

Healing With Horsepower: **Equine Assisted Psychotherapy for** **Trauma Resolution**

A training workshop for behavioral health and equine professionals



Friday, February 24, 2012 – Saturday, February 25, 2012

Horse Lovers Park
19224 N. Tatum Blvd.
Phoenix, Arizona

Workshop Facilitators

Shannon K. Spellman, M.S.W., LCSW, LMFT, LISAC – Psychotherapist

Shannon Spellman is a master's level licensed clinical social worker, substance abuse counselor, and marriage & family therapist in private practice with over 30 years of clinical experience. She works with adolescents and adults providing psychotherapy with an emphasis in healing childhood sexual trauma, addictions and codependency, family of origin issues, challenging adolescents & family systems, and PTSD. Shannon is certified in both Equine Assisted Psychotherapy & Equine Assisted Learning (EAP & EAL) through the OK Corral Series. She has provided EAP as an adjunctive treatment modality in her practice for several years, and also offers EAL sessions and workshops. Shannon also facilitates intensive weekend workshops and retreats with trauma survivors providing marathon group therapy sessions sometimes combined with an Equine Assisted Psychotherapy component. She has provided numerous training seminars for other professionals on various topics including treating sexual abuse trauma survivors and challenging adolescents. In addition to her professional qualifications, Shannon has over 20 years of personal experience with owning and riding horses herself, and also has experience in healing her own trauma issues. She utilizes a professional but down to earth training style, with a strong emphasis on safety and use of strength-based approaches in experiential exercises.

Faith Knutson, M.A. – Equine Professional

Faith Knutson holds a master's degree in Management Leadership and is certified in Equine Assisted Psychotherapy & Equine Assisted Learning both through EAGALA and through the OK Corral Series. She has worked in the behavioral health field utilizing EAP and EAL for over 15 years in both residential and outpatient settings and also brings experience in facilitating leadership training and personal development. She has an extensive background in various horsemanship training methods and brings over 40 years of experience working with horses. She provides training for horses and riding lessons for children and adults. Faith is highly skilled in EAP & EAL and has the ability to decipher what is happening with the horses and with the people in the arena at any given moment.

Informed Consent: Due to the experiential nature of the exercises and the safety issues involved in equine assisted activities, all participants will be required to read and sign standard informed consent and liability release forms prior to the workshop. These forms are available in advance for your review by request.

Workshop Format:

The format will be primarily experiential exercises outdoors in the arena utilizing concepts and techniques from Gestalt parts work, Psychodrama, Family Systems, Structural and Strategic Family Therapy, and Cognitive Behavioral Therapy, combined with the basic philosophies of Equine Assisted Psychotherapy as it was originally developed. Group processing and discussion will follow each experiential session. Lunch will be onsite and catered during lecture presentations by the facilitators.

LEARNING OBJECTIVES

Participants will be able to:

- increase knowledge and awareness of residual trauma based symptoms
 - learn equine assisted techniques for helping trauma survivors with trust issues, dissociative disorders, boundary issues, double messages, regression, anxiety, self-esteem, and identity issues
 - witness and/or experience healing of symptoms through the use of metaphors in the arena
 - participate in trauma resolution techniques utilized in equine assisted exercises
 - understand pros and cons of trauma survivor as therapist issues, and have the opportunity to experience a level of healing of own residual issues in order to strengthen therapeutic effectiveness and safety with clients
 - understand how horses can assist clients in tapping into strength based solutions for healing
 - make more informed referrals of their clients to outpatient and residential programs that offer Equine Assisted Psychotherapy
 - learn about the paths to becoming certified in Equine Assisted Psychotherapy themselves or broaden their skills if already certified and practicing in the field
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Continuing Education Units - This workshop is approved for **16** clinical social work continuing education contact hours by the National Association of Social Workers (**NASW**) - Provider Approval # 886589173-9774, and also approved for **16** CEU's by the National Association of Alcohol & Drug Abuse Counselors (**NAADAC**) – Approval # 838.

You will need to sign in and out both days and be present for the entire workshop in order to earn CEU certificates of attendance.

AGENDA

Please arrive no later than 7:30 AM in order to complete registration and receive workshop announcements. We will start the workshop promptly at 8:00 AM.

Friday 2/24/12

7:00 - 8:00 AM	Registration, Continental Breakfast, Opening Announcements
8:00 - 8:30 AM	Safety in the arena, Safety in Psychotherapy
8:30 - 10:00 AM	Experiential equine assisted exercises in the arena
10:00-10:15 AM	Group processing of experiential work
10:15-10:30 AM	Break
10:30-11:45 AM	Experiential equine assisted exercises in the arena
11:45-12:00 PM	Group processing of experiential work
12:00-1:00 PM	Catered lunch with therapist presentation of case studies
1:00-2:30 PM	Experiential equine assisted exercises in the arena
2:30-2:45 PM	Group processing of experiential work
2:45-3:00 PM	Break
3:00-4:30 PM	Experiential equine assisted exercises in the arena
4:30-5:00 PM	Group processing of experiential work

Saturday, 2/25/12

7:00 - 8:00 AM	Registration, Continental Breakfast, Opening Announcements
8:00 - 8:30 AM	Emotional recognition and regulation issues for survivors; how horses help
8:30 - 10:00 AM	Experiential equine assisted exercises in the arena
10:00-10:15 AM	Group processing of experiential work
10:15-10:30 AM	Break
10:30-11:45 AM	Experiential equine assisted exercises in the arena
11:45-12:00 PM	Group processing of experiential work
12:00-1:00 PM	Catered lunch with therapist presentation of "survivor as therapist" dynamics
1:00-2:30 PM	Experiential equine assisted exercises in the arena
2:30-2:45 PM	Group processing of experiential work
2:45-3:00 PM	Break
3:00-4:30 PM	Experiential equine assisted exercises in the arena
4:30-5:00 PM	Group processing of experiential work
5:00 PM	Evaluations and Certificates

Target Audience: Clinical Social Workers, Counselors, Therapists, Psychologists, Addiction Counselors, Other Behavioral Health Professionals and Equine Professionals

Registration Form (Print, Complete, & Return)

Registration Fees include Two Day Workshop,
Continental Breakfasts, Onsite Catered Lunches during presentations,
and Horse Lovers Park Day Passes (Required)

Full Registration Fee	_____	\$325
Early Registration Discount (payment received by 2/10/12)	_____	- \$50
Horse Lovers Park Member Discount (include copy of membership card)	_____	- \$25
College Student Discount (include copy of current student ID enrolled in behavioral health or equine studies)	_____	- \$100
Group Discount (6 or more registering together)	_____	-\$50

Total Enclosed: \$ _____

Check payable to
Veritas Counseling Center, LLC

AMEX Mastercard VISA

Card Number _____

Exp Date _____ Security Code _____

Address must match billing address on card

Name: _____

Address _____

City/State/Zip: _____

Phone: _____

Email: _____

Special dietary requirements: _____

Space is limited so register NOW!

Register by Phone: **(602) 863-3939**
or Fax: **(602) 863-3611**

or mail to:

Veritas Counseling Center, LLC
10640 N. 28th Dr., Ste B-202
Phoenix, AZ 85029

Local Events of Interest include
The 57th Annual Scottsdale Arabian Horse Show
February 16-26, 2012
At WestWorld, Scottsdale, Arizona

<http://www.scottsdaleshow.com/shows-events/scottsdale-arabian-horse-show>

For hotel accommodations, the following list is provided for your convenience. We suggest you book your reservations now as many hotels are filling up due to the Scottsdale Arabian Horse Show and other events. We are not affiliated with any of these hotels and are unable to secure group rates unless we know in advance of at least 10 rooms needed at the same hotel. This list is in order of proximity to the workshop at Horse Lovers Park, 19224 N. Tatum Rd. in Phoenix.

Marriot Desert Ridge Resort 1- 800-835-6206
<http://www.jwdesertridgeresort.com>

Residence Inn at Mayo Clinic 1-866-754-5927
<http://www.marriott.com/hotels/travel/phxmh-residence-inn-phoenix-desert-view-at-mayo-clinic/>

Days Inn (I-17 & Deer Valley Rd) 1-800-225-3297
<http://www.daysinn.com/hotels/arizona/phoenix/days-inn-phoenix-north/maps-directions>

La Quinta (I-17 & Greenway Rd) 1-800-753-3757
<http://www.lq.com/lq/properties/propertyProfile.do?propId=908>

This is an experiential psychotherapy training workshop. Participants will have the opportunity to engage in personal trauma resolution equine assisted exercises while earning professional continuing education units. Please let us know if you think you might want to volunteer to be a participant in healing some of your own residual trauma issues by enclosing a paragraph or two with your registration (or informing us by phone). Please include the nature of the trauma you experienced, how it continues to affect you today, and whether or not you have been involved in previous therapy to heal these issues.

Horses have a way of making everything very real. We look forward to having you join us in the arena to Get Real at Veritas!

Sponsoring Organization:

**Veritas Counseling Center, LLC
10640 N. 28TH Drive, Suite B-202
Phoenix, AZ 85029
(602) 863-3939**

Visit us online at the following websites:

www.VeritasCounselingCenter.com

www.HealingWithHorsepower.com

www.LeadingWithHorsepower.com

