



HEAL Human-Equine Alliances for Learning Facilitator Training Program in Equine-Facilitated Learning (EFL)

State of the Art Training: the HEAL Facilitator Training Program

HEAL-FTP provides post-graduate level training for professionals seeking the concept base and hands-on experience needed to incorporate Equine Facilitated Learning (EFL) into their counseling, teaching, coaching or healing arts practice.* Two pioneers in the field of EFL — **Kathleen Barry Ingram, MA** and **Leigh Shambo, LMHC**— teach this 5-month course which prepares participants to facilitate horse activities for experiential learning, increasing relational ability, emotional well-being, self-awareness and empowerment.

‘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 EFL™** is a powerful and safe way of facilitating EFL for a variety of age groups and client types. The HEAL Model offers practitioners a scientifically grounded approach which yields life-changing results using HEAL’s “8 Keys to Relationship”. The HEAL-FTP provides qualified individuals with the knowledge and skills needed to incorporate the horse as a co-facilitator in their current practices. 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.

Program time frame

The HEAL-FTP is a 5-month program that begins May 3, 2010 with one full week of on-site instruction at HEAL in Chehalis, WA (USA). Over the next 5 months students spend 10-12 hours per week in individual and group distance learning, EFL practice sessions and individual mentorship. The final week of instruction is again on-site at HEAL (October 11-17, 2010), when our students complete supervised sessions with HEAL clients. HEAL-FTP graduates are eligible for continuing mentorship and supervision as they begin their EFL practice.**

‘Overall a great experience, we managed to cover so much. I feel like we are being set up for success and that 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:

Kathleen Barry Ingram, MA has been a therapist for 30 years and a leader in the field of EFL since 1998. She has worked with Barbara Rector and was the co-creator of the Epona Approach™ and the Epona Apprenticeship program with Linda Kohanov. More about Kathleen Ingram at www.sacredplaceofpossibility.com

Leigh Shambo, MSW, LMHC is a Licensed Mental Health Counselor whose 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 founded **Human-Equine Alliances for Learning (HEAL)**, a non-profit 501c(3) in 2000. Visit the HEAL home page at www.humanequinealliance.org

'The training is very good and the interaction between Kathleen and Leigh is amazing.'
- Maaïke deHoop, Portugal

David Young is a 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 EFL™ with the latest discoveries in the neuroscience of emotional functioning.

"Our 'David Day' was invaluable!" - Emma Dinnage, Hampshire, UK

What are the application criteria?

Applicants should have A) a minimum of 2 years recent in-depth horse experience, and B) a minimum of a Master's Degree or equivalent education and experience in a field of human development (includes but not limited to: counseling or therapy, education, rehabilitation, ministerial school, or currently completing graduate study). Two or more individuals planning a joint EFL practice may apply and together fulfill criteria A & B; such teams are eligible for a 5% discount on registration. Upon fulfillment of graduation requirements, students will be provided with an individual, strengths-based evaluation and a certificate of program completion. Students will be able to list themselves as graduates of the HEAL Facilitator Training Program for Equine-Facilitated Learning.

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Costs and benefits of HEAL-FTP

Program cost: \$6,800 (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

2010 Program dates: On site – May 3-9, 2010 and October 11-17, 2010 (Includes 6 days of intensive study + 1 day integration and practice). Between these on-site portions students commit approximately 10-12 hours weekly of 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 program completion. Students will be able to list themselves as graduates of the HEAL Facilitator Training Program for Equine-Facilitated Learning. Graduates are encouraged to work toward certification by examination through 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 can also provide continuing education credits for a variety of health care professionals, depending on your state's guidelines.*

'The whole coaching aspect of the work, the ability to engage in this creative process with a client is really very exciting and I had no idea what I was getting into! I was thrilled when I realized the scope this training was providing me. It is even greater than I thought.'
- Sandra Reid Boe, WA State, USA

'I believe the "HEAL Model" ...is a distinguishing element which separates the HEAL EFL training from other programs. We're talking some seriously powerful stuff here!!!'
- Robin Krueger, WA State, USA

Prerequisite: Candidate requirements specify attendance in at least one workshop or private intensive given by HEAL, Leigh Shambo or Kathleen Ingram. We feel this is the best way to insure that the HEAL-FTP is the right program for you. Contact Kathleen kathygram@cox.net if you have not yet attended a qualifying program, and she can direct you to an appropriate program or facilitator.

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Human Development Learning Objectives:

All of the trainees, upon completion of the program, will be able to understand and address the following components in the human development field and equine facilitated learning and be prepared to take these concepts and their own unique skills and gifts to develop a practical and focused EFL program.

- Facilitating a client through experiential exercises and maintaining a safe container, what Kathleen calls “holding the sacred space of possibility”
- Be able to teach the basic HEAL Model™ 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 EFL 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 identify their emotions and the messages behind them.
- 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.
- Understand basic psychological principles and teachings as they apply to EFL.
- 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

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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.

'I have never been in such a subtle, respectful learning environment. The way you two work together and combine your skills is just perfect.' - Eva Balzer, Dusseldorf, Germany

'I am just so amazed by all of the material... I had the most awe inspiring experiences of my life. I met up with a part of myself that I had only dreamt about. All of it is going to enrich my life, my teachings, & my client's lives.'
- Matney Cook, WA State, USA

'Just wish there was more time, more hours in the day and no need to sleep would be fab!' - Charmaine Lane, Bristol, England

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