

Explorations in EFW Workshop - Online

Deborah Marshall of Generation Farms

Hello Everyone!

Here are the details for the Online Explorations Workshops with Pro-EFW Trainer Deborah Marshall from Generation Farms in Nanaimo BC on Vancouver Island. We have two separate Explorations; one starting early February and the other late February. The second one will run as long as we have enough people.

Workshop Expectations

This workshop is intended to introduce the field of Equine Facilitated Wellness and to help you assess if this field is for you. It is not intended to prepare you to practice EFW. The full description is on the Generation Farms website <https://www.generationfarms.ca/workshops-and-events/>

Explorations also outlines the certification program offered by Professional Association for Equine Facilitated Wellness (Pro-EFW). Deborah Marshall is an approved trainer through Pro-EFW. You may want to look at their website www.equinefacilitatedwellness.org and read about the philosophy and certification program. On completion of this course, you will receive 30 hours towards the Pro-EFW Certification. Explorations is the Level One of training in the certification.

It is important to understand that Explorations in EFW is not a therapy group. You must be sufficiently emotionally stable to witness and/or participate in experiences that are potentially powerful. There is time for group debriefing with a focus on the learning as well as the emotional aspects.

Workshop Times

Explorations (1) 2021 Online

Advance materials January 12

Online class 1 Tuesday February 2; 4 to 6:30 pm Pacific Standard

Online class 2 Tuesday February 9; 4 to 6:30 pm Pacific Standard

Online class 3 Tuesday February 16; 4 to 6:30 pm Pacific Standard

Online class 4 Tuesday February 23; 4 to 6:30 pm Pacific Standard

Online follow-up Tuesday March 2; 4 pm Pacific for one hour (optional follow-up questions)

Completion Tuesday March 9 – assignments complete, module closed

Explorations (2) 2021 Online

Advance materials February 6

Online class 1 Saturday February 20 – 9:30 am to noon Pacific Standard

Online class 2 Saturday February 27 - 9:30 am to noon Pacific Standard

Online class 3	Saturday March 13 - 9:30 am to noon Pacific Standard
Online class 4	Saturday March 20 - 9:30 am to noon Pacific Standard
Online follow-up	Saturday March 27 - 9:30 to 10:30 am Pacific Standard
Completion	April 17 – assignments complete, module closes

What about horses?

Horses are what are bringing us together. **You must have access to horses** and be able to go in with them loose and online. If you are a novice, ensure that you have access to **safe horses** with an equine professional or experienced horse person to support you. Having access to an outdoor area with some nature such as grass, trees, birds etc. will be helpful.

1. There is a one-hour observation of horses in your assignment done before the online classes begin. This is done across the fence and is best done with a small or large herd.
2. After the first class, plan to have access to a small herd for an across the fence activity.
3. After the second class, plan on going in with a small safe herd of loose horses. Have an experienced horse person available if you are a novice.
4. After the third class plan on having a horse on lead and a few brushes available. Have an experienced horse person available if you are a novice.

It will be a benefit for you to have access at other times, but these are the essentials.

What to Expect

In 2020 we offered Explorations online and found it was preferable to the former 2 day onsite. It allows you to make a start on your EFW learning while being safe and not travelling. It also gives time for integration and experiences in your own environment over a longer time and potentially with your own horses.

You will access an Advance PDF manual by going on our web-based Learning Platform. This is your beginning and will be available three weeks before the beginning of the course. The accompanying Advance assignment will also be available on the Learning Platform. There will be four online components spread over four weeks. The classes are 2.5 hours in length with breaks. We chose this schedule because experience is showing that being online for too long is not conducive to learning. We will be creating variety in the online times. You will also be asked to spend time outside of these set sessions doing experiential exercises (preferably outdoors) and journaling.

We will complete with a follow-up Zoom meeting one week after completing the formal classes.

Video Platform

We will be using Zoom for the online portion. It has the ability for screen sharing and breakout groups. You do need a computer or tablet and internet with GOOD video and audio capability. You will need a reasonable internet connect to have ease in learning. A phone is not ideal for group learning or seeing the video portions.

We recommend that you have a private area away from family or other people to do your online learning portions. Having headphones or earbuds is helpful.

You will also receive readings, audio clips and by email and videos on YouTube as part of your learning. Our Zoom platform uses a waiting room and password to keep it private. If you are not familiar with using this technology, we will help you! It is one of the easiest to master.

Cancellation Policy

A fee of \$75 is charged for all cancellations more than 30 days prior to the workshop date. After 30 days prior to the workshop no refunds are available however you may arrange for a substitute.

Questions?

If you have any questions, concerns or require any further information before the workshop, please do not hesitate to e-mail. For questions and program information contact Deborah at generationfarms@shaw.ca.

We are looking forward to meeting and getting to know you on Zoom!

Kind Regards, Deborah, Kate and Emily