



EASEL® (equine assisted social emotional learning) at Savikko Farm, Finland

by Mari Lehtio

Cavesson Ltd. and Savikko Farm

Founded in 1994, Cavesson Ltd. offers coaching, workshops, family programs, supervision and professional continuing education to clients in Finland and from abroad. Our specialty is experiential social emotional learning (SEL) assisted by horses (EASEL®) and other animals (AASEL®). Cavesson has client facilities at Savikko farm which is also the home of Cavesson's founders. In addition to stables, indoor and outdoor arenas, group facilitation room and art studio, Savikko has some 140 acres of fields and forest.

Savikko breeds Finnhorses and Welsh part bred ponies for classical riding and carriage driving. Team Savikko competes at national and international levels. The herd currently is

composed of 13 horses and ponies between ages one and 19 years. Two are rescued horses, and two are retired competition dressage horses donated to Savikko for breeding and client work. Three to four foals are expected each spring. All adult horses participate in client work if and when they want to, but foals are only observed. The herd lives together with free access to a sleeping barn. Competition horses are in the herd but stabled at night. Colts have their own playschool with an older gelding.

New horses settle in and build EASEL®-skills for about three to six months before any client work, even when they seem ready and willing sooner. Eventually they practice with EASEL®-facilitator trainees before progressing to "real"

Continued



The older horses are often seen teaching the younger ones agility obstacles at Savikko.

clients. To keep the herd calm, we handle stable duties ourselves with mostly just one stable manager. We expect a three-year-equine college degree from our stable manager, but we don't expect anyone to automatically know how our horses are taken care of. New staff members practice with horses at liberty in the styles of Klaus Ferdinand Hempfling and Alexander Nevzorov before progressing to riding or driving.

In addition to horses, we live with four dogs, three sheep, two African Grey parrots, a French lop-eared rabbit and a cat. The parrots fly along outside in summer, the sheep graze at liberty and sleep in the open barn with the horses. The retrievers don't carry the parrots around, the rabbit loves our terrier and the border collie doesn't herd sheep or horses. The horses come to sleep under our bedroom window on warm nights when they aren't stabled. With all children and animals alike, we aim at relationships based on mutual caring and trust. Only then can we set boundaries without damaging our relationship. Such atmosphere, we believe, also makes clients feel safer, accepted as individuals and less in need of defenses or confrontations.

Cavesson's programs

In addition to the clients' goals, our facilitation shares the goals of SEL: self-awareness, self-management, social awareness, relationship skills, empathy and responsible decision making.

Currently one third of our work is with families focusing on healthy psychosocial development of children and family relationships. Another third is spent on coaching leaders and executives in aspects of Emotional Intelligence (EQ), and supervision of professionals in the fields of education, social work/child protection services, mental health and equestrian sport. One third is covered by our facilitator, coach and supervisor training programs.

- "Mystery School" is an intensive seven-week-program for families in trouble with their school-age child/children. Families come weekly for three hours at a time. They can bring along anyone they feel is an important part of their lives. Based on jointly discovered "clues" the facilitators offer psycho-education, tools, and facilitate experiential exercises that help participants test ideas and figure out alternative ways. Families are sent (and paid) to Savikko by municipal social work.

- "HeroicJourney" is a year-long SEL-program for groups of children who are in serious conflict with school and at risk in free time. Groups are formed of four to six same age boys or girls and paid by municipal social work and family counseling. The curriculum has 30 weekly three-hour-sessions with a five-day-summer camp in between. Parents have to agree to join their own group 20 times, three hours at a time, and they also join some of the kids' sessions. The program also offers 8 coaching sessions for the participants' teachers or they can join some of the kids' sessions, if the children and parents agree to it.
- LeadRope® programs and coaching are for corporate clients and executives. Supervision sessions are generally 1.5 hours (individual) or three hours (group) every two to three weeks, and also include experiential work. Workshops are usually three days long.
- Facilitator training programs are composed of 12 to 17 workshop days over a year (depending on the species of animal co-facilitators), literature, supervised client work, and a written assignment. An optional second year program completes the training into a certified supervisor and coach that can be accredited (training needs to be minimum two years and 60 ECTS credits).

Theoretical framework and focus

Our theoretical framework and facilitation style is a combination of many elements such as solution-focused

Continued



Anyone handling our horses needs to build a relationship that supports leading horses at liberty or with a rope thrown over the neck as no horse can be made safe with equipment. This way we have not had one single accident with clients with animals.

therapy and coaching, dialectic behavior therapy, dyadic developmental psychotherapy, adventure education and social emotional learning (SEL). Research results from social neurosciences and animal cognition guide our work with both people and animals.

Regardless of target group and special issues, our work always aims at enhancing in clients the different goals of SEL. This we also do by modeling to clients with our animal co-facilitators what a relationship looks like when it is based on mutual caring, trust and respect.

We cherish joy, free play and challenge by choice. Arts and nature are important because they bring along happiness caused by aesthetic experiences, which are a gift to all of us regardless of color, size or special talents. Such happiness feeds compassion and gratitude. Ethical horsemanship and ethical animal handling are equally vital for our goals.

The process and focus in our work with horses

Each session starts with understanding why the client is in Savikko that day, and defining what the client already knows, what already works. We share general information and SEL-tools for enhancing self-awareness and further empowering the client before together choosing the experiential element: art studio, horses, other animals, hiking, etc.

Sometimes a client doesn't feel calm enough to work with animals and chooses other options. We value such sense of responsibility and go with the flow. Usually we then get to the horses, too. Sessions end with a closing discussion and personal ritual (selecting a bead, writing in a diary, breathing exercise, etc.)

Experiential activities with animals follow structured progressive steps: observing, meeting, making friends, and developing a relationship that supports free play, assertiveness, consensual leadership, etc. and possibly even riding or driving. But clients rarely ride or drive our horses so the horses are never subjected to any pain or discomfort by clients. Consequently, the horses are rather keen to interact with clients and enjoy the free play.

Our horses are generally very proactive and suggest games and activities. They may knock over the grooming box and select a brush, positioning themselves for the best spot for scratching. This, or getting the client to take turns in rolling a bucket or kicking a ball, guarantees a smile and a horse full of himself in a nice way. During following sessions client and horse develop a relationship built on common language, mutual respect, caring and trust, which make agility possible, where client and horse at liberty negotiate obstacles together. Obstacle courses are designed by clients and represent problem solving or learning a new skill.

Experiential sessions with the horse aim at developing social emotional skills and experiencing self with others in an authentic way. Interactions always start with observation; in this way previously learned skills are reinforced as clients progress. If on occasion a horse doesn't want to interact, we calmly process that.

Staff

Cavesson's founders are Lauri and Mari Lehtio. Virpi Liirus-Makela and Rauno Welling join in weekly for certain client programs and there is a full-time stable manager Jenny Sopenan. Two supervisors occasionally join in to train new facilitators. As needed, extra facilitators from the past 8 groups of facilitator trainees are invited. That way the team always shares the same basic facilitation principles and values. All facilitators have degrees and special training in different areas to build a strong multi-professional team.

Lauri has a M.Sc. and an extensive business background in the international corporate world in development and leadership positions. He is a certified coach of leaders and executives. Lauri is a carriage driving judge.

Mari has a M.Sc. and is a licensed teacher specializing in alternative/special education and SEL. She is a certified group work counselor-supervisor, and is in psychotherapy training. She is a certified riding instructor, Epona Approved Instructor and EAGALA level 1.

Virpi is a nurse, church social worker/spiritual counselor, and certified work counselor/supervisor. She is trained in drama pedagogy, and has co-facilitated with Mari all the facilitator programs.

Rauno is a youth worker with certifications in adventure education, rescue team management and depression guidance.

The team's supervising psychologist Jyrki Nikanne is specialized in psychiatry, depression guidance and family counseling. He is a certified therapeutic riding instructor, has completed the EASEL® facilitator training and worked in Savikko's children and family programs for a year.

The supervising family psychotherapist-psychiatric nurse Auli Kiminki is also a highly respected dog trainer and service dog judge. Both supervisors are NLP (Neuro-linguistic Programming) practitioners.

For more information visit www.savikontila.fi and www.cavesson.com.

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The author with her daughter and "depressed horse" Black Storm who found his sense of humor back and became a wonderful EASEL®-horse in her team in China 2003.



EFMHA'S Vision Statement

A world in which the wisdom of equus moves us to develop and deepen our greatest potential.

The Equine Facilitated Mental Health Association (EFMHA) is a section of NARHA. EFMHA's mission is to advance the field for individuals who partner with equines to promote human growth and development so that our members, clients and equines can succeed and flourish. Equine-facilitated psychotherapy (EFP) is experiential psychotherapy that includes equines. It may include, but is not limited to, a number of mutually respectful equine activities such as handling, grooming, longeing, riding, driving, and vaulting. Equine facilitated learning (EFL) is an educational approach that includes equine facilitated activities incorporating the experience of equine/human interaction in an environment of learning or self discovery. EFL encourages personal explorations of feelings and behaviors to help promote human growth and development. EFMHA has its own board of directors and bylaws and operates within NARHA guidelines and standards. *EFMHA News* editor seeks unsolicited material. EFMHA Professional Membership is \$75 and includes NARHA membership and its benefits. Contact (800) 369-RIDE for address changes and membership requests.

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President's Letter



Friends:

These challenging times associated with the financial meltdown have affected everyone. They mark a time of significant change from the pursuit of self-gain at the expense of others to a more balanced system of care for the rights and needs of the people and all beings of our world, the Earth itself. Doc Childre, founder of the Institute of HeartMath, has written an enlightening booklet called "De-Stress for the Changing Times" that I hope you may find as helpful as I did. You can read it at <http://www.heartmath.com/templates/ihm/downloads/pdf/destress08.pdf>. He addresses how to reopen one's heart to rebuild coping capacities and move forward, how to create a turnaround in our lives that will be reflected in a turnaround for those around us and ultimately in the world. It is full of helpful practices to reduce stress and reset our system to move forward.

Those of us reading this newsletter would add another important and effective practice: spending quality time with our horses. Our clients and students may already know this wisdom better than we do. It's not uncommon when teaching or working with horses to run out of time for our own deep rest and relaxation with our horses. I'm reminded in these times, however, that it's

one of the most important things I can do for myself—for us all to spend open-ended time with our horses in ways that may be quite different to what we've had time for previously, ways that lead us to reopen our hearts as they repeatedly close in response to the particulars of our own challenges at this time. Our horses offer us essential experiences and skills for this time.

On another front, the EFMHA board met for its spring planning retreat in Denver at the end of May. Some of you may have attended our public gathering on the Wednesday evening as we started our meeting. Exciting plans are

One of the most important things to do for self is to spend time with our horses... "doing nothing," as Caroline Resnick would say.

afoot for pursuing more effectively the integration of EFMHA's vision and mission into the structure and culture of NARHA, as well as stepping up our leadership in the field of equine facilitated psychotherapy and learning. We look forward to reporting back to you through electronic media not long after that. In fact, our planned use of electronic media allows more effective and timely communication.

We plan to utilize electronic media much more extensively and creatively in the future. This will allow us to communicate more effectively as professionals in the field and provide many more training opportunities to our members than ever before.

The weekend after the board planning retreat, I attended a second meeting of the Industry Forum formed at January's Equine Guided Education Association Conference on which I reported in our last issue. This group of collective industry stakeholders expects to take our initial planning to a deeper level of detail and strategic action. So, alongside the rather chaotic changes in many parts of the world, there is a substantive progress happening in our particular professional world toward collaborative, positive change. This issue of the *EFMHA News* reflects that in the articles from various programs outside the US, a particular interest of mine. You will also see this trend manifest in the pre-conference we are planning for the NARHA/EFMHA conference in Ft. Worth in November, where we will be offering a special workshop on dealing with trauma in cooperation with the NARHA Horses for Heroes program. Look for more details on this remarkable event and the many EFMHA presentations scheduled for Thursday and Friday at the conference elsewhere in this newsletter and on the NARHA website. We plan to keep you posted with communications through the *EFMHA News* and other NARHA publications.

In the meantime, I hope that you and your horses will enjoy some of your best times together.

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EFMHA Thumbnail Glossary

EAA

equine assisted activities

EAT

equine assisted therapy

EAAT

equine assisted activities and therapies

EFP

equine facilitated psychotherapy

EFL

equine facilitated learning

ES

equine specialist

HPOT

hippotherapy

HPCS

hippotherapy clinical specialist

TR

therapeutic riding

More information on these terms and others is available at the EFMHA website page:
<http://www.narha.org/SecEFMHA/Glossary.htm>

2009 EFMHA EQUINE SPECIALIST WORKSHOPS

Contact

Nicole Pepper (800) 369-7433 ext. 104 or send her an email at npepper@narhalog for further information.

All dates are subject to change

July 24–26 2009

Texas Tech Therapeutic Riding in Lubbock, TX

August 7–9 2009

Hearts & Horses Inc. in Loveland, CO

October 2–4 2009

Horse Power Inc. in Temple, NH

Cost

\$475	NARHA/EFMHA members
\$505	NARHA members (includes a one-year membership in EFMHA) Includes materials, lunches and a snack for the three days.
\$575	Nonmembers (includes a one-year membership in NARHA and EFMHA)

Focus of Training

- Role of the Equine Specialist when assisting or collaborating with human service providers
- Designing safe, mutually beneficial and effective activities to enhance participant outcomes
- Determining specific horse handling methods
- Understanding students with mental health and/or learning issues
- Assessing the horse's response to student behaviors and needs
- Helping prepare qualified participants to take the NARHA Equine Specialist Certification once available

Training is designed for:

Equine professionals

Therapeutic riding instructors

Those who wish to enhance their ability to work with mental health and educational professionals and their clients

To Register

1. To avoid a late fee, submit your application form 60 days before the date of the workshop you wish to attend.
2. Mail or fax registration forms. (Download forms in pdf format at www.narha.org)



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13th International Congress for Therapeutic Riding “Horses for Body, Mind and Soul”

Muenster, Germany, August 12-15, 2009

FRDI, the Federation of Riding for the Disabled International, invites you to join us at the 13th International Congress for Therapeutic Riding.

Did you know that Muenster is the city of horses? With more than 100,000 horses Muenster and its surrounding area counts as one of the most horse populated areas of Europe. Warendorf, a city near by, is the home of the Olympic and Para-olympic riding team and there will be many opportunities to visit and explore.

- More than 150 lectures, workshops and presentations in the field of equine assisted activities from over 20 nations
- Workshops with world renowned experts:
 - Klaus Balkenhol, Olympic champion in Dressage and former USEF National Coach
 - Susanne von Dietze, author of ‘Balance in Movement’
 - Reinhard Mantler, founder of Reinhard Mantler Horse-Man-Ship Training
- A spectacular Gala Show with Olympic Champions Ingrid Klimke, eventing and Hubertus Schmidt, dressage demonstrations with the famous stallions of the State Stud farm in Warendorf, therapeutic vaulting and driving presentations, selected scenes of the play ‘The Little Prince,’ presented by integrated therapeutic riding groups and more!
- Meet your colleagues from all parts of the world at the “Get together.” Share something typical from your country: a special delicacy or an art presentation.
- Visit the Stud Farm in Warendorf. Get up close to the famous stallions and enjoy a dress rehearsal for the “Sinfony of the Stallions.” (Transportation by bus available)
- Inquire about our special fellowship rates to the congress for therapeutic riding students. More information at www.dkthr.de

Before and after the congress:

Open House at therapeutic riding programs: Farms and institutions around Muenster invite you to come and visit. What an opportunity to exchange experiences! Buses organized by Pferdesportverband Westfalen.

As you can see there are many horse related happenings and events. Watch for the newest announcements on the website www.dkthr.de or contact Gisela Rhodes at gilla@frdi.net.

See you in Muenster!!

Gisela H. Rhodes
Executive Director
FRDI
www.frdi.net

Report from the British Isles

Barbara K. Rector, MA, CEIP-ED

In April, 2009 I went to England, Scotland and Ireland after being invited to present Adventures In Awareness trainings there. I was fortunate enough to spend time in Windsor, the United Kingdom with Dave & Sharon Harris, in Aberdeen Scotland with Beth & Aidan Duff, and in Bray Ireland with Jill Carey, CEO of Festina Lente, a social enterprise model of full community inclusion with equine learning and therapy interfaced with restorative work and community plots in an old Victorian Garden. My impressions of developments in equine assisted activities and therapies from my trip are included below.

Festina Lente in Bray, Ireland was my DREAM made manifest. They have 32 horses and two mini Shetlands working with RDI (Riding for Disabled International) coaches, BHS (British Horse Society) Instructors and youth in apprenticeship training offering equine instruction and therapy to community youth and adults both challenged and so called ordinary. This work is interfaced with a restored Victorian garden where community families keep kitchen garden plots along with men in cancer recovery support group gardens. Both the horse program and the garden project offer approved vocational training skills.

Jill Carey, CEO of Festina Lente (Latin for “make haste slowly”) told me that the inclusive model allows for her 30-minute mounted community riding lessons to cover 70% of her operating costs. Europe has a culture of riding schools. Men and women in the preteen and teen years go to riding school lessons after the regular school day. Many adults continue to take riding lessons and ride out from the school on the weekends.

A half-hour mounted lesson comes with the required half-hour to 45 minutes of stable management, tack fitting, feeding and basic care regimens taught by the student in training coaches and instructors, who are well supervised by full-time professional RDI coaches and BHS Instructors. The cost of this integrated lesson is £35 or approximately 50 dollars. There is a sliding fee for those unable to pay full fee.

I was told by several participants that they really appreciated my sacred approach to relationship development between horse and human. They enjoyed and felt truth when they heard me include spirit. All appeared comfortable with mind/body. I went further to speak of our mind/body/spirit and that of the horse. My intention was to offer the perspective of considering the horse’s instinctual nature and emotional needs in program design.

Jill explained that the workshop and half-day seminars were capped at 20 participants, their internal safe handling number. Folks were turned away and a waiting list kept. All the workshops and seminars were full, with many staff and students looking on from the distance of the viewing gallery. At one point during the day-long workshop, I took a walk to the back of the viewing gallery. Perhaps 10 or 15 preteen students and their apprentice teachers asked me what we were doing. “Playing with Energy,” I responded. “Horses have huge energy fields and they help us learn about our own.”

I gave them the quick soft eyes, knees bent with deep belly breaths and feelings of deep love and appreciation in their hearts. I encouraged the use of their soft-eyed peripheral vision to look out over the arena; not at the horses or people—just a little off to one side or above. Shortly there were exclamations of “Oh gosh! Look at that! It’s all pink and green and gold.”

The half-light backdrop of the covered arena made for particularly good energy

field viewing. The horses were easy and frequently some jumps of energy between people and the horse they were engaging in “Con Su Permiso” (with your permission) would pulse with a green gold light between the heart of horse and heart of human. Is it the Irish penchant for fairy fields, fairy rings, gnomes and divas that allowed for these kids to so easily “see” what is ordinarily hidden from acculturated adult view?

My visit overlapped with the regular quarterly staff learning days with Chris Irwin. He spends two days every quarter to further develop the staff, human and horse. He is an incredible master of the equine perspective and I enjoyed our overlap day and evening together very much. Chris reported his River Song Retreat Center and Ranch outside Edmonton, Alberta, Canada is developing on schedule. After the indoor is completed next year, the residential cabins will go up.



Sharon and Dave Harris

Continued

Dave and Sharon Harris do their corporate coaching work at a nearby private riding school in Windsor. They lease a huge field divided and carefully managed by Dave. He has built a three-sided outdoor shelter large enough for his huge horse, John Joe, his cheeky pony and the newly acquired Prudence, a lovely Arabian mare. Dave does all his own hoof trimming. The riding school provides a covered arena and teaching room for the Acorns to Oaks program. For schooling ride outs, usually Dave and his daughter Emily, they have the Queen's park nearby.

Beth and Aidan Duff also offer corporate coaching for both groups and individuals at their lovely Midmar farm. They are able to field keep their horses in huge grassy paddocks. The older mares as well as the very pregnant Bluebell come in to a huge deeply-bedded shed for cold nights. In their precious 1870 restored farm house, they have designed a lovely morning room that doubles as the indoor teaching area. Beth has plans and community approval for an indoor arena and an outdoor schooling court. In really wretched weather she has access to a nearby riding school's indoor arena. Neither Dave nor Beth includes mounted work; their programs are all ground exercises.

Again from my perspective, it is the culture of Europe to live and breathe riding schools, hacking through countryside roads and enjoying the large abundant parks of former royalty. Most, like Beth in Aberdeen, Jill in Bray and Dave in Windsor, appear to me to be taking the best of traditional horsekeeping and stewardship to interface with most natural stable practices of grassy field living, barefoot and rugless—all done on an individual basis

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Barbara has nearly four decades working with horses and people for their mutual benefit. She travels the world training the trainers in her Adventures In Awareness model for effective, humane EFP & EFL. Barbara's current campaign is to build awareness for conscious work with horses; she is against program designs that offer exercises at the expense of the horse. Barbara teaches in Tucson at The Raven Ranch and in Sonoita, Arizona at Borderlands Center for Equine Assisted Services. www.adventuresinawareness.net



Barbara Rector and Cesar, a 7 year-old Gypsy Vanner at Festina Lente, working together to teach mutually beneficial and respectful equine facilitated interactions with people.

Save the Date!

BLAZING THE TRAIL FOR



YEARS

2009 NARHA NATIONAL CONFERENCE
& ANNUAL MEETING
FORT WORTH, TX • NOVEMBER 18-21



2009 EFMHA Pre-Conference

"Healing from Trauma with the Help of Horses" is the topic for the 2009 EFMHA Pre-Conference Workshop to be held Tuesday, November 17, 2009 at the Renaissance Worthington Hotel in Fort Worth, Texas from 9 a.m. to 4:30 p.m.

The EFMHA Pre-Conference will begin with Casey Taft, an expert speaker on the neurobiology of trauma and how the brain heals from trauma; the speaker will also make suggestions for equestrian programs for children, teens and adults who have experienced psychological trauma.

Three successful equine facilitated mental health programs will highlight a variety of approaches to working with survivors of trauma. Marilyn Sokolof, Ph.D. and Memree Stuart, TRI from HorseMPower in Ocala, Florida and Joe Callan, LCSW from TRAVERSE in Tampa, Florida will speak about equine facilitated psychotherapy with victims of trauma. Priscilla Marden, CEIP-ED of Horse Warriors in Jackson, Wyoming will present the educational approach of equine facilitated learning and ideas for incorporating art into work with persons who have experienced trauma.

This pre-conference targets psychotherapists, educators, equine specialists and program administrators. Attendees will leave with practical ideas they can implement immediately in their own programs.

Register for the EFMHA Pre-Conference workshop at www.narha.org. click on the orange conference button on the left.

Developing the European Association for Horse Assisted Education

By Gerhard J. Krebs, G&K HorseDream, GmbH, Germany

With the 4th Annual Conference of the European Association for Horse Assisted Education (EAHAE), which was held November 14–16, 2008, at Sielanka Farm, near Warsaw, Poland, development of the organization was brought to a new level. The vision of the EAHAE is to establish and develop horse assisted education (HAE) as a general form of personal and professional development in enterprises, organizations, institutions, societies and for personal purposes throughout Europe and elsewhere.

In the beginning EAHAE collected all sorts of trainers and people who are interested in HAE without looking for any particular standard or approach. The tasks were to connect all, to publish the activities on the internet platform and to organize a yearly conference. Everybody who was providing HAE in Europe could become a full member. A person could become an associate member if he or she was providing HAE outside Europe or was not yet providing horse assisted education but wanted to cooperate with a full member or to support the work of the association.

The yearly membership fee included for both kinds of members: a personal profile on the EAHAE website, linked to their own website, the right to use the EAHAE database with press articles, videos, radio and TV performances; to use internal EAHAE documents, information and presentations; to apply to attend the annual conference and EAHAE seminars and trainings; and to participate in the EAHAE website award.



Leading exercise, showing Guilia Zotti (Italy, leading the horse) and a group of German HorseDream Partners in the background: Melba Schertler, Gerhard Krebs, Beate Haussmann, Angela Henke, Antje Kümmerling, Michaela Schuhmacher.

The Next Step

As we step into the next period of organizational evolution, the focus now is on quality. Since 2009, only those who first attended an EAHAE authorized “Train the Trainer” (TTT) seminar can become full members. Before having attended this seminar, new members are “associates.” The EAHAE advisory board discussed the intention and content of the TTT seminars and came up with the following outlines.

Train the Trainer Outline

Participants will experience five categories of hands-on exercises: watching, leading, distance and nearness, goal orientation and teamwork. They will learn about three fundamental categories of transfer models: team atmosphere and a company's culture, leading positions and personal development. Participants will get a one-day and a two-day concept, including hand-outs for future clients. An EAHAE full member is allowed to use these concepts and adapt them to their own opportunities and programs in areas such as number of horses, number of participants, facility requirements, etc.

This TTT concept nearly equals the HorseDream Train the Trainer approach and is meant as the first step into qualifying and certifying. In an ongoing process all authorized EAHAE trainers are encouraged to develop a diversity of exercises and approaches, which mainly should focus on the horse's role as the real trainer.

Continued



Opening session of the 4th EAHAE conference in Poland. This was held in November, 2008 with 62 participants from 19 different countries.

The Outcomes:

1. Knowledge about our special approach, using the help of horses in corporate trainings and personal development
 - The horse is trainer, medium, catalyst
 - The human trainer/coach is the facilitator and has to step back behind the role of the horse
 - The horse is medium to the universe
 - For us humans it is all about humility
2. Knowledge about the setting
 - The safety of the setting (physical, mental, emotional, spiritual).
 - The way to treat the horses
3. Knowledge about what our teaching intention is
 - A) Our vision of leadership
 - Trust and confidence as the basis of leadership
 - Seeing the good
 - Liking people
 - Expecting the positive
 - Emphasizing what we have in common
 - Orientation towards the goal
 - B) The benefit for the customer/client
 - Insights: leading means serving your people, look at yourself for faults first
 - There is always more than one approach
 - C) Motivation
 - Encouraging people to leave their comfort zone
 - Making people aware of being 100 percent present
 - Ensuring people that they are able “to do it,” and if not that they are able “to learn it”
4. Knowledge about cooperative business between all EAHAE members
 - Not to compete but to collaborate
 - Ways to cooperate in marketing and research projects, examples for corporate collaboration

For a consolidation period of five years EAHAE Train the Trainer seminar providers are expected in at least 25 countries worldwide. The standard orientation, which is outlined above, is the basis of all Train the Trainer seminars. The focus is on corporate trainings: leadership, communication and self-development. All EAHAE full members provide this standard-oriented, one-day program. A proven set of tools and exercises for management and self-development is available.

Future Goals

Looking back from the year 2020:

- Management schools use HAE in daily educational life
- Companies book HAE seminars for all levels of leaders and for team building
- EAHAE conferences on each continent
- HAE horses live in groups and herds outside; and it is normal that they are the trainers, not only co-trainers

The 5th Annual Conference will take place in Northern Germany, September 11–13, with this year’s motto “Experience Change. New Concepts of Horse Assisted Education—Stories of Success.” Further information: www.eahae.org.

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Gerhard J. Krebs holds a university M.A. degree in contemporary German Literature and Political Science. He has been working as an entrepreneur since 1983, started IT trainings in 1986, and founded G&K HorseDream, GmbH in 1996 together with his wife Karin. They both started with Horse Assisted Leadership Seminars and team trainings in 1998. Gerhard and Karin initiated the EAHAE in August 2004, and lead this platform with some 200 members as a HorseDream non-profit center. Besides leadership and team trainings for companies they provide national and international Train the Trainer seminars addressing coaches and educators, who want to get into the horse assisted education corporate business, as well as HorseDream Partner License Workshops.



Durk Gerhard, Karin and a horse in the classroom, from Stern Magazine, with permission.

Equine Guided Leadership Development—An Overview

By David Harris

Acorns 2 Oaks

My name is David Harris and I am the co-founder of Acorns 2 Oaks (A2O) Coaching. Together with my wife, Sharon, we formed A2O in 2002. It was born out of a profound experience I had whilst still working in the corporate domain. I arrived at work at 4 a.m. to start my day and watched a beautiful sunrise coming up over the River Thames. I asked myself an interesting question, “Why am I doing this?” The only answer I had was “for the money.” At this point I realized that although I had great outward success, the work left me empty and unfulfilled.

I then embarked on a journey of discovery which introduced me to NLP (Neuro-Linguistic Programming), coaching of many types. It reconnected me with my greatest teachers of all, horses. I dismissed myself from my company and set up A2O with the intention of “bringing people and horses together to learn.” Detailed below is an overview of our approach. We understand that this is not appropriate for everyone; it is our truth. My request is that you utilize it in a way that serves you. You may agree or disagree; both are fine.

Cornerstones

Our approach to “the work” is a very simple one based on four cornerstones:

- Safety is a pre-requisite to learning
- Honor the horse
- The clients have all the resources they need to succeed (whatever that is)
- Allow learning to take place; do not teach

Safety is the pre-requisite to learning

For people to learn, they have to feel safe to experiment, play and not be judged. We let them know there is no right and wrong in our process. There is safe and unsafe; we manage this aspect.

Early in our programmes we take our clients through Barbara Rector’s safety agreement; this is key to our approach. Each participant states “I am (name) and I agree to be responsible for myself today and thus contribute to the safety of the group.” We feel safety is a shared responsibility with clients and ourselves. We take care of ourselves and the horses.

The clients take care of themselves. We give participants enough safety training to allow them to be around, and work safely with, the horses and equipment.

We also encourage people to continually step outside their comfort zone in small achievable steps. This approach has a kind of “Compound Interest” impact. Clients will often notice they have made substantial shifts, easily and effortlessly. We attribute this to our approach.

Honor the horse

In our programs we work with our horses and experience them as the teachers. They are free to participate or not; they are never wrong. Our requirement of them is just to be horses. To support this we try to keep them as natural/wild as possible, namely; live as a herd, in a pasture with shelter, no shoes and as little “hard feed” as possible. We train the horses to be safe around people, equipment and tools. We do not train them in any of the exercises. The horses must have good ground manners, no kicking or biting, to be appropriate for the work.

Continued



*Left to right, Laura Brinkerhoff, Barbara Rector, Dave Harris & Serra June.
Dave Harris Management Skills workshop at Al-Marrah Arabians, Tucson, Arizona*

The Clients have all the resources they need

This presupposition comes from our coaching background. We believe that if a client is allowed to select a horse to work with in a carefully designed exercise, learning will occur. The learning will come from the feedback from the horse to the client; the client may need support from us to allow the feedback to land, but that is the extent of our interaction. We will keep the client and horse safe and then stay out of the way.

Allow learning to take place, do not teach

Our intention is to teach a minimal amount to allow our clients to be safe around the horses and equipment. We create a safe space for the client to learn from the horse, other members of the group and mostly themselves. To allow this to happen we trust the horse and trust the process and ground exercise while maintaining common sense safe practices for working around horses.

Whom do we work with?

Initially our focus was to work with organizations with a focus on leadership and team building. We have been very successful in this domain with clients including SAP, Cisco, Continental Tyres, RBS, Nat West, Allied Irish Bank and Cap Gemini.

Last year we started working with young people and found our approach to be very successful. We have worked with young people with many types of challenges as well as graduates from local colleges. We make minor changes to the language we use; other than that the programmes are virtually the same as those for adults in the corporate world. Our Website is www.egld.co.uk.

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David Harris is an internationally acclaimed speaker, trainer, facilitator and coach. David is also a life learner in natural horsemanship. He lives in Windsor, England, with his wife, two children and three horses.

Editor's Note

The Dave Harris and Gerhard Krebs articles represent a different perspective on working with horses as partners. Both of them specialize in working with leadership and team training methods for corporate groups. While a corporate approach is different from what most EFMHA members use, it can be an alternative way to partner with horses and provide some additional income for your program. It is becoming more popular in America as well as in Europe. Corporate workshops attract high profile, top management level professionals and CEOs. The groups are usually small—four to six able-bodied adults from one company—and confidentiality is important. Safety is stressed with an introduction on how to safely work around horses, and each session is well staffed with knowledgeable horse people to assist with maintaining safety when needed. In this non-directed approach, each participant is encouraged to find and record their own insights gained from their interactions with the horses. Leadership and team building workshops can be conducted according to NARHA standards of practice with some minor adaptations to the process.



Give yourself a gift!

Purchase our extra-heavy, 100% cotton items embroidered with the EFMHA logo in beautiful stone washed colors. Go to the NARHA store at www.narha.org.

Also available at the NARHA National Conference!

EDUCATIONAL OPPORTUNITIES



HUMAN EQUINE ALLIANCE FOR LEARNING (HEAL)

July 24–26, 2009

Energy and Grace: Human and Horse

HEAL Facility, Chehalis, WA

Check HEAL website for more information. www.humanequinealliance.org

August 21–23, 2009

Cornwall, England

Presenters Kathleen Barry Ingram, MA and Leigh Shambo, MSW, LMHC. This popular workshop goes in depth on the energetic aspects of relationship building with horses. Learn energy awareness and practical energetic management for almost any situation with horses and with people. You will learn about horse and human energy fields and boundaries, how to protect and clarify your energetic field and how to communicate energetically. We will incorporate the ancient Chinese practice of Qi Gong as part of our experiential practice and lots of horse play!

August 14–17, 2009

**International Congress of Therapeutic Riding
Munster, Germany**

Leigh Shambo will present results of her "Pilot Study on Equine-Facilitated Psychotherapy for Trauma-Related Disorders" and will be giving demonstrations of the HEAL approach to trauma treatment with EFP at this international conference on therapeutic riding.

August 29–31, 2009

Advanced EFP for Trauma-Related Disorders

Norway, location to be arranged

Advanced workshop for EFP practitioners and all who are interested in how horses can help trauma survivors heal. Learn to make use of the natural resonance that often occurs between horses and trauma survivors; and see how horses teach affective/somatic self-regulation, boundary and healthy ego strength. Recognize intuitive gifts in trauma survivors and help them distinguish these from symptoms. Exercises and methods in the HEAL approach that are tailored for trauma recovery. Leigh will also cover research models for EFP with trauma survivors.

September 4–6, 2009

Invisible Horsemanship™

Intensive Workshop

Newton, Wales, UK

This workshop will provide more depth and advanced exercises such as horse dancing and journey ride which will allow participants to explore richer levels of mind-body awareness to promote human healing, personal growth and a reverent and effective approach to the equestrian arts. For those who have already completed a HEAL or Epona introductory class.

September 11–13, 2009

Invisible Horsemanship™ Workshop

Hyde Park, NY

In this two-day workshop participants will learn steps to self-awareness and energetic clarity: vital ingredients for positive horse and human relationships. Epona Advanced Instructor Leigh Shambo has integrated a lifetime of equestrian training and coaching with her expertise in human and horse psychology. Understand subtle character and relationship dynamic on the ground that will give you new insight into the horse-human relationship. Riding is optional.

October 24, 2009

**The Horse-Human Connection:
Focus on Overcoming Fear
HEAL Facility, Chehalis, WA**

A special version of our popular workshop for counselors, educators and all horse lovers will focus specifically on overcoming fear (riding-related or more general) and self-doubt. The HEAL approach offers new paradigms in mind-body awareness to promote human healing, personal growth and a reverent and effective approach to the equestrian arts, and offers approaches to working with fear in ways that actually enhance your relationship with your horse.

October 19–24, 2009

HEAL Facilitator Training

Program 2009-Section 2

HEAL Facility, Chehalis, WA

Kathleen Barry Ingram and Leigh Shambo present a program for counselors, teachers, and coaches (including equestrian professionals) who are looking for practical training and experience for developing equine facilitated learning (EFL) programs. The program consists of on-site instruction as well as individual and group study assignments which will help prepare students to facilitate horse activities in a way that optimizes relational ability, emotional well-being, and empowerment. Upon fulfillment of graduation requirements students will be provided with an individual strength-based evaluation and certificate of program completion. Check HEAL website for information on certification, requirements and prerequisites.

For further information:

Human-Equine Alliances for Learning (HEAL)

Leigh Shambo, MSW, LMHC

361 Yates Road, Chehalis, WA 98532

360.266.0778

Email: events@humanequinealliance.org

Website: Registration and more information available at

www.humanequinealliance.org

EDUCATIONAL OPPORTUNITIES



ADVENTURES IN AWARENESS

August 21–23, 2009

The Equine Perspective Seminar
Borderlands Center for Equine
Assisted Services, Sonoita, AZ

Join Barbara Rector and Ann Alden in the high, cool country of southern Arizona for three days of learning and working with horses from their perspective as sentient beings offering healing and health to humans. For more details check the AIA website.

November 13–15, 2009

Integral HorseMapping with
Gerhard and Karin Krebs

Apache Springs Ranch, Sonoita, AZ

Join Barbara Rector and Kelly Morken, both licensed HorseDream Partners as they help Gerhard and Karin (www.horsedream.com) teach the powerful Integral HorseMapping process. For more details check the AIA website. www.adventuresinawareness.net



HIGH HOPES THERAPEUTIC RIDING CENTER

Old Lyme, CT, USA

Tentative: August 9–12, 2009

**High Hopes Instructor Advance-
ment Workshop—Advanced Prep**
Old Lyme, CT

This is being tentatively scheduled; we will keep a list of interested candidates—final decision on actual schedule TBD.

Registration deadline: June 29, 2009

August 26–October 16, 2009

(8 week course)

NARHA Approved Training Courses at
High Hopes TR, INC

Old Lyme, CT

Registration deadline: August 12, 2009

For more information on Training and Education opportunities:

Kitty Stalsburg, Executive Director
High Hopes Therapeutic Riding, Inc.

36 Town Woods Road

Old Lyme, CT 06371

Tel: (860) 434-1974, ext. 13

Fax: (860) 434-3723

Email: kstalsburg@highhopestr.org

Website: www.highhopestr.org



HORSE POWER

Temple, NH, USA

September 9–November 14, 2009

NARHA Approved Instructor
Certification Program

Temple, NH

Students will complete their teaching hours, classroom hours, lectures, hands-on demos as well as develop their own riding skills in order to pass the riding certification portion of the exam. Onsite housing is available and encouraged.

Contact: Lauren Riccio at
(603) 654-6308 for more information.
More details and applications can be found at www.horse-power.org.

Educational Opportunities have not necessarily been reviewed by NARHA or EFMHA and should not be considered sponsored or endorsed by EFMHA or NARHA. They are offered here as an informational service to our members. See the last page of EFMHA News to submit information on your own events in entries of 250 words or less.

Anyone who submits an educational opportunity must be a current NARHA-EFMHA member, and if they have a website, EFMHA must be mentioned on it and listed on any links page.

Too Hot to Trot?

If the heat is keeping you from enjoying your summer with a horse, please consider a gift to EFMHA instead.

It is a cool thing to do for yourself and for EFMHA.

\$25 \$40 \$100 Other _____

EFMHA News Needs You!

Our newsletter is a primary way that we can communicate with each other, offering ideas, questions, answers and opinions. It is important to fill our newsletter with information that is of interest to you, our members.

What would you like to see in these pages? More importantly, what can you contribute? Please share your writings and photos on the following:



- Rider/client profiles
- Therapy issues
- The nuts & bolts/oats & picks of teaching
- Mental health related items
- Events at your center
- Photographs of your program
- Creative writing/art by riders/clients
- Profile of your services
- Favorite lesson activities

Please submit any of the above for consideration by August 10, 2009, January 10, 2010 or April 10, 2010 to: Ann Alden, email: aca@bmi.net.

Submit educational opportunities to Eliza Love, email: stella_lovin@hotmail.com.

For submission details, see Guidelines for Authors on the EFMHA web page: www.narha.org/SecEFMHA/EFMHA_Author_Guidelines.htm

Thank you!



I would like to become an EFMHA member!
(NARHA Individual Membership also included)

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- EFMHA Professional Membership \$75
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Please add EFMHA section to my membership \$30
- My gift in the amount of _____ is enclosed.

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