



## Keys to Connection 3-Day Equine Experiential Workshop

For personal or professional growth

October 18-20, 2019 - Kalispell, MT

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. **Horse Experience Not Required.**

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.

**“...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**

### 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

**Dates:** October 18-20  
9:30 - 5:30 (Lunch included)

**Location:**  
Montana Horse  
Works, Kalispell, MT.

**Cost:** \$725

A deposit of \$225 will hold  
your place

### Instructors:

**Kristin Fernald, MA** is a Licensed Mental Health Counselor in the San Juan Islands in Washington State. She has a private practice serving individuals and couples with a specialty in emotional and body-centered psycho-therapy. She offers EFPL services with her herd of 4 horses as part of her psychotherapy practice on Lopez Island. A 2011 HEAL Facilitator Training graduate, she has been a lead instructor for HEAL workshops and trainings in the US and abroad since 2013. [kristinferald.com](http://kristinferald.com)

**Cathy Curry, MA** is a Licensed Clinical Social Worker and a certified HEAL practitioner in the beautiful Flathead Valley of Montana. She has served adults, children and families in School-based mental health, private practice and now as a full-time equine assisted psychotherapist. She has been co-facilitating the Keys to Connection Workshop for over 3 years and enjoys teaching and furthering the growth of our partnership with horses in this work.

To register call 360-468-3785 or [kristin@kristinferald.com](mailto:kristin@kristinferald.com)

*Participation in the HEAL Keys to Connection workshop fulfills the prerequisite for all HEAL advanced programs.*