



EASEL® method offers a structured and theoretically founded program, tools, experiential activities and facilitation style for



Supporting personal growth, social emotional skills development (EQ) and therapy. EASEL® model is used in therapy, psychosocial rehabilitation, personal and professional development, corporate leadership coaching, special education programs, GreenCare and social farming.



EASEL® combines psychoeducation with experiential activities with horses, nature, creative arts and coaching exercises. The activities carry client's process step-by-step by re-visiting the stages of psychosocial development and enhancing self-awareness, self-regulation, empathy, social skills and grounded decision making.

One learns through becoming aware and responsible, the conscious process of making friends, and ultimately engaging in free play - the platform for social emotional learning in all animal species.



***New doors lead to  
new sceneries!***  
**www.cavesson.com**

# EASEL® - facilitator training program

**Equine Assisted Experiential Social Emotional Learning,  
Rehabilitation, Psychotherapy and Coaching**

**General outline of the year long program:**

1. First workshop gives you an overview of the EASEL® - model and how you can use it in your work. You experience EASEL as a client starting from the first steps of psychoeducation and activities with horses. Literature assignment.
2. Second workshop further deepens your experience of EASEL as client and gives you an overview of the research on including animals in educational, social and mental health work with people. Literature assignment.
3. Third workshop focuses on the EASEL-horse: how to select, train and care for a good EASEL-horse. To certify, after this workshop you need to practice and make a video of you working with one own horse through certain ground activities.
4. Fourth workshop focuses on the theoretical background, facilitation methods and principles, programs for various client groups etc. Assignment: written assignment, practical assignment with own clients and rapport.
5. Fifth workshop comprises of presentations of the assignment papers and individual coaching sessions. Graduation party.

**Some of the key elements of the training program include**

- each workshop is four days
- tailored individual facilitation as integrated part of group process, individual coaching, personalized training content
- learning skills for handling client's, horse's and own emotions and reactions
- enhancing own skills in engaging in creative free play with horses and building healthy relationships based on trust and mutual respect
- general information on animal assisted learning and therapy models, emotional intelligence, social neurobiology and animal consciousness studies
- higher education level theoretical foundation and practical skills for including animals and nature in own services
- modern facilitation tools from solution focused coaching and therapy, DBT, DDP, SEL and Adventure Education

**Responsible trainer Mari Louhi-Lehtiö M.Sc., licensed educator, certified supervisor and coach, Epona Approved Instructor, EAGALA 1, cert. riding instructor, in psychotherapy-training. Mari and the team at Savikko Farm use EASEL® with clients (families, at-risk children and adolescents, corporate personnel, etc.) and train facilitators in Finland and abroad to work with horses, dogs, sheep and other animals.**