

## Explorations in EFW Workshop - Online Deborah Marshall of Generation Farms

Hello Everyone!

Here are the details for the Online Explorations Workshop with Pro-EFW Trainer Deborah Marshall from Generation Farms in Nanaimo BC on Vancouver Island.

### 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 [www.generationfarms.ca](http://www.generationfarms.ca) It 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](http://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

#### All Online with horse experiential experiences at home and an online Learning Portal

- Wednesday September 27; 5 to 7:30 pm Pacific
- Wednesday October 4; 5 to 7:30 pm Pacific
- Wednesday October 11; 5 to 7:30 pm Pacific
- Wednesday October 18; 5 to 7:30 pm Pacific
- Wednesday October 25; 5 to 6:30 pm Pacific Bonus Certification Info Class

### What about horses?

Horses are what are bringing us together. **You must have access to horses** either across the fence or to be able to go in with them loose and online. If you are a novice do 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. With an experienced horse person available if you are a novice.
4. It will be a benefit for you to have access at other times, but these are the essentials.

### **What to Expect**

Since the pandemic we have offered this workshop online and found that this format has been a benefit. It will allow you to make a start on your EFW learning while learning with your own horses and integrating the learning into your life at home.

You will receive an Advance PDF manual by going on our web-based Learning Platform. The Platform also holds readings, videos and questions to be done between classes. The classes are teaching through video, PowerPoint and discussion. You will also be asked to spend time outside of these set sessions doing experiential exercises (preferably outdoors) and journaling. The final online class covers aspects of the Pro-EFW certification that have not been addressed in the previous 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 with video and audio capability. A phone is not ideal for group learning. You will need a reasonable internet connect to have ease in learning.

We recommend that you have a private area away from family or other people to do you online learning portions. As a Mental Health professional, I generally follow the guidelines recommended by my professional association. This learning platform is less stringent but confidentiality for the group is important. 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.

### **Cancellation Policy**

A fee of **\$100** is charged for all cancellations more than 60 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](mailto:generationfarms@shaw.ca). Phone calls can be arranged as necessary. Messages to (250) 754-7703. We are looking forward to meeting and getting to know you on Zoom!

Kind Regards,  
Deborah

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