

The Missing Piece to Better Success Rates in Therapy & Learning:

- Self Awareness
- Self-Confidence
- Relationships
- Conflict Resolution
- Communication
- Responsibility
- Anger Management



Just may be ...

...a horse!

As strange as it may seem, adding a horse to the psychotherapy equation may be the missing piece you've been looking for.

Those who are familiar with horses recognize and understand the power of horses to influence people in incredibly powerful ways. The benefits of work ethic, responsibility, assertiveness, communication, and healthy relationships has long been recognized. Horses naturally provide these benefits. The use of horses is growing and gaining popularity with the rise of *new* approaches in working with the horses, including the field of Equine Assisted Psychotherapy.

Equine Assisted Psychotherapy

- Challenges clients in a non-threatening manner
- Rapidly breaks down defense barriers
- Provides immediate cause and effect situations
- Captivates and holds attention
- Promotes change from dysfunctional patterns to successful ones

Equine Assisted Psychotherapy (EAP) is an emerging field in which horses help people with emotional growth and learning. EAP is a collaborative effort between a qualified mental health professional, a horse specialist and horses. Because of its intensity and effectiveness, it is considered a short-term, or "brief" approach to therapy.

EAP is experiential in nature. This means that participants learn about themselves and others by participating in activities with the horses, and then processing (or discussing) feelings, behaviors, and patterns. This approach has been compared to the adventure therapy used by therapists, treatment facilities, and human development courses around the world. But EAP has the added advantage of utilizing horses as dynamic and powerful living beings.

The focus of EAP is not riding or horsemanship. In fact, EAP and all trainings takes place purely on the ground. The focus of EAP involves setting up activities involving the horses, which will require the client or group to apply certain skills. Non-verbal communication, assertiveness, creative thinking and problem solving, leadership, work, taking responsibility, teamwork and relationships, confidence, and attitude are several examples of the tools utilized and developed by EAP.

EAP is a powerful and effective therapeutic approach that has an incredible impact on individuals, youth, families, and groups. EAP addresses a variety of mental health and human development needs including behavioral issues, attention deficit disorder, substance abuse, eating disorders, abuse issues, depression, anxiety, relationship problems and communication needs.

EAGALA Certification Programme

EAGALA Certification involves completing *Fundamentals of EAGALA Model Practice - Part 1* and **Part 2** trainings. These are two separate training courses where Part 1 provides the foundation in how to do this work, and Part 2 provides opportunity to practice the application of the work. Completion of these trainings will provide you with the tools necessary to effectively incorporate horses experientially in mental health treatment. Certification provides you and your program additional credibility, professionalism, and association with the EAGALA name and reputation. With EAGALA's Ethics Committee serving to uphold our standards, certification indicates to your clients and funding sources your high standards of care and ethical practice. Through EAGALA, you also receive continuous support, help, and training. Advanced levels and trainings, as well as involvement with a great network of professionals working in this field, are also available. Change lives through the rewarding and exciting field of Equine Assisted Psychotherapy!

Fundamentals of EAGALA Model Practice – Training Programme

Training Manual included!

check www.eagala.org.uk/training for additional information.

PART 1 AGENDA

3 Days - 8:30 am to 5:00 pm each day

Pre-requisites:

- No pre-requisites required - open to anyone who wishes to attend

(Note: the EAGALA Model does have minimum requirements to practice in either role of the EAGALA team—an equine specialist and mental health professional. See the certification programme write-up for information on those standards.)

The Fundamentals of EAGALA Model Practice Part 1 training of the EAGALA certification process establishes the foundation for EAGALA model practice of Equine Assisted Psychotherapy.

Day 1: Day 1 introduces the EAGALA model and safety philosophies using EAGALA activities. Equine Assisted Psychotherapy activities include:

- Observation activity
- Catch and halter (assessment)
- Standing Still with what subsequent sessions may look like (progression/treatment planning/creativity)
- Life's Little Obstacles

Day 2: Day 2 focuses on structuring and processing skills of EAGALA work in individual, family, and group therapy sessions.

- Round-And-Round
- Equine Billiards
- Extended Appendages
- Temptation Alley

Day 3: Practicing EAP - participants are given case scenarios; develop treatment plans, and role play a session – a chance to practice and apply what was learned the first two days and receive feedback.

PART 2 AGENDA

3 Days - 8:30 am to 5:00 pm each day

Pre-requisites:

- Fundamentals of EAGALA Model Practice Part 1 training
- Bring completed Professional Development Portfolio statement to Part 2 training

The Fundamentals of EAGALA Model Practice Part 2 training of the EAGALA certification process is designed to build on Part 1 and focus on the application of the EAGALA model. The training takes EAGALA model skills to a deeper level. Part 2 involves giving and receiving feedback necessitating a willingness to look at oneself honestly and openly within an atmosphere of growth and learning.

Day 1: Educational and experiential activities take concepts learned in Part 1 to a deeper understanding

Days 2 and 3: Role-playing practice and feedback to develop practical skills in actually doing the work!

Topics covered in the Part 2 training include: Self-reflection and how your “apostrophe-S” impacts sessions, advanced understanding of the team approach and roles, maximizing use of the horses, confidence in safety and its part in EAGALA work, observation and processing skills, structuring effective sessions, treatment planning and session progression, and skills in evaluation of self and others in EAGALA model ethics and practice.

Training Manual included!

Who Should Attend?

Professionals, students, and faculty in the counseling fields, including psychology, social work, marriage and family therapy, recreational therapy, youth programs, education, and corrections.

Professionals, students, and faculty in equine studies and professions.

“The best method I’ve seen to combine my love of horses and the desire to help people.” - Joey Bowlin

“The EAGALA training has helped me understand how to do my job and help my clients better than anything else.” -Summer White, Heritage School

“Not only did I have fun, but I will be able to take home some great new skills, some very important insights, and lots of creative experiential processes to recruit my practice of psychotherapy!” -Laura Forest, LCSW

“Now that I’ve started to do horse sessions, it’s hard to think of doing talk therapy in an office with adolescents .In that setting, their real patterns emerge and the student cannot cover up or manipulate. I have learned more about teenager in one horse session than in a month of individual work.” -Barbara Lester, L.C.S.W.

*“I have attended many seminars hut I have never enjoyed any until I went to this Level I certification training. It was the best I have attended. I am looking forward to starting an EAP program in our facility.”
-Kelly Anderson, Work Crew Supervisor, Utah Youth Corrections*

“This was one of the most powerful yet brief techniques I’ve seen that gets to the issues and promotes resolution and insight in treating individuals and families –Carrie S iddiqi LPC MEd MS

“I felt the training was an excellent opportunity to showcase the powerful effect of experiential therapy. It’s amazing how closely the behaviors of the horses can parallel and be analogous with our own lives. The results are visible to all, especially the layperson.” -Kelly A. Beach

*“The EAGALA workshop and instructional materials are outstanding. I recommend anyone interested in expanding experiential treatment modalities to explore this unique combination of horse professional and therapist.”
-David J. Currie, Jr., LMFT, Classic Equestrian Assisted Family Services, Inc.*

“This weekend has provided a powerful experience for me. Not only has it provided new ideas and tools for my new business adventure, but it has opened my eyes to understanding issues within myself” -Deborah Caldwell

“Presented in an easy to understand, safe, and fun environment that kept everyone interested and intrigued. Thank you for opening our eyes.” -Lisa Moosmueller, Equine Studies instructor, Virginia Intermont College

*“This is the only workshop I’ve taken in 10 years of therapeutic trainings that I look forward to taking again.”
-Frances Goode, MFT*

“It was one of the best “hands-on” useable trainings I have been to in several years.” -Lillian Kramer, Psy.D.

Equine Assisted Growth and Learning Association Europe, Middle East & Africa affiliate

All queries about this training event should be addressed to:

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