



Aligning Mind, Soul and Center of Gravity

We introduce you to:

- Ethical Horsemanship
- Psychoeducation package on refractory period, comfortable / uncomfortable zone, flight-fight-freeze, trauma, triggers, psychosocial developmental stages of people and horses
- Program outline and first groundwork exercises for equine assisted social emotional learning
- Mental, emotional and physical safety of horses and clients
- Does this work with any horse or person ?

And to the basics of The EPONA Approach™ :

- The Emotional Message Chart, congruent vs. incongruent emotional messages
- False Self (Conditioned Self) / Authentic Self Metaphor
- Boundaries: establishing and maintaining clear and consistent personal space
- Body Scan: determining baseline emotional and physical state
- Meet the Herd activity and Reflective Round Pen Work
- Nine Essential Skills for Building Authentic Community (an introduction)

Participation in this workshop meets the prerequisites for applying to the Epona Apprenticeship Program at the Epona Center, USA.

Ethical Horsemanship: answers to the challenge of caring for horses so that in EAL / EFP they are willing and able to meet new people and make friends with them. Only a content horse is calm and trusting and a safe companion to people. Only a safe horse can teach people safely and the right things. We can only train a horse that is calm and trusting. In teaching riding, instructors are simultaneously modelling ways of treating others, quietly passing onto kids a whole set of values and attitudes.

Equine Assisted Social Emotional Learning (EASEL) : is successful only when the relationship between the horses and the facilitator models healthy relationships based on genuine care, congruency, and setting of healthy boundaries while staying connected. Clients tend to resonate with horses and observe your way with the horses to decide if you can be trusted. Handling and training your equine co-facilitators according to the principles of HorseTalk™ guarantees you don't accidentally model something you didn't intend to !

Emotional Agility Skills : Instructors and facilitators cannot take others further than they have gone themselves. If an instructor or facilitator has blind spots, secrets or unconscious triggers and patterns these will block others from reaching their full potential. Accepting the responsibility for someone else's loved one around horses requires commitment to continuing personal development. – that is why we work on Self before working on others and horses. This workshop gives you the basic, most important tools to support you on your path.

NEXT DATE 11 – 13 April 2007 620€ / pp

TO BOOK : send e-mail to info@cavesson.com

HorseTalk™ - everything towards true communication

