

**SATURDAY, AUG 10, 10 - 3 PM**

**HEALING WITH HORSES:**

**WHEN WORDS ARE NOT ENOUGH**

**Equine Experiential Workshop for Psychotherapists**

**"We connect with our hearts but too many of us, particularly those of us who have been emotionally wounded, hide out in the sterile but safe world of our intellect. We might not be conscious that we have cut ourselves off from the life sustaining energy of our emotions. We look in the mirror, we talk to our friends, and we travel through our lives unaware that there is a deeper, richer world available to us. Horses help us remember who we once were, who we can be again." Dr. Alita Buzel.**



**Come explore this potent therapeutic intervention based on the intimate connection between horses and humans.**

**Hosted by Hudson Valley Horse Play**

**98 Sherman Road, Kerhonkson, New York.**

**You will be invited to work one-on-one with the horses. We believe it is beneficial to both therapist and client if the therapist has had the actual experience of therapeutically connecting with a horse. You don't have to do these exercises, though it is highly recommended. (and fun!).**

**Each exercise will be presented in terms of the emotional issue it can address, i.e. trust building, boundary establishment, affect regulation, empowerment, shame reduction.**

**The last exercise will be to create a theoretical treatment plan incorporating the techniques presented in the workshop.**

**The workshop will run from 9 to 3 pm, with a break for lunch (provided by hosts). It will cost \$150.00 (Early Bird Discount of \$125.00 if you sign up by August 1<sup>st</sup>). This will be a very limited enrollment to ensure that each participant receives hands-on experiences and training. The ranch has a covered arena so the workshop will be held rain or shine.**

**[www.hudsonvalleyhorseplay.com](http://www.hudsonvalleyhorseplay.com)**

**The fact that horses are prey animals, unlike dogs and humans who are predators, makes them wonderful mirrors for anyone who has been traumatized, victimized, or preyed-upon. They are excellent teachers of trust, attachment, empathy and nurturance. Your burdens are not too heavy for them; your shame cannot coexist with their nonjudgmental, accepting manner and they are great at keeping secrets!**

**This workshop is geared towards people in the mental health field, be they psychiatrists, psychologists, MSWs, counselors, nurses, who are looking to expand their repertoire of techniques to include the nonverbal, powerful world of equine therapy. People who are interested in learning about this new form of therapy are welcome to join.**

**The training will be both didactic and experiential. No prior experience with horses is required, you're welcome just to watch or participate with the horses. All exercises will be done on the ground so you don't have to get on the horse.**

**Dr. Alita Buzel, Clinical Psychologist, author of Beyond Words: The Healing Power of Horses, will lead this workshop with Cori Nichols, an EAGALA Certified Horse Specialist and Director of Hudson Valley Horseplay.**

**GOALS OF WORKSHOP: To explore the basics of Equine Assisted Therapy (EAP) both in theory and practice, and to learn how it can be used to augment ongoing psychotherapy. This will include:**

- **The basics of Equine Assisted Psychotherapy: why horses?**
- **Learning how and when to incorporate horses in your treatment plans and which category of clients would be appropriate for this intervention.**
- **Communicating to the Horse Specialist what your therapeutic goals are and developing feedback protocols.**
- **Experiencing the powerful healing connection between your client and the horse by participating in the exercises.**
- **Exploring how mindfulness becomes a core component in getting in touch with your feelings and the horse's.**
- **Learning about the similarities between the neuropsychology of our traumatized patients and horses, who are wired to survive as prey, making them particularly effective in helping to heal deep-seated trauma.**

- **Understanding the concepts of Amygdala Hijack, neuroplasticity, and the core step of establishing safety first...both for your client and the horse.**

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**Workshop Leaders:**

**Cori Nichols, the Director of Hudson Valley Horseplay and EAGALA Certified Horse Specialist.**

**Dr. Alita Buzel is a Clinical Psychologist with over 30 years' experience. She has studied and practiced Equine Assisted Therapy and developed a model based on psychological theories including: trauma/PTSD interventions, attachment theory, cognitive therapy, psychodynamic therapy, and neuroplasticity as explained in her manual: "Beyond Words: The Healing Power Of Horses." She has completed the AIA (Adventures in Awareness) Intensive Training with Barbara Rector and Level One: Eagala Training.**

**Contact Information:**

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