

# Healing with Horses

For Somatic Experiencing  
Students and Practitioners



*In dreams, mythical stories, and lore, one universal symbol for the human body and its instinctual nature is the horse.*

*--Peter Levine (1997)*

## ***Empathic resonance.***

It's what allows us to be effective Somatic Experiencing Practitioners. It's also one of a horse's many natural gifts. As herd and prey animals, horses are highly sensitive and responsive to the subtlest body language, signs of activation, degrees of pressure, and incongruence in a person's inner experience and outward expression. They provide a nuanced form of relational biofeedback, as their bodies and nervous systems attune to our own, allowing us to hone our micro-tracking skills and deepen our own felt sense of embodiment, coherence, regulation, boundaries, playfulness, joy and ease. Join us for 2 days of experiential learning with the herd, to explore how to refine your SE skills, deepen your therapeutic presence, and focus on self-care in the company of horses. **NOTE:** *Non-SE therapists who partner with equine professionals to offer equine-assisted psychotherapy who want to increase their ability to read equine body language and develop skillfulness in inter-species somatic resonance with their own clients are also welcome to attend.*

**Experience SE principles in action!**  
***No prior horse experience necessary***

**Co-Facilitators:** Sarah Schlote, MA, RP, SEP (EquuSpirit: Healing with Horses),  
Tori Poe, MSW, RSW (2 Lead Change) and Kathryn Giffen, MA, JD (OZ Farm)

[www.equuspirit.com](http://www.equuspirit.com) and [www.2leadchange.com](http://www.2leadchange.com)

## **SCHEDULE**

**Day 1:** May 27, 2017

**Day 2:** July 8, 2017

9am – 4pm

Lunch included both days  
(Rain dates: May 28 and  
July 9, 2017)

## **Host: OZ Farm**

8853 Wellington Rd. 16  
Kenilworth, ON NOG 2E0

**\$475 + HST early bird rate**  
(until August 1)

**\$575 + HST regular rate**

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Cash, cheque, eTransfer  
or credit card