



2021/22 HEAL Facilitator Training Program for Equine-Facilitated Psychotherapy & Learning (EFPL)

“ State of the Art ” EFPL: the HEAL Facilitator Training
will be held in Norway for the third time!



Human Equine Alliances for Learning provides postgraduate level training for professionals seeking to incorporate Equine-Facilitated Psychotherapy & Learning (EFPL) into their therapeutic or teaching practice or program.

* This 5-month program prepares participants to facilitate horse activities for experiential psychotherapy or learning, helping clients increase relational ability, emotional well-being, self-awareness and empowerment.

HEAL graduates Norunn Kogstad MD and Jeanette Lysell B.Sc. will be the onsite designated instructors. HEAL Program Director Leigh Shambo, MSW, LPCC, CEIP-MH and Support instructor Kristin Fernald MA will be distance instructors for this program.

HEAL-FTP Philosophy and Vision

The HEAL Modell for EFPL is a powerful and safe method for employing EFPL with a variety of age groups, client/practice types, and formats (such as individual/ group, short-/ long-term). The HEAL Model™ offers practitioners a scientifically grounded, 'research-ready' approach using HEAL's "6 Keys to Relationship". The focus of HEAL-EFPL is on the limbic/ emotional communications between horse and human, which reveal the activation of primary social-emotional-behavioral circuits in the mammalian brain.

Targeted exercises help the client experience and practice new pathways to healthier relationships. The HEAL model is trauma-sensitive, respectful and safe for client and horse, and provides a high level of social partnership experiences which translate reliably to the client's human world.

The HEAL Model works as effectively in both non-riding or riding therapy and learning programs.

Program time frame

The HEAL-FTP is a 5-month program. It begins August 1 to August 7, 2021 with one full week of on-site instruction at a HEAL approved equestrian site south of Oslo, NORWAY. After this, students spend 10-12 hours per week in distance learning from home, including EFPL practice sessions, reading assignments and peer conferences.

The final week is again at the approved HEAL site north of Oslo from January 9 to January 15 in 2022. when students complete supervised sessions with HEAL clients. HEAL supports graduates with continuing education, mentorship and supervision.

2021/22Location:

First week at **Bilitt Farm** in Hobøl, Norway www.bilittgard.no and the second week will be at **Lundehagen Farm**, Moelv, Norway www.lundehagen.no

Costs and benefits of HEAL-FTP Standard registration: NKR 55.000,-. Payment plans are available; practice teams may be eligible for incentive. Upon fulfillment of graduation requirements, graduates receive an individual, strength-based evaluation and a certificate of HEAL graduation. Graduates are listed on the HEAL website. HEAL-FTP meets Certification Board for Equine Interaction Professionals (CBEIP) documentation requirements for education/training in the field of equine facilitated mental health or education.

For this program call for information to

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Leigh Shambo

HEAL Program Director

HEAL Program Director Leigh Shambo, MSW, LPCC, CEIP-MH is a Licensed Professional Clinical Counselor specializing in EFPL with adults and youth, in therapy groups and personal growth workshops. Founder of Human-Equine Alliances for Learning (HEAL)

Leigh is the author of published research on the efficacy of EFP for survivors of complex trauma. Her book *The Listening Heart: Limbic Path Beyond Office Beyond Office Therapy* was published in 2013. Leigh has presented the HEAL Model across the US and abroad. Leigh will be a distance instructor for this program.

www.humanequinealliance.com



Jeanett Lysell

Designated Instructor

Designated Instructor Jeanette Lysell, directed an equine facilitated program for people in addiction treatment for 20 years at Oslo University Hospital. She holds a bachelor degree in child protection work and has a four year education in bodyoriented psychotherapy-Bodydynamic. She has done the Scandinavian trauma therapy training by MOAIKU.

Jeanette, a 2013 HEAL graduate, now offers EFPL services at her farm to adults and children with psycho-social problems. She is especially interested in trauma work. Jeanette is an authorized riding instructor. She also participates in research on implementing horses in psychotherapy. www.bilittgard.no.



Norunn Kogstad

Designated Instructor

Designated Instructor Norunn Kogstad, MD, owner of Lundehagen Farm, psychiatrists specialized in psychodynamic and bodyoriented psychotherapy. She completed the HEAL training in 2013. She works for a local hospital and runs a small horse farm in Norway where she lives with her growing family.

Norunn is also a Level 1 Centered Riding Instructor. Her EFP practice is focused on leading groups with children and adults as well as individual clients. She is also interested in research, and is building a study implementing horses in psychotherapy.

www.lundehagen.no



Kristin Fernald

Support Instructor

Support Instructor Kristin Fernald, MA is a Licensed Mental Health Counselor in the San Juan Islands in Washington State. A 2011 HEAL Facilitator graduate and HEAL Designated Instructor since 2013.

Kristin maintains a private therapy practice on Lopez Island with her herd of four horses. She has over 30 years experience as a body and emotion centered psychotherapist working with individuals and couples. She has taught HEAL workshops and trainings across the US and in Norway.

www.kristinferald.com



2021/22 Program dates:

On-site:
August 1-7.2021 and January 9-14.2022
(Includes 6 days of intensive study + 1 day integration and practice).

Between these on-site portions students commit approximately 10-12 hours weekly for distance study, EFPL practice sessions, and consultation with mentors and peers.

Application fee:

NKR 500,- non-refundable
Deposit: NKR 5000,-
Due at time of acceptance.
Total cost NKR 55.000,-

To Request an Application email:
j-lysel@online.no

What are the application criteria?

Applicants should have Master's level or equivalent education and experience in psychology or psychotherapy, social work, clinical counseling, education or coaching, plus 2 years experience in the field of human services. In addition, a minimum of 3 years recent and regular horse experience is highly recommended; candidates should feel confident in basic horse handling with a relational focus to create a "willing and safe partnership".

In HEAL FTP, students learn to understand horses as sophisticated emotional and relational beings; this may be very different from more traditional approaches to recreational, sport, or competitive riding. Prepare to be amazed when horses are allowed to freely demonstrate their "emotional genius"!

Applicants employing a team approach to EFPL practice (a clinician or educator, with a horse specialist) are encouraged to attend HEAL FTP together when possible. This amplifies the learning and effectiveness for the team. Accepted teams are eligible for a 15% registration discount.

Prerequisite: Attendance in a HEAL Keys to Connection 3-day workshop or 6 hour private intensive with a HEAL Trainer, and a completed program application. The 2021/22 HEAL-FTP will accept up to 6 qualified applicants, filling on a first-come basis.





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™ as it applies to people and horses.
- Learn how to 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.

Equine Skills 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.

For more information:

Call HEAL: 760-873-8980 or
email: info@humanequinealliance.org

Wondering if HEAL offers the right EFPL Certification for you?

Call or email me for a free, confidential consultation. I’m happy to answer questions, discuss application criteria at HEAL or your pathway in EFPL.

Hope you enjoyed reading about our program!

Sincerely, Leigh Shambo HEAL founder,
Director of HEAL FTP