

# HEAL: Keys to Connection

## A 3-DAY EQUINE EXPERIENTIAL WORKSHOP

*For personal or professional growth and learning*

**Friday August 4 – Sunday August 6, Lopez Island, WA**

Facilitated by Kristin Fernald, MA

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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**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](http://www.kristinfernald.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](http://www.humanequinealliance.com)



## REGISTRATION DETAILS

Dates: August 4-6, 2017

Time: 9:30 am – 5:30 pm Daily

*Lunch Included*

*Location: Dreamer Horse Farm  
Lopez Island, WA*

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](mailto:kristin@kristinfernald.com)



*Rain or Shine*

*The horses don't mind!*

*Clothing appropriate to weather*

**“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**