Centaur Leadership Services at Prescott College presents

THE 10TH GATHERING ON
EQUINE-ASSISTED LEARNING &
MENTAL HEALTH BEST PRACTICES
CENTAUR LEADERSHIP SERVICES AT PRESCOTT COLLEGE presents the 10th Gathering on Equine-assisted Learning and Mental Health Best Practices, an event dedicated to exploring, discovering and sharing models, techniques and approaches in the fields of equine-assisted learning and equine-assisted mental health.

The goal of the Gathering is to offer a professional platform for the exchange of knowledge and the practical application of equine-assisted work. Presentations emphasize participant engagement and range from lecture-based to experiential, including equines. Local live music and a picturesque conference setting, in addition to dedicated networking opportunities, enhance the Gathering experience.

The Gathering is open to individuals of all levels of interest and experience in equine-assisted/facilitated work.

Keynote Speaker: Marietta Schulz (Germany)

Ms. Schulz has a Master’s Degree (Diplom) in Special Education from the University of Cologne with specialized training in Psychoanalytical Family Therapy, Psychomotor Movement Therapy and Therapeutic Riding and Vaulting. An accomplished horsewoman, Ms. Schulz is certified by the German National Equestrian Federation (FN) as a riding instructor and vaulting instructor. She developed a curriculum for Psychoeducational Vaulting and Riding in conjunction with the University of Dortmund and the German Kuratorium for Therapeutic Riding (DKThR) in 1993 and has facilitated instructor certification courses for the DKThR since 1987.

Ms. Schulz has conducted workshops for psychoeducational riding and vaulting in Austria, the Netherlands, Italy, Canada, UK, USA, Japan, Dubai and Brazil. Ms. Schulz is the director of Die Gute Hand, a therapeutic riding center with a special focus on clients with Autism Spectrum Disorder (ASD). The center is affiliated with a residential treatment center for children with socio-emotional and mental health disorders.

Ms. Schulz will present two keynote sessions which will focus on the inclusion of psychoeducational vaulting in equine-assisted work as well as challenges in the equine-assisted field from an international perspective.
Experiential and lecture-based sessions are offered throughout each Gathering day. A final schedule will be available by April. Below are confirmed presentations to date.

**Equine Assisted Recovery: How Horses Help Addicts and Alcoholics in Early Recovery Reconnect with Body and Spirit** *with Nancy Waite-O’Brien*

Equine-Assisted Therapy can assist alcoholics and addicts reconnect with sensations and feelings that have been blocked by long-term use of addictive substances. A presentation how addiction impact the addict/alcoholic leads to a demonstration of how horses can assist in the process of reconnection to body, mind and spirit.

*Nancy Waite-O’Brien, PhD, CEIP-MH* is a licensed psychologist, an educator and a Certified Equine Interaction Professional – Mental Health. She has a private practice in Palm Desert, California and provides Equine Assisted Therapy to Michael’s House, a drug and alcohol treatment center in Palm Springs, California.

**Somatic Horsemanship—The Importance of the Physical Aspects of the Horse: Human Relationship in Equine-Assisted Learning** *with Beverly Kane*

Somatic horsemanship combines the principles of safe, traditional horse handling, as specified by the Certified Horsemanship Association, United States Pony Clubs, and the Professional Association of Therapeutic Horsemanship, with techniques from yoga, t’ai ji, qigong (chi gung), aikido, dance, and other martial, somatic, and healing arts. It includes practices from EAL/P, natural horsemanship, and exercise physiology. Taught by an EAL physician trained in both sports medicine and somatic arts, this experiential, interactive, get-up-off-your-seat session describes the interactions of horse-human physiology and recommends both ground and mounted activities for physical fitness, healthy aging, and stress reduction.

*Beverley Kane, MD,* is Founder and Lead Mare of Horsensei Equine-Assisted Learning and Therapy (HEALTH) and Program Director for Medicine and Horsemanship and Somatic Horsemanship at the Stanford School of Medicine.

**Mind Body Method Coaching: Accessing the Wisdom of the Inner Landscape** *with Kathy Pike*

The Equine mind is directly linked to the whole body. Horses are driven from a deep internal sensing system that guides them. Humans can receive a tremendous amount of benefit by learning how to become more “horse-like” and access their sensory wisdom. This non-resistant state of being allows a fully integrated approach to understanding and engaging with the complexities of the human world and consciousness. Join Kathy Pike as she shares her Mind Body Method Coaching approach to helping clients become more “horse-like” and access their inner knowing and wisdom.

*Kathy Pike* is the author of *Hope …from the Heart of Horses* and *Pathways to a Radiant Self*. Kathy is the founder and contributing author of the book series *Horse as Teacher*.

**Heart Rate Variability Measurements on Horses and Humans During a Specific Equine Facilitated Learning Activity: What Do They Reveal?** *with Ann Baldwin and Ann Alden*

Participants will learn about Heart Rate Variability (HRV) as a measure of emotional balance and about the heart’s electromagnetic field and the possibility of sensing it. New EFL experiments will demonstrate how the HRV’s of horse-human pairs respond when a human interacts with the horse’s heart field. Participants will then have the chance to feel a horse’s energy field under the supervision of Ann Baldwin and Ann Alden.

*Ann Linda Baldwin, PhD* is a Research Professor of Physiology and Director of Mind-Body-Science. She is a Reiki Master, has published over 100 articles in scientific journals and volunteers for Therapeutic Riding of Tucson. *Ann C. Alden, MA, CEIP-ED,* is a PATH International certified instructor and Equine Specialist in mental health and learning.
Working with Horses: Enhancing Patient Education in Spinal Cord Injury Rehabilitation with Theresa Chase

The Working with Horses Project at Craig Hospital, Englewood, CO is an adjunct to standard patient education for current in-patients to address interpersonal skills necessary for post-discharge success. Patients participating in this program are close to discharge, have nearly completed rehabilitation therapy, and are medically stable. Patients work on functional goals as identified by their rehabilitation team as well as address issues of communication, confidence and safety while working 1:1 with a horse, an equine specialist and a rehab therapist. This presentation covers program development as well as shares the many pictures and stories of this unique learning experience.

Theresa “Terry” Chase, MA, ND, RN is the Patient & Family Education Coordinator at Craig Hospital in Englewood, CO.

Developing Facilitator Skills in Intuitive Listening and Somatic Awareness with Ariana Strozzi

Ariana Strozzi, a pioneer in Equine Guided Education, will offer wisdom and experience in the art of understanding and working with the intuitive and somatic process during the horse and human interaction. She will reveal the power of non-verbal communication, how and what the horses listen to, and how to become a more sensate and inquisitive facilitator.

Ariana Strozzi, Master Somatic Coach and Zoologist, is a pioneer in the EAL field since 1989 and currently teaches at her SkyHorse Ranch Facility and around the world. She is the author of “Horse Sense for the Leader Within,” “Planning Your Business in the Horse as Healer/Teacher Profession”, and DVD “Intuitive Horsemanship™.

The Power of Story for Holistic Approaches to Equine-assisted Learning and Psychotherapy with Trish Broersma

When people, young or old, enter into transitions in their lives and seek assistance through coaching or therapy, they find illuminating and transformational experiences with horses by exploring their own mythic patterns in the context of body-based modalities and current mind/brain research. The techniques and activities demonstrated in this presentation have been developed over a fifteen year period with clients in a residential treatment center, and in personal development seminars for human services professionals and equine professionals. Participants will experience two activities and be given the framework for creating other such activities that are tailored to the particular clinical and educational goals of their clients.

Trish Broersma is the author of Riding into Your Mythic Life: Transformational Adventures with the Horse and has taught in the field of equine experiential learning for over 35 years as program director and certified equine specialist.

The Research Arena: The Ins and Outs of Doing Research on Equine Guided Leadership Education with Lissa Pohl

This workshop will cover the ins and outs for conducting research in the field of EAL using the pilot study The Effectiveness of Equine Guided Leadership Education to Develop Emotional Intelligence in Expert Nurses, recently completed by the Center for Leadership Development at the University of Kentucky, as an example. Participants will have an opportunity to ask questions as well as contribute ideas on how to improve, promote and get involved in academic research in the EAL field.

Lissa Pohl’s expertise is in teaching people how to embody leadership competencies, with and without horses. She is Program & Outreach Associate and a researcher at the University of Kentucky’s Center for Leadership Development.

Equine-assisted Rehabilitation for Breast Cancer Patients with Catherine Hand

Learn how equine-assisted therapy can significantly enhance the physical and mental rehabilitation of the recovering breast cancer patient. In this presentation you will learn the principles and methods of implementing a program that will address the real and present need of breast cancer survivors for continuing therapy after treatment. There currently is very little available for the post- treatment breast cancer patient that provides a strengthening and healthy arena outside the hospital setting. Mental health workers and physical therapists can use the horse for this population to provide dramatic recovery in ways not currently available in other clinical modalities.

Catherine Hand, MA, MFA. Advanced PATH International instructor, breast cancer survivor, owner and instructor at Dream Rider Equestrian Therapy, founded the Dream Rider Equine-assisted breast cancer rehabilitation project, the first of its kind.
The Gold Standard and the Horse Poop Standard: Research Methodologies and Determination of Best Practices for Equine-assisted Learning and Psychotherapy with Beverly Kane

Is it possible to conduct research in EAL/P results in the objective determination of Best Practices for all practitioners? This session reviews gold standard criteria for conducting Western scientific, especially medical research, and the more earthy, practical, empirical “horse poop criteria” for utilizing case reports and intuitive methods for EAL/P best practices. The presentation is based on landmark work by Harvard Medical School Traditional Chinese Medicine researchers Peter Wayne and Ted Kaptchuk in their seminal papers on studying complex multicomponent interventions and on the medical classic Studying a Study and Testing a Test: How to Read the Medical Evidence.

Beverley Kane, MD, has 35 years of experience in conducting both gold standard Western medical research at the University of CA San Francisco and Stanford School of Medicine and parapsychology research with top psi researchers such as remote viewing experts Russell Targ and Arthur Hastings.

Building a Bridge Between Equine-assisted Psychotherapy and EMDR With EquiLateral: The Equine-assisted EMDR Protocol with Sarah Jenkins

The current research on the neurological underpinnings of trauma is supportive of Eye Movement Desensitization Reprocessing (EMDR) as a treatment of choice for trauma treatment. This workshop introduces EquiLateral™ the first Equine-Assisted EMDR Protocol to fully integrate Equine-Assisted Psychotherapy (EAP) and EMDR while still maintaining fidelity to the standard eight-phased EMDR protocol. Attendees will be provided with a brief review of EMDR, as well as the rationale for its integration with EAP to become an inclusive trauma treatment, easily customizable to fit the participant’s chosen EAP approach. Through this experiential workshop, attendees will also discover how the EquiLateral™ Protocol develops and expands clinical specialization as well as business and financial opportunities for EMDR Therapists and Equine Professionals in partnership.

Sarah Jenkins, MC, LPC is an EMDRIA/HAP Approved EMDR Consultant & Therapist. Her private practice, Dragonfly International Therapy, is located in Tempe, Arizona where she specializes in EMDR and Equine Assisted Therapies and has created EquiLateral™ the first EMDR protocol for integrating EMDR and EAP.

Seeing How to Serve: Leveraging Physical Intelligence to Transform Others with Lissa Pohl

The ability to leverage all our intelligences IQ, EQ (Emotional Intelligence) and PQ (Physical Intelligence) is what differentiates a good facilitator/trainer/coach from a great one. Seeing How To Serve is about becoming acutely aware of our ability to process and decipher cues from the body allowing us to intentionally engage others in a way that both physically transforms them and provides exceptional service. Dovetailing closely with the transformational work done with horses and humans, this innovative professional development opportunity provides participants coaching and practice on how to deepen their perceptual abilities and understand the role of transforming feedback in their own work.

Lissa Pohl’s expertise is in teaching people how to embody leadership competencies, with and without horses. She is Program & Outreach Associate and a researcher at the University of Kentucky’s Center for Leadership Development.

Equine-assisted Mental Health and the Treatment of Trauma with E. Rand Gurley and Carla Grace

This presentation will explore the connection between a sensorimotor approach to psychotherapy and equine assisted mental health when working with trauma. Participants will be provided with an overview of Dr. Judith Herman’s Trauma Model, assessment clinical interview, sensorimotor approaches, as presented in Trauma & the Body: A Sensorimotor Approach to Psychotherapy. In addition, we will discuss the relationship between behavior and the hierarchical functioning of the nervous system through Stephen Porges’ Polyvagal Theory and its relevance in validating the effectiveness of equine-assisted mental health. Participants will have the opportunity for hands-on experience of these concepts.

E. Rand Gurley LCSW, Psy.D. in private practice, Sandpoint, ID. Founder and President of Healing Partners Equestrian Program. Graduate Instructor for Prescott College’s Counseling Program, specializing in trauma treatment and Equine Facilitated Psychotherapy. Carla Grace is a graduate of Prescott College’s Equine-assisted Mental Health program. She has specialized in children and families. Currently, she is completing her PhD in family trauma. Carla has worked with children, teens and families, as well as sexually violent predators for the past 8 years. Carla currently lives with her family in Phoenix, Arizona.

This session introduces Environmental Enrichment as a practice programs can implement for their equines (and other animals) to stimulate more natural behaviors within the given space and program. The basics of Environmental Enrichment will be covered and practical examples of how to implement Environmental Enrichment will be presented.

Jayna Wékenman graduated from Prescott College with her MA in Education: Equine-assisted Experiential Learning. The “Environmental Enrichment Initiative” of Growing PEAs (www.facebook.com/GrowingPEAs) was created to promote Environmental Enrichment for equine wellbeing and sustainable programming.

Equine Assisted Mental Health: A Pilot Program with the Prevention & Early Intervention Program for Psychoses (P.E.P.P) with Morrigan Reilly-Ansons

Learn about a 10 week Equine Therapy pilot program provided by the Canadian Mental Health Association (C.M.H.A.) in partnership with Full Circle Ranch to individuals within the Prevention & Early Intervention Program for Psychoses (P.E.P.P). This presentation will discuss the specifics of the pilot program, the program’s assessment tools and the lessons learned.

Morrigan Reilly-Ansons is a counselor in private practice and founder of Full Circle Ranch located in London, Ontario, Canada. She is passionate about incorporating animals and nature into her work and is a graduate of Prescott College’s Equine-assisted Mental Health program.

Equine Assisted Interventions from Experimental to Evidence-based Practice: A Global Perspective with Elise Rothman d’Hauthuille

How can we transform Equine-assisted Therapy (EAT) from experimental to evidence-based practices? Today, thousands of doctors, scientists and academia are involved in equine assisted interventions (EAI). They are publishing their studies in peer-reviewed journals and obtaining government and private support. So how is it that EAI are still not taken seriously? What proof, in terms of empirical evidence, has been acquired to date? Who are the world experts? What high profile studies are underway? Who is funding this sector? And finally, how far are we from establishing EAT as an evidence based practice?

Elise Rothman d’Hauthuille, is the author of the EAI Repository. She is a nonprofit consultant and researcher for Equine Assisted Interventions (EAI).

EquUSessence Somatic Psychotherapy: Connection, Congruency, Centeredness with Sherry Simon-Heldt

The integration of Equine-Facilitated Psychotherapy and Somatic Psychotherapy is a natural melding of two efficacious psychotherapeutic treatment approaches that can assist individuals in healing relationship/intimacy issues, abuse, mood disorders, addictions, and grief. Both humans and horses experience activated responses to real or perceived threats, and establish a sense of safety through connection and congruency. This presentation will provide an overview of Equine-Facilitated and Somatic Psychotherapies, as well as education regarding the nervous system, nervous systems states, and attachment styles. Attendees will be offered the opportunity to experience and observe the process of Equine-Facilitated Somatic Psychotherapy.

Sherry Simon-Heldt, MS, LISAC, GC-C, runs an equine-facilitated psychotherapy program at her ranch in Tucson, AZ, where she facilitates individual, couple, group therapy, and presents equine-related workshops for professionals and clients. Jim Morris, Ph.D., LPC, is a somatic psychotherapist in private practice in Tucson, AZ, working with individuals, couples, and families. Sherry and Jim co-facilitate equine somatic psychotherapy intensives for professionals and clients.
**REGISTRATION INFORMATION**

**DATES AND TIMES**

*May 13-16, 2013* (May 13 – 2 pm start time / May 16 – 3 pm end time)

The final schedule will be available by April. Please plan for long days of presentations and evening activities. On-site check-in will open at noon on May 13th.

**THE GATHERING SITE**

*Chapel Rock Conference and Camp Center in Prescott, Arizona*

Chapel Rock, a northern Arizona conference and camp center, is situated on 20 acres of wooded land in Prescott. Participants have the advantage of proximity to conveniences in town and the seclusion of a natural environment. Tall Ponderosa pine trees, oaks, elms, and beautiful outcroppings of rocks characterize the rolling landscape of the center. [www.chapelrock.net/facilities.htm](http://www.chapelrock.net/facilities.htm)

**LODGING**

The registration fee includes lodging at the Gathering site. There are four lodging options:

A. Community room with beds for up to 6 people, shared community bathroom. Please bring your own towels.
B. Shared 2-person motel-style room with shared bathroom in hallway.
C. Shared 2-person motel-style room with private bathroom and small patio or balcony
D. Private motel-style room with private bathroom and small patio or balcony

All rooms are smoking-free. Handicap accessible rooms are available.

Please note that there are a limited number of rooms in each category. We provide rooms on a first come – first served basis.

**MEALS**

The registration fee includes all meals throughout the Gathering. Breakfast, lunch, and dinner are served each full conference day. Meals start with dinner on Monday, May 13th and end with lunch on Thursday, May 16th. Basic dietary needs may be accommodated with advanced notice on your registration form. Meals are provided by a professional cooking staff.

**CONTINUING EDUCATION CERTIFICATE**

Continuing Education Clock Hour Certificates are available for Gathering participants with a $25 fee. Please indicate your need for a Clock Hour Certificate on the registration form with payment.

**REGISTRATION FEE**

There are *four* registration options:

A. Registration, meals, materials, and community room lodging – $600
B. Registration, meals, materials, and shared 2-person motel-style room with shared bathroom in hallway – $650
C. Registration, meals, materials, and shared 2-person motel-style room with private bathroom – $700
D. Registration, meals, materials, and private motel-style room with private bathroom – $750

Please note that there are a limited number of rooms in each category. We assign rooms on a first come – first served basis.
REGISTRATION DEADLINE
Registration deadline is April 30. Complete registration packets are accepted. Your registration packet includes:

1. Lifelong Learning Center/Prescott College Participant Agreement
2. Registration Form
3. Payment (as indicated on Registration Form)

The registration form and participant agreement, as well as the most updated Gathering information is located at http://www.prescott.edu/lifelong-learning/courses/gathering-on-equine-assisted-learning-and-mental-health-best-practices.html

Please indicate your wish for a Clock Hour Certificate and dietary needs on the registration form. Please contact us if you need a handicap accessible room.

CONTACT
For more information about the Gathering, please contact Nina Ekholm Fry: nfry@prescott.edu, (928) 350-2275 (office).


ABOUT PRESCOTT COLLEGE
Prescott College offers a residential undergraduate program at its main campus in Prescott, Arizona, as well as limited-residency bachelor’s, master’s, and doctoral degrees. All programs emphasize experience-based learning-by-doing; environmental and cultural awareness; and social justice. Equine-assisted Mental Health and Learning courses are offered at every level of study. The graduate program in Education offers students the possibility to focus on Equine-assisted Learning, and the graduate program in Counseling Psychology prepares students for licensure or certification in their home state as mental health professionals with the option of a concentration in Equine-assisted Mental Health. Additionally, Post-master’s Certificates in both Equine-assisted Mental Health and Equine-assisted Learning are offered. For more information about Prescott College, please visit www.prescott.edu.
# Registration Form

Please complete ALL sections of the form and mail the registration form, participant agreement (located at www.prescott.edu/lifelong-learning/courses/gathering-on-equine-assisted-learning-and-mentalhealth-best-practices.html), and payment to:

Cheryl Schwartz, Prescott College Lifelong Learning Center, 220 Grove Avenue, Prescott, AZ 86301

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**Registration Option:**

- A: $600 [ ]
- B: $650 [ ]
- C: $700 [ ]
- D: $750 [ ]

Clock Hour Certificate: $25 [ ]

**How Did You Learn about the Gathering?**

**Dietary Needs and Other Comments:**

**Need for Van Service to/from St. Michael's Hotel:**

- [ ] To site (5/13 12:45pm)
- [ ] From site (5/16 12:45pm)
- [ ] From site (5/16 3:45pm)

**Payment and Refund Information:**

Full payment must accompany registration form and is due no later than April 30th, 2013. There will be **no refunds** granted after April 30th.

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**FOR OFFICE USE ONLY**

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**Payment Method:**

- [ ] Check or Money Order (payable to “Prescott College” / attach to this form)
- [ ] Master Card
- [ ] Visa
- [ ] American Express
- [ ] Discover

**Card #:**

**Authorization Code (3 or 4 digit code on back or front of card):**

**Expiration Date:**

**Name as it appears on card:**