

# *Reflection of the Horse*

## *Professional Training in Integrative Equine Facilitated Wellness*

### *At Generation Farms in Nanaimo BC Canada*

July 10 – 15, *and* August 15 – 20, 2011

Generation Farms has been offering programs for humans to heal through being with horses for over 10 years. Professional training began in 2005 after many requests to learn the unique methods that were developed there. The Integrative Equine Facilitated Wellness 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; and how to work within a healing Window of Tolerance
- present moment body centred focus
- knowing when and why 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 horses, practice with each other, discussion, hand outs, DVD's and reading. There will be a free day mid week for rest and integration. Nanaimo is on Vancouver Island; a wonderful location for nature lovers, ocean adventurers and seekers of tranquil beauty.

***Included in the training cost is the beautiful and informative 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***

*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.*

Recommended pre-requisites include professional experience in either the mental health/education field, or the equine field, or both. Some horse experience is necessary for the mental health professional. In addition, exposure to equine facilitated work is strongly recommended.

**\$2500 plus HST**

Morning snacks, healthy lunches and drinks are included.

**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 this gentle transformative approach. She will be assisted in this training by **Emily Pelletier, MA, EC riding Coach**, and interns from previous trainings. Emily specializes in working with youth, using her deep understanding of the horse as her guide.



*"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."*

*JC, BC*

Office: #203 1801 Bowen Road Nanaimo, BC V9S 1H1 **250 754 7703** [marassoc@telus.net](mailto:marassoc@telus.net) to register  
[info@generationfarms.ca](mailto:info@generationfarms.ca) for further information

Farm address: 2377 East Wellington Road, Nanaimo BC

**[www.generationfarms.ca](http://www.generationfarms.ca)**