

Healing With Horsepower: **Equine Assisted Psychotherapy for Trauma Resolution**

A training workshop for behavioral health and equine professionals



Friday, November 2, 2012 – Saturday, November 3, 2012

Horse Lovers Park
19224 N.Tatum Blvd.
Phoenix, Arizona

Workshop Facilitators

Shannon K. Spellman, M.S.W., LCSW, LMFT, LISAC – Psychotherapist

Shannon Spellman is a master's level licensed clinical social worker, substance abuse counselor, and marriage & family therapist in private practice with over 30 years of clinical experience. She works with adolescents and adults providing psychotherapy with an emphasis in healing childhood sexual trauma, addictions and codependency, family of origin issues, challenging adolescents & family systems, and PTSD. Shannon is certified in both Equine Assisted Psychotherapy & Equine Assisted Learning (EAP & EAL) through the OK Corral Series. She has provided EAP as an adjunctive treatment modality in her practice for several years, and also offers EAL sessions and workshops. Shannon also facilitates intensive weekend workshops and retreats with trauma survivors providing marathon group therapy sessions sometimes combined with an Equine Assisted Psychotherapy component. She has provided numerous training seminars for other professionals on various topics including treating sexual abuse trauma survivors and challenging adolescents. In addition to her professional qualifications, Shannon has over 20 years of personal experience with owning and riding horses herself, and also has experience in healing her own trauma issues. She utilizes a professional but down to earth training style, with a strong emphasis on safety and use of strength-based approaches in experiential exercises.

Faith Knutson, M.A. – Equine Professional

Faith Knutson holds a master's degree in Management Leadership and is certified in Equine Assisted Psychotherapy & Equine Assisted Learning both through EAGALA and through the OK Corral Series. She has worked in the behavioral health field utilizing EAP and EAL for over 15 years in both residential and outpatient settings and also brings experience in facilitating leadership training and personal development. She has an extensive background in various horsemanship training methods and brings over 40 years of experience working with horses. She provides training for horses and riding lessons for children and adults. Faith is highly skilled in EAP & EAL and has the ability to decipher what is happening with the horses and with the people in the arena at any given moment.

Informed Consent: Due to the experiential nature of the exercises and the safety issues involved in equine assisted activities, all participants will be required to read and sign standard informed consent and liability release forms prior to the workshop. These forms are available in advance for your review by request.

Workshop Format:

The format will be primarily experiential exercises outdoors in the arena utilizing concepts and techniques from Gestalt parts work, Psychodrama, Family Systems, Structural and Strategic Family Therapy, and Cognitive Behavioral Therapy, combined with the basic philosophies of Equine Assisted Psychotherapy as it was originally developed. Group processing and discussion will follow each experiential session. Lunch will be onsite and catered during lecture presentations by the facilitators.

LEARNING OBJECTIVES

Participants will be able to:

- increase knowledge and awareness of residual trauma based symptoms
 - learn equine assisted techniques for helping trauma survivors with trust issues, dissociative disorders, boundary issues, double messages, regression, anxiety, self-esteem, and identity issues
 - witness and/or experience healing of symptoms through the use of metaphors in the arena
 - participate in trauma resolution techniques utilized in equine assisted exercises
 - understand pros and cons of trauma survivor as therapist issues, and have the opportunity to experience a level of healing of own residual issues in order to strengthen therapeutic effectiveness and safety with clients
 - understand how horses can assist clients in tapping into strength based solutions for healing
 - make more informed referrals of their clients to outpatient and residential programs that offer Equine Assisted Psychotherapy
 - learn about the paths to becoming certified in Equine Assisted Psychotherapy themselves or broaden their skills if already certified and practicing in the field
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Continuing Education Units - This workshop is approved for **16** clinical social work continuing education contact hours by the National Association of Social Workers (**NASW**) - Provider Approval # 886589173-9774, and also approved for **16** CEU's by the National Association of Alcohol & Drug Abuse Counselors (**NAADAC**) – Approval # 838.

You will need to sign in and out both days and be present for the entire workshop in order to earn CEU certificates of attendance.

AGENDA

Please arrive no later than 7:30 AM in order to complete registration and receive workshop announcements. We will start the workshop promptly at 8:00 AM.

Friday 11/02/12

7:00 - 8:00 AM	Registration, Continental Breakfast, Opening Announcements
8:00 - 8:30 AM	Safety in the arena, Safety in Psychotherapy
8:30 - 10:00 AM	Experiential equine assisted exercises in the arena
10:00-10:15 AM	Group processing of experiential work
10:15-10:30 AM	Break
10:30-11:45 AM	Experiential equine assisted exercises in the arena
11:45-12:00 PM	Group processing of experiential work
12:00-1:00 PM	Catered lunch with therapist presentation of case studies
1:00-2:30 PM	Experiential equine assisted exercises in the arena
2:30-2:45 PM	Group processing of experiential work
2:45-3:00 PM	Break
3:00-4:30 PM	Experiential equine assisted exercises in the arena
4:30-5:00 PM	Group processing of experiential work

Saturday, 11/03/12

7:00 - 8:00 AM	Registration, Continental Breakfast, Opening Announcements
8:00 - 8:30 AM	Emotional recognition and regulation issues for survivors; how horses help
8:30 - 10:00 AM	Experiential equine assisted exercises in the arena
10:00-10:15 AM	Group processing of experiential work
10:15-10:30 AM	Break
10:30-11:45 AM	Experiential equine assisted exercises in the arena
11:45-12:00 PM	Group processing of experiential work
12:00-1:00 PM	Catered lunch with therapist presentation of "survivor as therapist" dynamics
1:00-2:30 PM	Experiential equine assisted exercises in the arena
2:30-2:45 PM	Group processing of experiential work
2:45-3:00 PM	Break
3:00-4:30 PM	Experiential equine assisted exercises in the arena
4:30-5:00 PM	Group processing of experiential work
5:00 PM	Evaluations and Certificates

Target Audience: Clinical Social Workers, Counselors, Therapists, Psychologists, Addiction Counselors, Other Behavioral Health Professionals and Equine Professionals

Comments From Previous Workshop Participants

- Superb workshop
- Facilities were great
- Liked time allowed to process what happened
- Appreciated variety of horses to work with
- Instructors' skills and knowledge base impressive
- Sensitivity to clients and participants needs and feelings outstanding
- Excellent provisions of safety information, etc. (like helmets)
- Great food, lots of chairs, all that stuff
- Good use of metaphors for use in therapy
- Enjoyed the exercises and seeing how practical they are
- Shannon and Faith are superb leaders and teachers.
- Workshop organization, support and food excellent.
- Experiential learning works best for me and this workshop excelled at this.
- I felt relaxed and safe and inspired so I was very comfortable participating in this excellent learning experience
- Hands on observation of client type experiences makes the techniques make sense and helps us understand when and how to use the techniques with our clients
- This experience was very powerful for me. Witnessing people work with the horses allowed me to reflect upon my own past equine therapy. This allowed me to become fully grounded in my body. I was able to feel my feelings and resolve more of my traumas just by watching others work. Connecting with the horses has allowed me to know what "here" feels like. It has forever changed my life and I am so grateful.
- I so appreciate both Shannon and Faith's knowledge and abilities to "read" people and equines. My experience at this training was powerful and healing in a very personal way. Shannon and Faith protected my dignity in grieving and healing within this large group experience. The horses were fantastic, and as always, the horses "stole the show" many times. The personal touches and stories from Shannon and Faith were touching, uplifting and revealed them also as humans. I would highly recommend this to anyone who has suffered trauma or loss. Keep the work alive ladies this is phenomenal stuff.
- Very good. Would be a good idea to set up arena under shade for participants and horses.
- Needed more shade; got very hot
- Thank you for putting this together

We look forward to having you join us and providing an exceptional learning experience for you.

Registration Form (Print, Complete, & Return by 10/31/12)

Registration Fees include Two Day Workshop,
Continental Breakfasts, Onsite Catered Lunches during presentations,
and Horse Lovers Park Day Passes (Required)

Full Registration Fee	_____	\$375
Early Registration Discount (payment received by 10/01/12)	_____	- \$50
Horse Lovers Park Member Discount (include copy of membership card)	_____	- \$25
College Student Discount (include copy of current student ID enrolled in behavioral health or equine studies)	_____	- \$100
Group Discount (6 or more registering together)	_____	-\$50

Total Enclosed: \$ _____

Check payable to
Veritas Counseling Center, LLC

AMEX Mastercard VISA

Card Number _____

Exp Date _____ Security Code _____

Address must match billing address on card

Name: _____

Address _____

City/State/Zip: _____

Phone: _____

Email: _____

Special dietary requirements: _____

Space is limited so register NOW!

Register by Phone: **(602) 863-3939**
or Fax: **(602) 863-3611**

or mail to:

Veritas Counseling Center, LLC
3240 E. Union Hills Drive, Suite 123
Phoenix, Arizona 85050

For hotel accommodations, the following list is provided for your convenience. We suggest you book your reservations now as many hotels fill up quickly due to other events. We are not affiliated with any of these hotels and are unable to secure group rates unless we know in advance of at least 10 rooms needed at the same hotel. This list is in order of proximity to the workshop at Horse Lovers Park, 19224 N. Tatum Rd. in Phoenix.

Marriot Desert Ridge Resort 1- 800-835-6206
<http://www.jwdesertridgeresort.com>

Residence Inn at Mayo Clinic 1-866-754-5927
<http://www.marriott.com/hotels/travel/phxmh-residence-inn-phoenix-desert-view-at-mayo-clinic/>

Gainey Suites – Scottsdale 1-877-680-3410
<http://gaineysuiteshotel13-px.trvlclick.com/>

Motel 6 – Scottsdale 480-946-2280
<http://www.motel6.com/AccorMaps/M6ProximityResults.aspx?state=AZ&city=Scottsdale>

Days Inn (I-17 & Deer Valley Rd) 1-800-225-3297
<http://www.daysinn.com/hotels/arizona/phoenix/days-inn-phoenix-north/maps-directions>

La Quinta (I-17 & Greenway Rd) 1-800-753-3757
<http://www.lq.com/lq/properties/propertyProfile.do?propId=908>

This is an experiential psychotherapy training workshop. Participants will have the opportunity to engage in personal trauma resolution equine assisted exercises while earning professional continuing education units. Please let us know if you think you might want to volunteer to be a participant in healing some of your own residual trauma issues by enclosing a paragraph or two with your registration (or informing us by phone). Please include the nature of the trauma you experienced, how it continues to affect you today, and whether or not you have been involved in previous therapy to heal these issues.

Horses have a way of making everything very real. We look forward to having you join us in the arena to Get Real at Veritas!

Sponsoring Organization:

**Veritas Counseling Center, LLC
3240 E. Union Hills Drive, Suite 123
Phoenix, Arizona 85050
(602) 863-3939**

Visit us online at the following websites:

www.VeritasCounselingCenter.com

www.HealingWithHorsepower.com

www.LeadingWithHorsepower.com

