

HEAL: 6 Keys to Connection

A 3-DAY EQUINE EXPERIENTIAL WORKSHOP

For professional growth and learning

Friday March 23- Sunday March 25, 2018 Redmond, WA

Facilitated by: Sandy Matts, MA, HEAL Certified
Kristin Fernald, MA, LMHC, HEAL Certified

This workshop is for Mental Health professionals interested in equine-facilitated psychotherapy and learning (EFPL), for personal and/or professional benefit. The KTC workshop is relevant to therapists who want to learn about a method of response to every culture and demographic that presents for treatment, as Equine Therapy overcomes cultural barriers that do not exist in a horse-human relationship.

The HEAL Model™ is experiential learning, based on scientifically validated principles from the fields of neuroscience and psychology (human and animal). Through ground-level activities, 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".

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.

"Equine-Facilitated activities serve as a living relationship laboratory, helping us learn about ourselves." -Leigh Shambo,

Founder of Human-Equine Alliance for Learning (HEAL)

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



REGISTRATION DETAILS

Workshop Dates: March 23-25, 2018
Time: 9:30 am – 5:30 pm Daily
Lunch Included

Location: Raven Rock Ranch
Redmond, WA

Cost: \$725
A non-refundable deposit of \$225 *payable to Sandy Matts* will reserve your place.
We have space for 8 participants

Please contact Sandy for further information:

Phone: 425-869-2302

Email: sandy@ravenrockranch.org

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

· No Horse Experience Necessary ·