

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 and www.2leadchange.com

SCHEDULE

September 9-10, 2017

9am – 4pm

Rain or shine
Lunch included both days

Host: OZ Farm

8853 Wellington Rd. 16
Kenilworth, ON N0G 2E0

\$475 + HST early bird rate
(until August 9)

\$575 + HST regular rate

To Secure Your Spot:

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Cash, cheque, eTransfer
or credit card