

Explorations in Equine Facilitated Wellness

Professional Training

Horses are healing. People have had relationships with horses for thousands of years, and have enriched their lives through this contact. Equine Facilitated Wellness (EFW) incorporates a range of counselling, education and personal development approaches, strategies and techniques which bring humans and equines together in healing and learning environments. The first step of the proposed CanTRA certification in EFW, this introduction is open to anyone interested in learning more about this field.

Generation Farms - Nanaimo

This training will cover EFW basics including:

- Safety and risk management
- The human/animal bond
- Body awareness and self awareness
- Ethics
- Role of the sentient horse
- Scope of practice
- Experiential exercises
- Case studies
- Industry standards, relevant organizations and range of training options
- EFW Canada training and certification options

Participants will leave with an individualized list of possibilities and directions to pursue.

Independent national certification process in EFW

The Generation Farms training workshops have been adopted and approved by CanTRA (Canadian Therapeutic Riding Association) as an integral part of the EFW-Canada certification program in Equine Facilitated Wellness for mental health professionals and horse professionals. This program was given full approval by the CanTRA board of directors in March 2009. This process, and other training options, are explored and discussed in depth during the exploration workshop.



Deborah Marshall MA RCC is a life long horse owner and Registered Clinical Counsellor who has partnered with her horses in providing Mental Health services for ten years. She is the owner and founder of **Marshall & Associates**, and **Generation Farms** in Nanaimo. She is an Advanced Epona Instructor, having studied with Linda Kohanov, among others. Deborah is a pioneer of EFW in Canada and has developed her own safe and informed methods that come out of her experience treating trauma. She has been offering professional training since 2006. Now working with CanTRA to develop training programs for Canada, Deborah is committed to the ethical treatment of horses as they join with humans in healing.

Emily Pelletier EC Level One Coach is a Child and Youth Care worker and is now completing a Master's degree specializing in Equine Assisted Mental Health. She brings to the training her expertise with horses, her experience in assisting with EMW programs, and her experience developing innovative EFW programs for children and youth.

Dates: October 15- 18, 2009

Cost: \$800 plus GST including snacks, lunch and materials.

Trainers: Deborah Marshall MA, Epona Advanced Instructor; & Emily Pelletier EC Level 1 Coach, (MA Candidate).

Limited to 12 participants; no pre-requisites.

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