

This is one of the recommended programs in the CanTRA certification system.

Reflection of the Horse

Training in *Integrative Equine Facilitated Wellness*
at Generation Farms Nanaimo BC

Horses live in the present moment without practice. Their size and power command respect. These qualities, along with their honest and generous spirit, are potentially transformative for people.



Trauma therapists are discovering the limitations of approaching healing from a purely cognitive perspective when traumatic experiences; large or small, are held deep in the more primitive brain. Many of the conditions that promote healing on this level are easily accessed with the help of horses.

Learn how to support others in transforming their lives in the *Reflection of the Horse*:

This model teaches a foundation that can inform all aspects of Equine Facilitated Work, and is safe and healing for both species. Suited for practitioners who truly want to work with their horses as partners.

Influences include the Epona Approach, Somatic Psychology (Levine, Ogden and Minton, Robert Scaer), Mindfulness and Neurobiology (Daniel Siegel, Jon Kabot-Zinn) and more.

- understand fight, flight and freeze; how to work within a healing Window of Tolerance
- present moment body centred focus
- knowing when to pause and allow time
- reflective and active approaches
- deepening understanding of the Epona concepts as developed by Linda Kohanov*
- Authentic Horsemanship and its application
- horse as co-therapist
- safe guarding the horse
- sensory healing and re-integration
- proximity boundaries and energetic boundaries
- practical aspects of EFW including equipment, suitable horses and facilities, insurance

Each week of training will include theoretical information, demonstrations, hands-on exercises with the horses, practice with each other, discussion, handouts, DVD's and reading. There will be a free day mid week for rest and integration.

Included is the new IEFW training manual produced by Emily Pelletier as a final project in her MA in Counselling, specialty in Equine Assisted Mental Health from Prescott College, Arizona

2010 Dates: July 10 to 15 and August 16 to 21
Cost: \$2500 plus GST

This small group two-week training opportunity is open to people with the following experience:

- Mental Health professionals (e.g. counsellors, psychologists) and those with demonstrated skills in working with people in related fields of human development such as Social Work, Child & Youth Care and Life Coaching
- Experience with horses and good groundwork horse handling skills
- While it is ideal to have both Mental Health and horse experience, this is not essential

Pre-requisite: An Epona Approach workshop (or something comparable) and/or the CanTRA Explorations Course. Candidates with both will receive the most benefit from the training and will be given priority in the screening.

Deborah Marshall MA is a Registered Clinical Counsellor and founder of the group counselling practice Marshall & Associates, started in 1988. A life-long horse woman, she has been partnering with her horses at Generation Farms since 2000, and is an Advanced Approved Epona Instructor. Deborah has integrated her knowledge from her background in treating trauma, with her studies and experience with horses to create the gentle transformative approach **HorseWisdom for Humans**. She will be assisted in this training by **Emily Pelletier**, MA, EC Coach, and interns from previous trainings.

"I have a deeper awareness of myself. I will be able to hold space for others - both human and horse!"
SS, Saskatchewan

"A very great foundation. The practice sessions were so helpful for growth on a personal and professional level. They were so genuine and real in spite of the fact we were 'practicing'." JC BC



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