DETAILS

Dates: October 21-23, 2016

Time: 9:30 am – 5:30 pm Daily

Lunch Included

*Location: Shady Oak Farm
30 Fowler Rd*

Cape Elizabeth, Maine

*Hosted by Equine Encounters of Maine
www.equineencountersofmaine.com*

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



Rain or Shine

The horses don't mind!

Clothing appropriate to weather