



## GROUP DYNAMICS AND PROCESS for EFL:

*THE ART, THE HEART & THE SCIENCE OF GROUP WORK WITH HORSES*

**With Leigh Shambo, MSW, LMHC and Kathleen Barry Ingram, MA**

**October 3—7, 2010 at HEAL in Chehalis, WA**

**\* Professional counselors & therapists: CE hours through NASW-WA & BBS- CA**

When **Equine Facilitated Learning (EFL)** is experienced within a well-run and sensitively managed group it creates an immediate bridge to enhance interpersonal relationships. EFL groups can form a powerful and transformative container for self-discovery, but when group dynamics go wrong trust is destroyed, leaving participants wounded, defensive and raw.

**Learn the principles of group work** from Leigh Shambo and Kathleen Ingram, two leaders in the field of Equine Facilitated Learning. This 5-day in-depth training will cover proven core principles of group dynamics, develop your sense-itivity for responding to events within the group, and increase your confidence for managing your EFL groups in a way that maintains emotional safety and effectiveness for all group members—human and horse. Turn to the page 2 for a description of the course content and learning objectives.



**Date:** October 3—7, 2010 (5 days Sun thru Thurs)

**Hours:** 9:30am – 5:30pm

**Location:** The HEAL Center, Chehalis, WA

**Cost:** \$2400 per person; includes lunch & learning materials

**Contact:** HEAL, (360) 266-0778

or <http://www.humanequinealliance.org>

### ABOUT THE INSTRUCTOR-FACILITATORS

*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, Germany*

**Kathleen Ingram, MA** ([www.sacredplaceofpossibility.com](http://www.sacredplaceofpossibility.com)) is a Tucson-based life coach, consultant, and educator with over 30 years of experience in the counseling field. Kathleen was introduced to EFL in the early 1990's, working with Barbara Rector ([www.adventuresinawareness.net](http://www.adventuresinawareness.net)) and Anne Alden, past President of the Equine Facilitated Mental Health Association, at Sierra Tucson, one of the first treatment centers to offer EFL. With Linda Kohanov ([www.taoofoequus.com](http://www.taoofoequus.com)) Kathleen co-created the Epona Approach™ an innovative and creative healing modality employing the horses as equal partners in therapy & learning. Kathleen has facilitated classes and groups across the US, Canada and Europe. Kathleen and Leigh Shambo created the HEAL Facilitator Training Program for advanced training in EFL.

**Leigh Shambo, MSW, LMHC** is the founder and President of **Human-Equine Alliances for Learning-HEAL** ([www.humanequinealliance.org](http://www.humanequinealliance.org)). A former horse trainer and riding instructor, Leigh combines a lifetime of horse experience with over a decade of employment and private practice in mental health. In 1988, when a serious injury and her mother's suicide left Leigh recovering both physically and emotionally, she discovered that the horses were attuned to her inner process of healing. This led her to a second career as a mental health therapist specializing in Equine Facilitated Psychotherapy & Learning (EFP/L). Widely recognized as a skilled presenter and group facilitator, Leigh is a Licensed Mental Health Counselor whose full-time practice is in Chehalis, WA.

## **GROUP DYNAMICS AND PROCESS: COURSE CONTENT & LEARNING OBJECTIVES**

### **Notes on course format and daily schedule:**

Each day will contain periods of lecture/discussion, and time with the horses practicing EFL exercises. We follow process, rather than clock time, which typically causes some variation in each day's planned schedule. Please arrive on time, and contain breaks to the allotted time. We ask that you let us know if you need additional time apart from the group to take care of your own needs.

We honor the role of the horses in EFL; we love spending time with them as our students do. Still, a core value at HEAL is it is what we call the "homerun" – the ability to immediately anchor increased "connectivity" human to human, thus improving client functioning in the human world. You will find that our ability to help you build the skills needed to help your clients achieve "home runs" distinguishes HEAL from other EFL training programs.

### **Day 1: In the Beginning: Foundations of group work & group EFL work**

- Are you ready? Personal awareness, accountability.
- Types of groups, participant screening and selection, safety agreements.
- The science of social healing: limbic resonance, regulation and revision.
- Creating a strong container and context from the beginning.
- Cultivate "the sacred space of possibility", necessary for the safety of the group, and transformation within the group.
- Differentiate between EFP and EFL in groups; learn to skillfully steer your group toward EFL; allow the horse to guide the learning for maximum safety and insight.
- Recognize how horse work amplifies group dynamics and individual vulnerability, making EFL groups more powerful— but also with greater emotional risks.
- Allow emotional regulation from the horses to enhance emotional safety for humans.
- Meeting the Herd; equine safety Instruction, body awareness and somatics.

### **Day 2: Transformation Tool Kit: Skills for community engagement**

- Building participants' skills & managing risks; the "art" of engaging each participant.
- Understand and model HEAL's "8 Keys to Relationship" as your "transformation toolkit".
- Assist participants in developing the "twin skills": containment and expression.
- Balancing individual and group needs; managing the "difficult" client and monitoring the emotional safety of each group member.
- Keeping ideas and new possibilities in the present; how to discourage repetitive "storytelling" and keep participants in their feelings, risking vulnerability.
- Horse work and human work: Boundaries, boundaries and more boundaries!
- Managing judgments, fear of judgments, and learning to mine judgments for "the gold".
- Use clarification effectively for the sake of the group's learning and understanding.

### **Day 3: The Life Cycle of the Group: Forming, Norming, Storming**

- Value and navigate conflict as an indication of diversity and difference in beliefs, perceptions and needs. Use these as opportunities for growth and change.
- Practice deep listening for all group members.
- Inviting vulnerability and risk; defining the differences between “outside & inside fear”.
- Integrate “bottom up” versus “top down” processing in a continual, dynamic process.
- Assist participants to recognize and balance “feeling” with “action”.
- The role of the horses in limbic resonance, revision and regulation.
- Manage each stage of the group “life cycle” for maximum positive impact.
- Feeling and flowing with the dynamics of shared emotion in people and horses.

### **Days 4 & 5: The Roundabout: Putting it into Practice**

- Practice and engagement with new skills & learning
- Lightning rod: sometimes you have to take the heat!
- Students practice facilitation skills with peers in group process.
- Supporting each group member in giving personal observations during and after horse work, authentically and without judgment or bias.
- Manage the proximity and observe continuing feedback from the horse to maximize participant support and guidance.
- Understanding and responding to the subtle energetic cues of each group member.
- Finding parallels in horse and human relational patterns; allowing the emergence of new and more adaptive “personal narratives” about relationship.
- Anticipating closure with all its complex feelings and patterns.

### **Day 5: New Endings: Closing, closure, sustaining connections**

- What is a healthy closure?
- Anchoring learning from the EFL group; how horses endure as life-long anchors.
- Creating transitional reminders of accomplishment.
- Risks and rewards of incorporating ritual, ceremony and celebration. How-to.
- Creating bridges to healthier relationships and communities beyond the current group.
- Topics of special interest & questions.

**To register:** By phone: Call HEAL (360) 266-0778

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By fax: Fax the completed registration form with credit card information to HEAL at (360) 748-4762

By mail: Send \$400.00 deposit to Leigh Shambo & Associates, Inc., PO Box 84, Chehalis, WA 98532;

Or visit our website <http://www.humanequinealliance.org> with links to on-line registration:

Name \_\_\_\_\_

Address \_\_\_\_\_

Email \_\_\_\_\_ Phone \_\_\_\_\_

**Required!** Complete the student questionnaire below and return by mail to above address.

You will receive confirmation of your registration by mail or e-mail.

GP 10/09

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### **Group Dynamics & Process for EFL: Student Questionnaire**

**Please help us to best serve your learning goals by providing us with information about your experience and comfort level facilitating or teaching groups, and with Equine Facilitated Learning and horses. Use the back of this page or attach additional sheet if needed. Feel free to address other topics you would like us to be aware of, or that you hope we will cover in this course. Thank you!**

#### **Information about your practice & your experience with groups:**

1. Do you have now, or have you had, a counseling, therapy or other “healing” practice? What type and for how long? Describe the modalities you have used and the types of clients you have seen.
2. Have you ever facilitated groups/taught classes of any kind? If so, what did you teach and how did you like it?
3. What did you learn about yourself in doing this teaching?

#### **Knowledge and experience of Equine-Facilitated Learning (EFL), and with horses generally:**

1. Describe any previous training you’ve had in EFL, and/or your experience and training with horses.
2. Are you currently (or have you in the past) facilitated EFP or EFL sessions? For how long? Were these group, individual sessions, or both? Describe the model used.
3. Based on your experience, what do you see as your strengths and in what areas do you desire support and further learning?
4. How would you describe your fear/trust level in being around horses?
5. Do you feel competent at setting boundaries and safely completing an activity with horses that have been generally trained to be around people?