



Trauma Focused CBT: Partnering with Horses Workshop

WHEN: June 2 & 3, 2021

WHERE: Faith Hill Farm, East Greenwich, RI

12 CEU'S

This workshop will take you through evidence-based Trauma Focused Cognitive Behavioral Therapy (TF-CBT) practice components — brought to life through Equine Assisted Therapy and Learning.

While interacting with horses, participants will learn about and implement the **Eagala** model skill sets, such as using clean language, and correlating SPUD'S, along with the Natural Lifemanship Principles of connection and relationship building skills. This workshop is based on a variety of resources:

- **Eagala Model**
- **The Whole Brain Child and Brainstorming** - Dr. Daniel Siegel
- **Introduction to Natural Lifemanship Principles** - Bettina & Tim Jobe
- **The Boy Who Was Raised as a Dog** - Dr. Bruce Perry The works of Drs. Mannarino, Cohen & Deblinger

Participants will:

- Learn about the traumatized brain and why making a connection with a horse helps clients move out of their *Survival Brain* and into their *Thinking Brain*
- Discover how building a relationship with horses provides the opportunity for a clients' brain to build new healthy neural pathways through experiential learning
- Have the opportunity to experience what our clients may experience while participating in TF-CBT sessions
- Learn how to help clients apply positive coping skills and develop healthy relationships through Equine Assisted Therapy
- Participants will have the opportunity to practice the Eagala Model Skill Sets emphasizing self-regulation and mindfulness

NO HORSE EXPERIENCE necessary... just an open mind to learn and a willingness to connect with yourself and others (including the horses)

Objectives of the workshop:

1. Develop and share experiential, hands-on learning activities using horses to support clients in achieving their goals based on the TF-CBT Model and the EAGALA Model Skill Sets
2. Connect with a horse in any way they feel comfortable
3. Learn relationship skills, mindfulness, and self-regulation skills, to utilize in personal and professional relationships
4. Explain how horses contribute to the therapeutic process as part of the treatment team

The 10 hour on line TF-CBT training is recommended before attending this Workshop.

The training can be found at : www.musc.edu/tfcbt2

***Please note that this workshop is not a certification training in TF-CBT or Equine Assisted Therapy and Learning.

Cost of Workshop: \$525

Includes: Breakfast, Snacks, Lunch, and the EquiPower Workbook

Up to 8 EAGALA Continuing Education Units may be earned by completing this workshop. The cost of EAGALA CEUs are \$7.50 per CEU and can be purchased at the completion of this workshop.

12 CEU for Psychologist and MSW

Facilitators: Ann O'Brien, NCSC annobrien1@gmail.com (410)302-8090 and Kendra Twitty, LPC twittykendra@gmail.com (843)812-1018

When: June 2 & 3, 2021 from 9:00am – 4:00pm Eastern Time

Location: Faith Hill Farm, 2056 Division Rd. East Greenwich RI 02818

Cost: \$525 (\$500 if paid in full by April 15, 2021) checks payable to : Faith Hill Farm Foundation

Space is limited! Reserve your spot by April 15 with 50% deposit . (Refunds kindly made if your spot can be filled) :Please send Check Payable to: Faith Hill Farm Foundation, 2056 Division Rd, East Greenwich, RI 02818

NAME: _____ **Profession:** _____

ADDRESS: _____

EMAIL: _____

PHONE: _____