

## 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 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 credit 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.

### Explorations 2024 Dates

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

Thursday October 10	5 pm Pacific; 8 pm Eastern
Thursday October 17	5 pm
Thursday October 24	5 pm
Thursday November 7	5 pm
Thursday November 14	5 pm

### 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**

During the pandemic we began to offer this course all online. It has been very successful and is now our preferred format. This will allow you to make a start on your EFW learning while being in your own community and working your own horses or horses you know.

The manual is the beginning, available on the Learning Platform along with an assignment. There will be five online classes and eight online modules. The classes are 2.5 hours in length with short breaks. You will also be asked to spend time outside of these set sessions doing experiential exercises and journaling.

### **Video Platform**

We will be using Zoom for the online portion. You do need a computer or tablet with video and audio capability. A phone is not ideal for group learning. The internet is having challenges keeping up with the current demand. 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 your online learning portions. Having headphones or earbuds is helpful. Our Zoom platform uses a waiting room and password to keep it private.

### **Learning Platform**

You will also receive readings, audio clips and videos as part of your learning. These are accessed by creating a login on our website. This Learning Platform also has weekly experiences to do with your own horses once the classes are underway.

### **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.

Please email if you have questions before we begin! [generationfarms@shaw.ca](mailto:generationfarms@shaw.ca).

Kind regards,

Deborah