



2011 HEAL Facilitator Training Program for Equine-Facilitated Psychotherapy & Learning (EFP/L)

State of the Art Training: the HEAL Facilitator Training

HEAL-FTP provides post-graduate level training for professionals seeking the knowledge and experience to incorporate Equine-Facilitated Psychotherapy & Learning (EFP/L) into their counseling, teaching, or coaching practice.* This 5-month course prepares participants to facilitate horse activities for experiential psychotherapy or learning, helping clients increase relational ability, emotional well-being, self-awareness and empowerment. **Leigh Shambo, MSW, LMHC** is the lead instructor with **David Young**, horse trainer, scientist and researcher as assistant faculty. Leigh and David, who are married, frequently work as a team in Leigh's full time EFP/L practice and in HEAL therapy groups and workshops.

'This training program is amazing. I feel well prepared to get started in this work.'

~ Donna Martino, CO, USA

HEAL-FTP Philosophy and Vision

The **HEAL Model™ for EFP/L** is a powerful and safe way of facilitating EFP/L for a variety of age groups and client types. The HEAL Model™ offers practitioners a scientifically grounded approach using HEAL's "8 Keys to Relationship". Students develop their understanding of facilitation skills, emotional and physical safety for human and horse participants, and the utilization of equine exercises and activities for therapeutic or educational applications for diverse clients. The HEAL Model can include ridden work, when it serves treatment or educational goals of the client. HEAL students will be supported to explore whether to offer riding, alternatives to riding for various clients, and to define the parameters of ridden work within their specific program or practice.

Program time frame

The HEAL-FTP is a 5-month program that begins May 9, 2011 with one full week of on-site instruction at the HEAL Ranch in Chehalis, WA (USA). Over the next 5 months students spend 10-12 hours per week in distance learning, EFL practice sessions and individual mentorship. The final week is again on-site at HEAL (October 10-16, 2011), when students complete supervised sessions with HEAL clients. HEAL supports graduates with continuing education, mentorship and supervision. **

'Overall a great experience, we managed to cover so much. I feel like we are being set up for success. There is plenty of support available during the time in between the on- site weeks.'

~ Charmaine Lane, Bristol, UK

* CE credits for Social Workers, MFT, Counselors thru NASW-WA and CA-BBS

**HEAL-FTP meets CBEIP documentation requirements for education/training in the field of EFL



Program Faculty:

Leigh Shambo, MSW, LMHC is a Licensed Mental Health Counselor with a successful full-time practice in EFP/L with adults and children. She also conducts EFP therapy groups, and personal growth workshops & sessions. Leigh's previous 20-year career as a horse trainer led her to recognize the emotional connectivity expressed by horses toward their human partners, which inspired her second career combining horses and therapy. She is recognized throughout the world for her contributions to the field of Equine-Facilitated Psychotherapy and Learning (EFP/L). She founded **Human-Equine Alliances for Learning (HEAL)**, a non-profit 501c(3) in 2000. Leigh is the lead author for HEAL- sponsored research on the efficacy of EFP for survivors of complex trauma. Visit the HEAL home page at www.humanequinealliance.org

David Young is a researcher, scientist and horse trainer with HEAL who has studied EFP/L extensively. David has developed a unique training approach for therapy horses that honors instincts, enhances limbic connectivity, and also develops their capacity for seeking, problem solving and communication with humans. David's strength as a researcher informs the HEAL Model of EFP/L™ with the latest discoveries in the neuroscience of emotional functioning and relational capacity in humans. David serves as an equine specialist for groups, and for marital or family sessions.

'The "HEAL Model" is a distinguishing element which separates the HEAL Facilitator Training from other programs. We're talking some seriously powerful stuff here!'
~ Robin Krueger, WA State, USA



Support

HEAL Operations Manager **Ricki Martin** supports HEAL students from their first contact with HEAL and beyond. As operations manager and administrator of the HEAL office, Ricki handles inquiries and registrations, maintains the website, helps publish the quarterly newsletter and assists graduates with their listing on the HEAL website and other ongoing communications support. Her email address is rcki@humanequinealliance.org

* CE credits for Social Workers, MFT, Counselors thru NASW-WA and CA-BBS

**HEAL-FTP meets CBEIP documentation requirements for education/training in the field of EFL



Costs and benefits of HEAL-FTP

Program cost: \$5600 (selection of payment plans)

Application fee: \$75 non-refundable (payable to Leigh Shambo and Associates, Inc)

Deposit: \$600 non-refundable due at time of acceptance

2011 Program dates: On site – May 9-15, 2011 and October 10-16, 2011 (Includes 6 days of intensive study + 1 day integration and practice). Between these on-site portions students commit approximately 10-12 hours weekly for distance study, EFL practice sessions, required reading with assignments and consultation with program mentors and peers.

'I have one word to describe the value of the program: Priceless.' ~ Donna Martino, CO USA

Program benefit: Upon fulfillment of graduation requirements students will be provided with an individual, strength-based evaluation and a certificate of HEAL graduation. Graduates are encouraged to pursue continuing education and additional related certifications, including the Certification Board for Equine Interaction Professionals (CBEIP). HEAL-FTP meets CBEIP documentation requirements for education/training in the field of equine facilitated mental health or education.** HEAL professional continuing education hours are accepted in many states.*

"My training at HEAL has allowed me to integrate over 20 years of clinical work as a psychologist with this powerful ability horses have, discovering new and rich ways to help others heal emotional and developmental injuries."

~ Eric Mueller, PhD, Portland, OR USA

What are the application criteria?

Applicants should have a minimum of a Master's Degree (or equivalent education and experience) in a field of human development (counseling or therapy, education, rehabilitation, ministerial school, or currently completing graduate study); and a minimum of 3 years recent and regular horse experience. Two or more individuals planning a joint practice may apply and together fulfill the criteria; such teams are eligible for a 15% discount on each registration.

The 2011 HEAL FTP will accept up to 6 qualified applicants, filling on a first-come basis.

Prerequisite: Attendance in at least one HEAL workshop or private intensive. We feel this is the best way to insure that the HEAL-FTP is the right program for you. HEAL office manager Ricki Martin ricki@humanequinealliance.org can help you register for a qualifying program.

* CE credits for Social Workers, MFT, Counselors thru NASW-WA and CA-BBS

**HEAL-FTP meets CBEIP documentation requirements for education/training in the field of EFL



HEAL FTP LEARNING OBJECTIVES

Human Development

Graduates will be able to understand and address the following components of human emotional functioning as they unfold in Equine-Facilitated Psychotherapy and Learning (EFP/L), and be prepared to manage these dynamics in practice.

- Facilitating a client through experiential exercises and maintaining a safe container.
- Be able to teach and practice the basic HEAL Model™ and as it applies to people and horses.
- Learn how to teach and facilitate individuals and differentiate the applications and styles which will best apply to each unique circumstance.
- Understand the concepts of boundaries, projection and transference and their role in the EFP/L experience.
- Understand your personal history, experiences, body cues and thought patterns and be able to deal effectively with your counter-transference issues.
- Learn to use your own body as a “sensing device”, determining your physiological, emotional and mental state prior to any engagement with the horses or a client.
- Teach the client how to determine their physiological state in the present moment and help them to clarify emotions and make healthy choices using emotions as information.
- Assist clients in identifying their own “coping strategies” and behavioral patterns which have helped them to survive. Help develop new behaviors and thoughts which help clients to thrive and not just survive.
- Learn to personally identify the subtle energetic clues from the horse, and assist clients in identifying their own subtle messages, thought patterns, and the effect these have on interactions with people and horses.
- Be able to clearly and quickly identify when a client needs immediate assistance and intervention, psychological or equine support, and know and accept your personal limitations.
- Utilize and incorporate the HEAL Relationship Keys™ in all interactions with humans and equines.

“The HEAL Facilitator Training Program has enabled me to synthesize heart, mind, and intuition in the service of 'healing'.”

~ Randy Zasloff, MA, Portland, OR

* CE credits for Social Workers, MFT, Counselors thru NASW-WA and CA-BBS

**HEAL-FTP meets CBEIP documentation requirements for education/training in the field of EFL



Equine Skills Learning Objectives:

Note: Participants should enter the program with working knowledge of standard equestrian safety practices with horses in a teaching atmosphere where beginners will be present.

- Identify guidelines for physical and emotional safety for horses and clients, and understand how to structure and present equestrian safety to best serve different types of clients.
- Practice and understand the underlying principles that guide the horse-human relationships toward positive and co-creative outcomes.
- Translate and generalize horsemanship principles to human relationships and emotional states.
- Recognize a variety of emotional and energetic states that impact horse-human communication; and support, facilitate or assist the client to manage such states during horse activities.
- Develop targeted EFL approaches/activities to serve the developmental and emotional needs of specific clients or groups.
- Understand the demands and impact of EFL for the horses you have, develop your herd for your unique practice, and care for your herd's emotional well-being.
- Balance and integrate instructional, guided and facilitative approaches in horse work with specific techniques that serve immediate and long-term client needs.
- Facilitate a variety of activities on the ground, on lead, at liberty or under saddle in ways that strengthen and develop positive emotional functioning.
- Read and interpret the horse's subtle communication and work effectively with the client's interpretations and attributions.

'Saying 'YES!' to the HEAL Facilitator Training Program was the most gratifying decision I've ever made. The program affirmed my passion for learning, sustained my dedication to bringing healing to others, and deepened my trust in horses as wise teachers.'

~ Ruthi Davenport, PhD, LaGrande OR USA

'Participating in the HEAL Facilitator Training Program has been one of the most transformative, profound, and enjoyable experiences of my life so far... As a result of the training I am able to offer EFL courses to some of the largest youth agencies on the Island.'

~ Hannah Clarke, Jersey, United Kingdom

* CE credits for Social Workers, MFT, Counselors thru NASW-WA and CA-BBS

**HEAL-FTP meets CBEIP documentation requirements for education/training in the field of EFL