



Equine-Assisted Psychotherapy and Personal Development is Growing Fast.

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Be Part of the Momentum.

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8TH EUROPE AND MIDDLE EAST CONFERENCE
Werkendam, Netherlands 30 September – 2 October 2016

An educational and networking event for those interested or working in Equine-Assisted Psychotherapy and Personal Development.



eagala

The Global Standard for Equine Assisted
Psychotherapy & Personal Development

eagala.org

Welcome

An educational and networking event for those interested or working in Equine-Assisted Psychotherapy and Personal Development!

**EARLY BIRD DISCOUNT ENDS
31ST AUGUST 2016**

BOOK ONLINE:

<http://eagalaemeconference.eventbrite.co.uk>

CONFERENCE FEE:

2 day attendance:

£225 (Euro 268) *Until 31 August 2016*
£265 Euro 316)

1 DAY ATTENDANCE:

£130 (Euro 155) *Until 31 August 2016*

1 DAY ATTENDANCE:

£150 (Euro 180)

NETWORKING DINNER:

£49 (Euro 58)

**4 DAY ATTENDANCE
CONFERENCE AND TRAINING:**

£350 (Euro 418)

10% discount for Eagala members

BOOK ONLINE:

eagalaemeconference.eventbrite.co.uk

TEAMWORK AND COMMUNITY

This year eagala is hosting the European and Middle East 2-day conference in the Netherlands on 1st and 2nd October 2016, with an evening dinner and networking on 30th September.

This two-day conference is an educational and networking event focused on Eagala Model Equine Assisted Psychotherapy and Learning. It will provide a great opportunity for learning and networking including classroom workshops, arena presentations with the horses, exhibition tables, networking dinner and is followed by a two day training opportunity if you wanted to extend your stay.

Join professionals from around the world for learning, networking, inspiration and fun!

THE EVENT WILL INCORPORATE:

- Equine well-being
- Theories of horse - human interaction
- Building your EAGALA network
- Examples of building a successful business
- In depth teamwork practice
- Tools to bring to your session
- Emotional wellbeing of the team

WHO SHOULD ATTEND?

- Eagala certified professionals (Past and present)
- Mental health professionals
- Equine Specialists
- Anyone interested in this work

There is a range of accommodation options to suit all budgets from camping to bed and breakfast to hotel options.

Sponsorship and exhibition opportunities available, please email eme@eagala.org for more information.

The conference will be followed by a two-day training on 3rd –4th October covering 'the ingredients of success'. Please email: eme@eagala.org for more information.

Official Language: The official language of the conference is English.



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SATURDAY 1ST OCTOBER 2016

9.00am – 9.30am	Registration	
9.30 am – 9.45 am	Welcome by the Europe and Middle East Regional Team	
9.45 am – 10.15 am	Book Presentation: Transforming Therapy through Horses Case stories teaching the Eagala model in action.	Lynn Thomas, Eagala Founder and Executive Director
10.15 am – 11 am	A theoretical framework: Understanding what happens in Psychotherapeutic sessions between Horses and People.	Ellen Govaerts & Marianne Depestel (Belgium)
11.00 am – 11.15 am	Break, networking and exhibition	
11.15 am – 12.15 pm	Arena presentation: Introduction to the agenda model	Lynn Thomas & Mickey DiGiacomo, Eagala Program Director
12.15 pm – 13.15 pm	Lunch, networking and exhibition	
13.15 pm – 14.15 pm	Arena presentation: EAST (Equine Assisted System Therapy), an EAGALA family session, as part of a regular treatment plan	Karin van Dijk & Bert Staal The Netherlands Network Group
14.15 pm – 15.30 pm	Part 1: Horses in the room! Using the Horse Path Therapeutic Cards to enrich the practise of the Eagala Work	Yarden Mendelson & Orly Barak (Israël)
15.30 pm – 15.45 pm	Break, networking and exhibition	
15.45 pm – 16.30 pm	Part 2: Horses in the room! Using the Horse Path Therapeutic Cards to enrich the practice of the Eagala Work	Yarden Mendelson en Orly Barak (Israël)

SUNDAY 2ND OCTOBER 2016

9.00 am – 9.30 am	Registration	
9.30 am – 9.45 am	Welcome by the Europe and Middle East Regional Team	
9.45 am – 10.45 am	Shumbashaba Horses Helping People programme Empowering all people through the way of the horse	Sharon Boyce (South Africa)
10.45 am – 11.30 am	How we as facilitators see, treat and keep our horse(s) A Key factor in the outcome of EAP/EAL sessions	Felicia Lundgren (Sweden)
11.30 am – 11.45 am	Break, networking and exhibition	
11.45 am – 12.45 pm	Arena presentation: The role of the Equine Specialist around safety	Lynn Thomas, Mickey DiGiacomo & Sharon Boyce (South Africa)
12.45 pm – 13.30 pm	Lunch, networking and exhibition	
13.30 pm – 14.30 pm	Arena presentation: The importance of teamwork as one of the four basis of the Eagala model.	Lynn Thomas & Mickey DiGiacomo
14.30 pm – 14.45 pm	Break, networking and exhibition	
14.45 pm – 15.30 pm	How Jumping Mouse has helped to build up an Eagala Practice Ten years full of challenges to let the horses take over a professional life	Marianne Depestel & Tom Vanhoutte (Belgium)
15.30 pm – 16.15 pm	What's happening in Europe? Panel of Eagala Certified professionals building up their business	
16.15 pm – 16.30 pm	Closing remarks end of conference	Europe and Middle East Regional team

SPEAKERS EAGALA CONFERENCE 2016

10.15 am – 11.00 am *A theoretical framework for understanding what happens in Psychotherapeutic sessions between Horses and People*

OBJECTIVES:

Participants will be given a language that allows them to talk about Equine Assisted Psychotherapy (EAP) / Equine Assisted Learning (EAL) in a way that is understandable to physicians and academics that are “evidence based”.

Participants will be given a framework to apply when things that happen between people and horses seem inexplicable, and will be able to put them in a theoretical framework and language even without fully understanding what is happening at the moment. Participants will learn to differentiate “not knowing” from “knowing nothing” when working with horses in therapy. Participants will explore the link between “intuition” and knowledge.

ABSTRACT:

Living in a scientific, medical, and academic world there is value in understanding interventions that are offered to clients. Human interaction with horses in therapeutic settings often lacks a framework for understanding and those doing the work talk anecdotally about what transpires. When things are noticed in a therapy session, is what unfolds coincidence, or is there some evidence based framework to talk about the experience? The ideas of Ken Wilber, a contemporary philosopher and integral practitioner, are one place that can offer an understanding of what happens. Practitioners that partner with horses start from “not-knowing”, from watching with authentic curiosity, with an unprejudiced look, a look that is not restricted by knowledge. But this “not-knowing” is not naivety; it is much more than “knowing nothing”. The consciousness of what we know does not disappear, but it does not limit what is seen. Wilber’s framework looks at individual – subjective and objective “truth” along with collective – subjective and objective “truth”. This presentation will introduce practitioners to this model and how it is applied to the experience of EAP.

ABOUT THE SPEAKERS:

ELLEN GOVAERTS

Ellen is a physician and previously worked as a family practitioner. She then discovered how much the psychosocial part of her job interested her and she went back to school to study psychotherapy.

She became EAGALA certified in 2010 and she works (together with her equine specialist) with horses in individual EAP-sessions and EAL workshops for personal growth for healthcare workers.

MARIANNE DEPESTEL

Marianne Depestel is a Social Worker who graduated in 1992 at the Artevelde Hogeschool Gent. She has worked for 12 years as a local youth community worker with various groups ages 12-22. She obtained her EAGALA Certification as an Equine Specialist & Mental Health Specialist in 2003 and has been involved in doing EAP/EAL since. She started a program with A MA ZONvzw, a non-profit organisation that was financed by the district government of West-Vlaanderen.

She has her own herd of 6 horses and works as an Equine Specialist (ES) together with different mental health specialists. She has competed in dressage, jumping and eventing and participated in different week-long trials all over the world.

In 2007 she started a program for De Sleutel (www.desleutel.be) specialising in youth with drug addictions. In 2010 she started her own private practice: Equi Mare and specialised in children and youth with emotional & behavioural problems and youth who are in care services (residential & day programs). Since 2013 she is a board member of vzw Young Horses.

In 2015 she started for 19hr/week as an Equine Assisted Therapist in a long term residential psychiatric Centre: ‘Sint-Amandus Beernem’ (www.amandus.be). Where she works with psychiatric patients of psychosis, substance abuse treatment or double diagnosis together with 2 Mental Health Specialists and the 4 horses who were staying at the location of Sint-Amandus.

She is the coordinator for the Eagala Network in Belgium.

11.15 am – 12.15 pm *Arena presentation: Introduction to the Eagala model*

ABOUT THE SPEAKERS:

LYNN THOMAS

Lynn earned her Master’s in Social Work at the University of Utah in 1995. She obtained licensure as an LCSW in Utah in 1999. She has been in the field of mental health for 20 years. After obtaining her Bachelor’s in Psychology from Brigham Young University, she worked as milieu staff in various settings, including wilderness therapy, youth corrections, a psychiatric hospital, and a residential treatment. She had the opportunity to help start Aspen Ranch in Loa, Utah (youth residential treatment program) where she incorporated EAP, and became its Executive Director, and the Executive Director for Aspen Achievement Academy wilderness program. She then developed a private practice that focused on EAP. She co-founded EAGALA in 1999 and presently serves as Executive Director.

MICKEY DIGIACOMO

Mickey spent her lifetime in the equine industry from 4-H to breaking and showing horses to fifteen years spent as a jockey, riding in 10 different states. She retired from riding and moved to the racetracks of the west coast (to be warm) for three years as an exercise rider. She eventually left the track and created a riding program for a residential treatment facility for emotionally disturbed boys – Sierra Boys Ranch. She also worked as a residential counselor and house director for the program. She attended her first EAGALA training in September 2000, after which she became Equine Services Director for Sierra Family Services and helped transform the equine component into a true EAGALA Model program. She received EAGALA's Outstanding Equine Specialist award in 2002. Literally hundreds of hours of EAGALA sessions later, and after contracting as an EAGALA trainer since 2004, she now works full-time as Program Director for EAGALA.

13.15 pm – 14.15 pm *Arena Presentation EAST (Equine Assisted System Therapy), an EAGALA family session, as part of a regular treatment plan.*

ABOUT THE SPEAKERS:

KARIN VAN DIJK

THE NETHERLANDS NETWORK GROUP

Karin van Dijk is a Systemtherapist registered by the NVRG (The Dutch Association for Relation- and Familitherapy).

She started her professional life with working 10 years for a Social- and Addiction Treatment Program and for the last 15 years she works as a counselor in the Child- and Youth Psychiatric Services. The last 5 years she's part of the forensic team of ACCARE (www.accare.nl). She works with parents, families and their context in a evidence-based and stepped care approach and as short as possible and since last year she has completed the training to work as a supervisor in the Sytemtherapy.

While working with complex families she felt the need to look for an experiential bases approach and that's where her passion for horses came in and found EAGALA.

Karin is a Eagala Certified Mental Health Specialist and started her own private practice Paardgewijs (www.paardgewijs.nl) together with Bert Staal who also works for ACCARE.

She has her own herd of 4 horses and is located in Drenthe.

BERT STAAL

THE NETHERLANDS NETWORK GROUP

Bert Staal works as an systemtherapist for ACCARE where his specialized in family therapy. Also passionate about horses he has taken up a systematic horsecoaching training and start up a couple of try-out and learn sessions together with Karin van Dijk and joined-up with her in the private practice Paardgewijs (www.paardgewijs.nl).



He has his own herd of 4 horses and is located in a different place in Drenthe, so Paardgewijs has 2 locations to offer EAST (Equine Assisted Systemic Therapy), a ground-based, experiential and system-based approach.

14.15 pm – 16.00 pm *Horses in the room! Using the Horse Path Therapeutic Cards to enrich the practice of the EAGALA work.*

OBJECTIVES:

Participants will learn the benefits of incorporating therapeutic cards in the therapeutic and organisational settings. Participants will become acquainted with the theoretical foundations of working with therapeutic cards: The Narrative Approach and the Positive Psychology as therapeutic rehabilitative approaches. Participants will observe how these theories can be applied to our work before, after and between sessions; "bringing the horses inside the room".

Participants will recognise the special attributes of the horses' based therapeutic cards. Participants will discuss the possible benefits of using therapeutic cards to strengthen and deepen the EAGALA work.

ABSTRACT:

In recent years, therapeutic cards take a growing and important place in the tool box for therapists worldwide. Therapeutic card usage enable routine breaks in the therapeutic setting and emotional burden relief. It also helps in identifying the patients' difficulties by surfacing them while bypassing the "barrier of words". During the workshop we will present therapeutic cards that are based on pictures of a herd of wild horses that lives in the Baisin desert in Utah, USA. The cards' purpose is to deepen the therapeutic process when working with the EAGALA model. The pack contains 104 pictures that capture a wide range of situations in the herds' life while living in their natural habitat, and were chosen to enable the patient to use them as metaphors to situations he encounters in his life. We will discuss the theoretical foundations of working with therapeutic cards (positive psychology, the narrative approach) and the methodology to incorporate working with the cards to strengthen the



therapeutic process in general, and using the EAGALA model in particular. We will demonstrate how using the therapeutic cards when working the EAGALA model can help the facilitator better understand the patients' inner world, to motivate and strengthen the patients' ability to take responsibility for the process. To help both the facilitator and the patient to process in a different and direct way what happened in the arena with the real horses. Finally, we will experience working with the cards and get familiar with how to use them when treating in different settings: PTSD, family therapy, couples therapy, working with groups etc.

ABOUT THE SPEAKERS:

YARDEN MENDELSON, M.A.

LEADER OF YOUTH AND EDUCATIONAL PROGRAMS IN THE HORSE PATH

Yarden is a clinical psychologist working mostly with kids and adolescents and their parents. Currently a Ph.D. student, her research considers the long term effects of the Israeli environment on adolescence and parenting. Yarden has over 10 years of experience in therapeutic and educational programs. She is the leader of youth and educational programs in The Horse Path and co-developed The Horse Path Therapeutic Cards. Yarden is a therapeutic riding instructor and is EAGALA certified.

ORLY BARAK

PROFESSIONAL MANAGER AND CHIEF INSTRUCTOR IN THE HORSE PATH

Orly has over 30 years of experience in organisational consulting, leadership and team development programs and executive empowerment in business, public sector and non-profit entities. Orly integrates work and horses both in Israel and the United States and she co-developed The Horse Path Therapeutic Cards. She is a certified group therapist and is a Gestalt theory graduate from the Tel-Aviv University. She co-founded Barak-Ben Shalom, an organisational consulting firm, and is EAGALA (US) certified since 2005.

Sunday, 2nd October 2016

SPEAKERS EAGALA CONFERENCE 2016

9.45 am – 10.45 am *Shumbashaba Horses helping People Program. Empowering all people through the way of the Horse.*

ABOUT THE SPEAKERS:

SHARON BOYCE

Founder of Shumbashaba. She is passionate about the power of horses to help people in a myriad of ways and has rather made it her life's work to facilitate opportunities for people to come together with horses in therapeutic contexts.

It could be said that she is a horse addict and over the years she has had extensive interactions with horses ranging from competing at international level in carriage driving and at national level in eventing to breeding South African sport horses to enjoying their presence in her backyard.

In terms of coaching she is an accredited EQASA Level 2 coach specialising in equestrian disability sport, as well as holding a FEI Level 1 coaching certificate. In terms of equine assisted therapy she is EAGALA Advanced Certified as well as an international trainer and mentor. Her academic qualifications include BSc. Psych (Hons); and she is currently completing an advanced certification in Logotherapy at UNISA. She is also registered as an Assessor and Skills Development Facilitator with SAQA.

10.45 am – 11.15 am *How we as facilitators see, treat and keep our horse(s). A Key factor in the outcome of EAP/EAL sessions. Or how we never can take ourself and our knowledge, ideas and views out of the equitation.*

OBJECTIVES:

Participants will discuss their own hard to detect patterns, their own view of what a horse is and what the role of the horse is in EAGALA. As an Equine Specialist (ES) it is easy to see the horse(s) you have always seen, horsemanship, dressage, jumping, racing horses etc, assuming the need from what you have been taught earlier that they need. As a therapist, it is easy to, in the horse, see another therapist (or a client). Because we see what we are and what we usually see. To see something else demands a big effort, and will power us to go beyond our own patterns, but also knowledge about horses and their needs (according to science, not to the equestrian world). A horse is not a human, but it is a mammal. So we need to clearly see where the similarities and the differences lay. In discussing patterns the participants will link their way of seeing the horse to the underlying ethics in recognising both the fundamental biological, social, emotional and cognitive needs of the horse, but also open up their minds to the possibility of letting the horse be an individual, a subject, without the need to focus on name, breed, sex and other outer characteristics of the horse. The participants will be challenged to revise their views and knowledge about horses and what new knowledge and new perspectives can bring into the Eagala model and their sessions. Because in the end, we bring our views and patterns as facilitators into the arena, into the sessions, and into the world of our client. We, or our lack of knowledge about horses, should not be the limiting factor in the sessions.

ABSTRACT:

The horse is neither a mirror, nor a therapist. The horse is a subject with her/his own needs. In our EAL/P sessions s/he is the other. The one the client meets. There is mirroring going on (as mimicking etc), as in every meeting between individuals. To be able to do a really good job as a horse, one of the pillars in the Eagala triad and an equal member of the team, the horse needs room and time to grow into his/her job and also often, to heal. You as a facilitator have equal obligations to adhere to both the horse's and your client's needs. You can do EAL/P with any horse, or use him/her as a one way mirror, or think upon him/her as your co-therapist, but it is my firm belief that you will never reach the full potential in the Eagala model if the horse is not seen as an individual with his/her own perspective to share, and with his/her own biological, social, emotional and cognitive needs. As we speak about holding the frame for our clients, we should hold the frame for our horse as well. And the more we do so – the more our horse can give back to our client and not get “burned out”, but instead grow in his/her job. The developing and caring work with our horse needs to be done both in and out of sessions, and it needs to have a firm base in knowledge and science.



ABOUT THE SPEAKERS:

FELICIA LUNDGREN

Felicia is Eagala certified since 2012, has completed the advanced course in 2014, and is network coordinator for Eagala Sweden. She has also completed the Eagala corporate training in 2015. As well as Learning Animals course in Equine Cognition in 2014. Felicia is a certified Mindfulness Instructor in 2015 and is writing her master's thesis in Cognitive Science on the subject of 'The horse as it is, beyond human projections and ideas' (including a study on Przewalskii horses in Mongolia).

Felicia has developed and managed a combined education and riding centre / school in 2008-2013 and was also responsible for the wellbeing and care of the horses at her livery yard 2004 – 2014. She has started a small research and education centre, MiMER Centre in 2014, together with two biologists. The centre carries out research on horses and human-horse interaction.

14.45 pm – 15.30 pm *How Jumping Mouse has helped to build up an EAGALA Practice. 10 Years full of challenges to let the horses take over a professional life.*

ABOUT THE SPEAKER:

TOM VANHOUTTE

Tom graduated as a special educator and has worked for the Belgian organisation De Sleutel (drug prevention, early intervention and rehabilitation) in various programs. As founding member of Pitstop (organisation for ex-male convicts) and as a freelancer for Outdoor Adventure Programs, he combined this experience in working with adults and youth at risk specialising in experiential learning and non-verbal methods with addictions and drug abuse. He has worked with Marianne Depestel in Equi Mare since 2007 and is a board member of vzw Young Horses. He is EAGALA certified and working toward Advanced Certification.

Small Details Lead to Success

Werkendam, Netherlands 3 October – 4 October 2016

The Europe and Middle East conference is followed by two days of training with Ana Irene Ricalde and Fernando Cordero.

The number of professionals in the EAP/EAL field is increasing, yet, only a few of them are creating sustainable businesses.



What's the difference in those people who are making a living out of doing what they love to do?

We will revise three important areas of our business:

- **Our service** (planning, preparation, instruments, structuring agendas)
- **Ourselves as facilitators** (Your best version as facilitator)
- **Our relationships**, networks and sales

During the training we will go through these three different areas, where small details can create a huge impact in your business.

Programme

9:30 am to 4:30 pm Lunch included:

1. OURSELVES AS FACILITATORS (PEOPLE)

GOAL: Identifying your core service (product) depending on your strengths, abilities, knowledge and values.

1. Which is the best product YOU can sell? Which product will be totally unique based on your strengths?
2. Evaluations and tests to be done before attending the conference.
3. This first part is about self-knowledge and self-awareness about the skills, abilities and values that will create your unique product/service.

You will discover:

- Your strengths individually and as a team
- Your way of doing things
- Your personal mission and vision
- Your key values
- Your core
- Which is the one thing you can best sell?



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Arena Activity

2. OUR SERVICE (PRODUCT)

GOAL: Introducing and presenting your service based on your client's needs.

Once you know what your core service/product is, how do you offer it to your ideal clients?

1. Identify your product, define it, and describe it in a unique way
2. Is it EAP or EAL?
3. Identify your ideal client
4. We will share some tips and tools that will be useful for any type of service/product, which you could use at demonstrations and when providing the service.
5. How do we plan a demo/session/event?
 - Planning and preparation to deliver the service
 - Sensitizing/Framing our clients
 - Structuring agendas
 - Additional instruments
 - Closings

Arena Activity

3. RELATIONSHIPS; NETWORKS AND SALES (SELLING BOTH)

GOAL: Identifying resources that will help you build your business.

Do we really know what we are selling? Are we offering "something new", "an activity with horses", are we "solving a problem", or what are we selling?

EAGALA Model: is it an experience? Is it a solution for a problem?

Promoting your business is about:

1. Knowing what you sell ("Tell me about your service" exercise)
2. Knowing to whom/who needs the service? Who are they?
3. Strategies
4. Follow up
5. Mindset

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