

EquUSessence Somatic Psychotherapy™ Training Program



Sherry Simon-Heldt, MS, LISAC, GC-C, CEIP-MH
Certified Equine Interaction Professional
Jim Morris, Ph.D., LPC
and the Equine Explorations Herd of Five
are excited to announce their innovative and dynamic
Equine-Integrated Somatic Psychotherapy Training Program

Premier Program November 9 & 10, 2013*: Tucson, Arizona
\$475 (includes lunch both days)
12 NBCC CE's available

A post-training workshop is offered on November 11, 9:00-1:00, for more individualized work.
Limited to four participants; cost \$250.

***In honor of Veteran's Day, a 20% discount will be given for both events
to registrants who've served in the military.***

This training will offer practitioners the opportunity to expand awareness & increase knowledge about:

- ❖ ***Our hierarchical nervous system (Polyvagal Theory)***
- ❖ ***How our nervous system has evolved to "help us out"; the importance of honoring armor & our magnificent survival system***
- ❖ ***The similarities and differences between the nervous systems of humans and horses***
- ❖ ***The how & why of Connection between horses & humans, practitioners & clients***
- ❖ ***What it means to feel in Safe Relationship***
- ❖ ***How to discern flight, flight, freeze responses***
- ❖ ***Specific ways we can work with our nervous system to create Safer Connection with Self and Others***

REGISTRATION for 11/9 & 10

Space is limited to 20 participants.

Name _____ Veteran? _____

Phone _____ Email _____

Practice Area: _____ Mental Health _____ Coaching/Learning/Education _____ Other

ADDITIONAL REGISTRATION for 11/11

Space is limited to 4 participants.

Name _____

Please submit registration information and payment to:

Equine Explorations
4510 N. Tierra Alta Drive
Tucson, AZ 85749

Registration & Payment due by 10/21/13:

Two-day training \$475; Post-training workshop \$250

***\$425 "Early Horse Special" for two-day training due by 09/30/12
Groups of three or more given 10% discount for this training.***

Directions will be emailed prior to workshop date.

For any questions/further information, please contact Sherry
simonheldt@cox.net; (520) 990-4257

Please Note:

This event is not intended to train participants in Somatic Psychotherapy.

About Facilitators:

Sherry has worked in the counseling field for 25 years in community college, agency, and university settings. Prior to opening her own practice in 2002, she was employed by the University of Arizona, College of Public Health, as a trainer-of-trainers for a statewide addiction cessation program. Sherry works with individuals, couples, and groups in process of addiction recovery, healing childhood sexual trauma, and grief. As an equine-integrated therapist for the past 8 years, Sherry has developed and presented various equine-related workshops and intensives for professionals and clients. She has been a mentor for students interested in the field of equine therapy, served as an equine therapist for a women's residential treatment facility, and currently teaches a class on Equine-Integrated Psychotherapy for Pima Community College's H.E.R.D. Program. In addition to working from her own ranch in Tucson, Sherry has held workshops in other states, as well as having developed an equine-facilitated therapy program at a residential treatment facility in Central America.

Jim has worked in the mental health field for over 30 years. His employment history includes Sierra Tucson, where he held the following administrative positions: Clinical Director, Assistant Clinical Director/Clinical Supervisor. He was also a therapist in their Program for Sexual & Trauma Recovery and their chemical dependency/mental health program. Before working at Sierra Tucson, Jim was a therapist at the University of Maryland at Baltimore, School of Medicine, Department of Psychiatry. His work at the University was in the area of addiction and also in the area of developmental disabilities. In addition, he had a private practice in Maryland with a focus in sex therapy/education. Jim is currently in private practice. Along with doing individual, couple, family, and group psychotherapy, he facilitates Equine Somatic Psychotherapy intensives and workshops (for both professionals and clients) with Sherry in their EquUSessence Somatic Psychotherapy program.

The Equine Explorations Herd of Five:

This barefoot herd of geldings—Cisco, Roco, Cochise, Cabo, and Tonto—live at Sherry and her husband Tim's ranch in an open corral space where they are free to move and socialize together. They are very experienced interacting with a variety of humans, and get out on the trails often with their human companions and other horses.

2013 EquUSessence Somatic Psychotherapy Presentations:

Prescott College's 10th Gathering on Equine-Assisted Learning & Mental Health Best Practices, Prescott, AZ
Healing With Horses Cross-Model Symposium for Equine Practitioners, Littleton, CO