

HEAL: Keys to Connection for Counselors

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

May 19-21 (Fri – Sun), 2017 in Kalispell, MT

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 for Counselors 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 EFPL for over 15 years. In 2000, Leigh founded Human-Equine Alliances for Learning (HEAL), an organization that has supported key research in the field of EFPL. The HEAL Model is used with clients of all ages who have experienced relational trauma; it has demonstrated clinical effectiveness and reliability. The author of *The Listening Heart: Limbic Path Beyond Office Therapy* (published in 2013), Leigh has also published outcome research on EFPL. Leigh teaches workshops and seminars on EFPL in the US and abroad. Learn more at www.humanequinealliance.com

Julie Kiewatt, MA will be assisting Leigh and supporting the needs of participants. Julie is a therapist in Kalispell, a horsewoman, and a HEAL Certified Facilitator. She is the owner of Firefly Horse Co, our workshop site, which is a full service boarding facility that also offers EFPL.

Enjoy Kalispell, MT

Located in the heart of the beautiful Rocky Mountains, Kalispell offers beauty unbounded and plenty to explore. It is a mere half hour to Glacier National Park, and 15 minutes to south lies that ancient Flathead Lake, the largest (and one of the purest!) freshwater lake west of the Mississippi.

"...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: May 19-21, 2017

Time: 9:30 am – 5:30 pm Daily

Cost: \$725.00

Location: Kalispell, MT
Firefly Horse Co.

www.fireflyhorseco.com

1274 Columbia Falls Stage Rd.

Camping available on-site

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

We have space for 12 participants



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.