

Equine Facilitated Learning & Therapy

Introduction to Equine-Facilitated Learning and Therapy for Mental Health & Equine Professionals



Spring 2018 dates to be announced



From a Counseling Professional –
“This was one of the most incredible experiences. The horses are such beautiful beings and transform, shift, energy in ways that are so natural.”

A great workshop for those interested in learning more about the field of EAA or referring others for services. The experiential activities will be supported with discussion and handouts.

Each workshop – Sundays 12-4pm (11:45am check-in)

Horses have been described as dynamic, graceful and gentle. We seem to be naturally drawn to their quiet strength. It is the horses’ sensitive and intuitive nature which allows them to mirror the feelings of others, providing valuable information about ourselves.

Equine-Facilitated Learning is gaining popularity as a unique and effective therapeutic intervention which incorporates experiential learning with horses to help individuals with emotional challenges such as trauma, anxiety and depression. Experience an afternoon of hands-on activities with Hidden Acres staff and therapy horses. Learn the benefits of EFL and how mental health and equine professionals can partner in the care of clients through supportive equine-facilitated activities. Learn how horses can help clients develop:

- Greater self-awareness
- Empathy and compassion
- Intention & mindfulness
- Effective communication
- Trust-based relationships
- Awareness of patterns in relationships

Join us at Hidden Acres Farm, 45 Gabriel Dr., Naugatuck, CT

Workshop attendees will take part in hands-on ground exercises (not riding) guided by Rebecca Caruso, LCSW/PATH instructor, and Amy Coulter, PATH Instructor/Equine Specialist. To register, complete bottom portion & return with payment.

Workshop cost: \$125 per person. (4 CEU hours approved for NASW/CT and AMFT/CT)

Please send me info and 2018 dates for the EFL Workshop for professionals

Name: _____ tel. _____

Address: _____ Zip _____

Email _____ Occupation _____

(select one) I have no horse experience ___ Some horse experience ___ Significant horse exp. ___

No Horse Experience Necessary to Participate in this Program

Please make check payable & return to: Hidden Acres TRC, PO Box 1879, Naugatuck, CT 06770
www.hiddenacrestrc.org