



## Distress Tolerance using Equine-Facilitated Psychotherapy

Demonstration Day at Rogers' Bandalero Ranch in Tucson

Vicki L. Loyer-Carlson, PH.D., LMFT  
Certified Equine-Facilitated Therapist  
520-388-9180  
[www.drwickimft.com](http://www.drwickimft.com)

Sherry Simon-Heldt, MS, LISAC, CSAT  
Certified Equine-Facilitated Therapist  
520-990-4257  
[www.equineexplorations.com](http://www.equineexplorations.com)

**Saturday, March 17, 2012; 9:00 am – 11:00 am**

Experience the power of equine facilitated psychotherapy (EFP) by attending this demonstration day at **NO cost**. The focus of this session will be on the DBT concept of Distress Tolerance. The techniques and skills for this demonstration day can be used with persons experiencing acute stress reactions such as military persons returning from active combat to persons experiencing unmanageable life stresses resulting in the use of addictive behaviors or self harm.

**Be one of 8 Active Participants** in the distress tolerance therapy. You will participate in the therapy as it would be delivered during an equine facilitated session.

**OR**

**Audit the session.** The facilitators will describe the strategies and techniques used in EFP, and answer your questions about how EFP might work for you and your clients.

**Advanced registration is required:** An 8 participant minimum is required to proceed with the demonstration day. You can sign up by calling or emailing either of the presenters. Give us your name, phone number, and email address. We will need to do a brief intake with you to give you participation instructions and learn about any special needs you may have.



It's Free.  
Free is Good!