

# HEAL: 6 Keys to Connection

A 3-DAY EQUINE EXPERIENTIAL WORKSHOP

*For personal or professional growth and learning*

**Friday April 7 – Sunday April 9, 2017 Redmond, WA**

Facilitated by: Sandy Matts, MA, and Julie Harcus

**This workshop** is for anyone interested in equine-facilitated psychotherapy and learning (EFPL), for personal and/or professional benefit, including horse owners wanting to deepen their understanding of the horse-human bond.

**The HEAL Model™** of EFPL is an experiential learning model, based on scientifically validated principles from the fields of neuroscience and psychology (human and animal). Horses, as social mammals, are surprisingly similar to humans in terms of their relational needs to not only survive, but thrive. Through ground-level activities with these sentient beings, six core skills for enhancing self-awareness and interpersonal wellbeing will be explored.

**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! It was a safe and open environment for learning.”*

*~ A.S., Portland, OR*



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)*



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## About Sandy Matts, MA, CL, H.E.A.L. Certified

Being an H.E.A.L. Certified Facilitator combines all of Sandy's passions, skills, and training to create a unique culmination of qualities maximizing the restorative work of both the horse and individual. Sandy earned her Master's degree in Counseling Psychology at Northwest University in Kirkland, WA. She is a certified therapist with the State of Washington. Sandy has also been certified by the Professional Association for Therapeutic Horsemanship (PATH) and worked for 3 years at Little Bit Therapeutic Riding Center. From 2011 to the present, Sandy's professional time has been spent working with at-risk youth and developing programming at Raven Rock Ranch.

[www.ravenrockranch.org](http://www.ravenrockranch.org)

## Assisting facilitators:

### Julie Harcus, PATH TRI, H.E.A.L Certified Facilitator & RRR staff.

Julie has extensive horse experience and has owned horses since childhood. She has taught riding lessons balancing safety and enjoyment for 20 years. Julie completed the H.E.A.L Certification Program in September 2015, and has been a staff member for Raven Rock Ranch since 2014, serving as a Facilitator and Volunteer Coordinator. She has a degree in Sociology/Social Work and over 10 years experience working with children with special needs.

*"...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 7- 9 2017

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 6 participants*

Please contact Sandy for further information:

**Phone:** 425-869-2302

**Email:** [sandy@ravenrockranch.org](mailto:sandy@ravenrockranch.org)

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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 2018 go to:**

[WWW.HUMANEQUINEALLIANCE.COM](http://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, LMHC, HEAL Instructor