

*EquUS*essence™

Connection, Congruency, Centeredness



Equine-Facilitated Somatic Psychotherapy Workshop

Equine-Facilitated Somatic Psychotherapy is a powerful and efficacious therapeutic approach that assists individuals in healing relationship/intimacy issues (both with self and others), abuse, mood disorders, addictions, and grief.

The foundation of the way we relate to others rests on our ability to be in physical, emotional, intellectual, and spiritual connection with ourselves. If we are disconnected within, our ability to relate to others will be troubled. Discovering our internal cohesiveness and wholeness will reflect in our relationships with others.

Like humans, horses are social beings. For survival, their essential nature is to be in connection and maintain congruency within their herd. They have defined roles within their herd structure, and possess distinct personalities, attitudes, and moods. As prey animals, horses are hyper-sensitive to their surroundings, have evolved an intricate non-verbal communication system, and activate an instinctive flight response when they detect a threat to their environment. Similar to humans, horses need to develop a sense of trust—with other horses, and with the humans who are in contact with them—in order to feel safe and remain calm. As “natural emotion regulators,” horses can help us facilitate the process of transforming emotional discomfort and feelings of aloneness into a sense of oneness with self and others.

WORKSHOP DATE: 11/03/12; 9:00-4:00 (LUNCH PROVIDED)

LOCATION: Northeast Tucson

FACILITATORS: Jim Morris, PhD, LPC

Sherry Simon-Heldt, MS, LISAC, GC-C

The Equine Explorations Herd

7 CE's provided by NBCC

For more information, contact Sherry:

(520) 990-4257; simonheldt@cox.net; www.equineexplorations.com

REGISTRATION

Name _____
Phone _____ Email _____
Are you a _____ Therapist? _____ Equine Specialist? _____ Other?

Space is limited to 10 participants.

Please submit registration information and payment to:

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

\$175 due by 10/20/12

\$150 "Early Horse Special" due by 10/06/12

(Driving directions will be emailed prior to workshop date.)

Workshop Objectives

Through experiential and observational opportunities, participants will be able to:

- ✦ Explain nervous system activation (fight, flight, freeze)*
- ✦ Identify methods of regulating an activated nervous system*
- ✦ Experience how horses help us naturally regulate our nervous systems*

About Sherry:

Sherry has worked in the counseling field for over 20 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-facilitated therapist for the past seven years, Sherry has developed and conducted various equine-related workshops for professionals and clients, and served as a mentor for students interested in the field of equine therapy. In addition to working from her own ranch in Tucson, she has held workshops in other states, as well as having developed an equine-facilitated therapy program at a residential treatment facility in Central America, and serving as the equine therapist for a women's treatment facility in Tucson.

About Jim:

Jim has worked in the mental health field for over thirty 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 program.