



2012 HEAL-LEAP Institute
for Equine-Facilitated Psychotherapy & Learning
“Raising the standards of EFPL through Evidence Based Practice”



HEAL and LEAP join forces as The HEAL-LEAP Institute of EFPL

HEAL-LEAP Institute provides post-graduate level training for professionals seeking the knowledge and experience to incorporate Equine-Facilitated Psychotherapy & Learning (EFPL) into their counseling, teaching, or coaching practice.* This two-part course prepares participants to facilitate horse activities for experiential psychotherapy or learning, helping clients increase 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-LEAP Philosophy and Vision

The **HEAL Model™ for EFPL** is a powerful and safe way of facilitating EFPL for a variety of age groups and client types. The HEAL Model™ offers a scientifically grounded approach using HEAL’s “6 Keys to Relationship”. With this evidence-supported model, 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. At LEAP, the HEAL Model has been implemented in practice with many types of difficult to treat clients. Ongoing research conducted by HEAL and LEAP indicate effectiveness of this model for treating PTSD, sexually traumatized youth, addiction recovery skills for people with and without learning disability or trauma background, as well as anxiety and depression.



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

~ Charmaine Lane, Bristol, UK



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Program Time Frame

The **HEAL-LEAP Institute LEVEL I** consists of two 4- day workshops (7-10 June and 6-9 September 2012). The student earns 56 total CPD hours for both parts. Participants earn a certificate of completion for HEAL-LEAP Institute Level I (pre-certified to practice as HEAL-LEAP graduate).

HEAL-LEAP Institute Part II is planned for 2013 and includes additional professional practice components, including a 4 day EFPL Practice Skills workshop (28 hours CPD) and supervised practicum under a HEAL- LEAP instructor. Candidates must successfully complete supervised practice component to be awarded HEAL-LEAP graduation certificates.

Program Faculty:

Leigh Shambo, MSW, LMHC and **Mike Delaney, RNMH, Cert Couns, RMA**, are the Lead Instructors. HEAL graduates **Polly Burns, MA, UKCP** and **Ella Bloomfield** are Associate Instructors.

Leigh Shambo is a Licensed Mental Health Counselor with a successful full-time practice in EFPL with adults and children. She also conducts EFP therapy groups, and personal growth workshops & sessions. She is recognized throughout the world for her contributions to the field of Equine-Facilitated Psychotherapy and Learning (EFPL). 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

Mike Delaney is a Mental Health/Addictions Specialist with over 35 years experience working with individuals, rehabilitation centres and professional bodies in the UK and internationally. Mike is one of the leading practitioners of Equine Assisted Psychotherapy in the UK and a pioneer in innovative, highly successful treatment methods. At present he is the only Equine Therapist in the UK to get professional endorsement of his workshops and training from the British Association of Counselling and Psychotherapy. He will also be presenting a LEAP research paper to the Royal College of Psychiatrists Conference in October 2012 around the efficacy of EFP for young people who have experienced childhood sexual trauma.



HEAL-LEAP Instructors (l to r) Polly Burns and Mike Delaney with Leigh Shambo, at the HEAL Ranch in the US.

'The "HEAL Model" distinguishes the HEAL Facilitator Training from other programs... seriously powerful stuff here!'

~ Robin Krueger, WA State, USA

Support

HEAL Operations Manager **Ricki Martin** supports HEAL-LEAP 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 ricki@humanequinealliance.org.



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Costs and benefits of HEAL-LEAP Institute

Program cost: £5250 (two 4-day workshops) - selection of payment plans available

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

Deposit: £500 non-refundable due at time of acceptance

2012 Program dates: 7-10 June 2012 and 6-9 September 2012

‘I have one word to describe the value of the program: Priceless.’

~ Donna Martino, CO USA

Program benefit: Becoming certified as a HEAL-LEAP Institute Graduate involves successful completion of two separate levels. Upon completion of **Level I EFPL Theory and Personal Mastery** students will be provided with an individual, strength-based evaluation and will be pre-certified (under the supervision of a HEAL Instructor. Successful Completion of **Level II EFPL Practice Skills and Application** students will be awarded HEAL-LEAP Institute Practitioner Certification.



‘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 psychotherapy, education, rehabilitation, ministerial school, or social work); and a minimum of 3 years recent and regular horse experience.

Candidates lacking strong equestrian background may present a specific plan to partner with an equine specialist on order to qualify for the HEAL-LEAP Institute.

The 2012 HEAL FTP will accept up to 16 qualified applicants, filling on a first-come basis as qualified applicants are accepted.

Prerequisite: Attendance in at least one HEAL or LEAP workshop or private intensive within the last 3 years. We feel this is the best way to insure that the HEAL-LEAP Institute is the right program for you. HEAL office manager Ricki Martin ricketti@humanequinealliance.org can help you register for a qualifying program.



HEAL-LEAP Institute: Level I 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 (EFPL), 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 EFPL 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



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Equine Skills for EFPL

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