**Trauma Focused Cognitive Behavioral Therapy Partnering With Horses**

**October 7 & 8, 2022 at RiverTrot Farm Yemassee, SC 29945**

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This workshop will take you through the process of understanding how the evidence-based Trauma Focused Cognitive Behavioral Therapy (TF-CBT) PRACTICE components can be brought to life through Equine Assisted Therapy and Learning. While interacting with horses, participants will learn about and implement the Eagala Model Skill Sets, such as using “clean language,” curiosity, correlating spud’s, along with the Natural Lifemanship Principles of Connection and Relationship building skills. This workshop is based on a variety of resources: “Eagala,” Amy Blossom; Dr. Daniel Siegel, “The Whole Brain Child and Brainstorming;” “Natural Lifemanship,” Bettina and Tim Jobe; Dr. Bruce Perry “The Boy Who Was Raised as a Dog;” and the works of Drs. Mannarino, Cohen and Deblinger.

Participants will learn about the traumatized brain and why making a connection with a horse helps clients move out of their “Survival Brain and into their “Thinking Brain.” Experiential learning in a safe and supportive relationship with horses provides the opportunity for clients’ brains to build new healthy neural pathways. During the workshop participants will have the opportunity to connect with a horse to experience what our clients may experience while participating in TF-CBT sessions. Through Equine Assisted Therapy, clients learn and apply positive coping skills in order to keep themselves safe and develop healthy relationships outside of sessions.

Participants will have the opportunity to practice the Eagala Model Skill Sets emphasizing self-regulation and mindfulness. Horses welcome connections/relationships with people that are self-regulated and in the “here and now.”  NO HORSE EXPERIENCE is expected or necessary… just an open mind to learn and a willingness to connect with yourself and others (including the horses).

 Objectives

1. Participants will develop and share experiential, hands on learning activities partnering with horses to support clients in achieving their goals based on the TF-CBT Model and the Eagala Model Skill Sets.

2. Participants will connect with a horse in any way that they feel comfortable.

3.  Participants will learn relationship skills along with mindfulness, and self-regulation skills to implement in their personal relationships, professional relationships, and to share with their clients.

4. Participants will learn and be able to explain how horses contribute to the therapeutic process as part of the treatment team.

The 10 hour on line TF-CBT training is recommended before attending this Workshop.

The training can be found at : [www.musc.edu/tfcbt2](http://www.musc.edu/tfcbt2)

 \*\*\*Please note that this workshop is not a certification training in TF-CBT or Equine Assisted Therapy and Learning.

Cost of Workshop is $600-Workshop includes Snacks, Lunch, and the **EquiPower Workbook.** Eagala offers 8 Eagala CEUS for an additional $60 to be paid to Ann O’Brien at the workshop.

**Facilitators:** Ann O’Brien, NCSC [annobrien1@gmail.com](mailto:annobrien1@gmail.com) (410 )302-8090 and Kendra Twitty, LPC [twittykendra@gmail.com](mailto:twittykendra@gmail.com) (843)812-1018

**When:** October 7 & 8, 2022 from9:00am – 4:00pm Eastern Time

**Cost:** $600-Workshop includes Snacks, Lunch, and the **EquiPower Workbook**

**Where:** Rivertrot Farm, 766 Ethridge Road, Yemassee SC, 29945 **(see website for detailed directions- GPS is unpredictable and may take you on an adventure, we encourage following the directions on website)**

**Please visit our website at** [**www.hopeandhorses.com**](http://www.hopeandhorses.com/) **for the Workshop Registration Form**

**Participants:** The workshop is limited to 12 participants.A minimum of 6 participants is needed in order for the Workshop to take place.

**Hotels Within 5 minutes from the Farm: Hampton Inn** 139 Frampton Drive Yemassee, SC 29945 (843) 379-5226

**Best Western** 3536 Point South Drive, Yemassee, SC 29945 (843) 726-8101

**Hotels near downtown Beaufort, SC** will take you 45 minutes to drive to farm. There are many hotel choices in Beaufort.