

# 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 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".

***This training has been approved for 20 CE's for Washington State licensed Mental Health Counselors, Licensed Marriage and Family Therapists, and Licensed Social Workers. WMHCA Provider #1801.***

### **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](http://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.  
Check, Cash, or PayPal accepted.  
*We have space for 8 participants*

Please contact Sandy for further information:

**Phone:** 425-869-2302

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

**· No Horse Experience Necessary ·**