Expansion – Expand Your Awareness, Practice and Business

THE EQUINE PSYCHOTHERAPY INSTITUTE CONFERENCE

10 & 11th March 2018
THE INSTITUTE, 459 TELEGRAPH ROAD
MT PROSPECT, VICTORIA, AUSTRALIA
Expansion – Expand Your Awareness, Practice and Business

THE EQUINE PSYCHOTHERAPY INSTITUTE CONFERENCE

Conference Program

Saturday 10 March

9-9:30am
Liberty Herd Meet
Meg Kirby

9:30-10
Welcome to Expansion in the Institute - Introduce Institute Faculty
Noel Haarburger, Sue Lamond, Louise Atkinson & Debbie Walker

10-11:00
Working with Addictions in Equine Assisted Practice: a theoretical overview
Noel Haarburger

From gestalt perspective Addictions are understood as 'creative adjustments' that have developed into chaotic or rigid habits of self-regulation and 'seeking' subjectively experienced as "out of my control". These habits of self-regulation can profoundly constrain our functioning, health and relationships, as well as impair our movement towards emotional, physical, cognitive and spiritual integration. For many clients, addictive habits of thinking, perceiving or behaving are a core feature of their presenting struggles and are often their best attempt at surviving the impact of a dys-regulated nervous system, chaotic emotions and a misguided attempt at meeting one's core developmental, spiritual and existential needs. This presentation will introduce participants to a developmental, relational and existential perspective of addictions, as well as outline a number of useful practice maps and equine experiments for how to work with addictions in a non-pathologizing, creative and phenomenological way.

11:15am-12:15pm
The Horse Wisdom Road to Recovery: a practitioner's perspective on using the horse wisdom program to assist substance abusers during their rehabilitation
Louise Atkinson

Participants will be introduced to how the horse wisdom program can be adapted to assist recovering substance abusers during their rehabilitation. This is a step by step look at utilising this simple program and how it functions with recovering addicts. EPI certified practitioners will be inspired to feel confident to adapt the Horse Wisdom Program to diverse client groups.

12:15-1pm
LUNCH (Provided)

1-1:30
Self Compassion Practice
Noel Haarburger
Self Compassion Exercise.

1:30-2:30
The science behind Wellbeing: Models that work and how we can integrate this into our EPI Practice
Debbie Walker
This session is designed to provide you with information on 4 models of wellbeing that have empirical evidence that supports them. This is to not only support your own wellbeing but also gives vicarious support for our own fantastic EPI model. While Equine Assisted Learning and Psychotherapy is currently relatively unsupported by research, this session will support you in being able to speak with Schools, Doctors, funding bodies etc. about how our model absolutely has all the components of these established and research models.

2:45-3:45
Journey to Self-Care for equine Assisted Psychotherapy Practitioners and Equine Assisted Learning Practitioners
Sue Lamond
Is self care a part of the way you live or do you treat it as an activity? We work in an industry that can be intrinsically very rewarding, however balancing our continual work and life demands of caring for others and looking after our selves can present challenges. When do you say yes to work and commitments and when do you say no. Are you aware of how your work life balance is impacting your mental and physical state? I will be bringing some practical ways to gently highlight your level of self care as you're working towards building a more sustainable and supportive equine assisted business.

4-5
Nguudu Barndimmanmanha: Horses Making Good
Juli Coffin
This presentation will detail the implementation, evaluation and consolidation the approach of Equine Assisted Learning (EAL) in a setting where there is a demonstrated need for culturally appropriate, social and emotional wellbeing (SEWB) interventions for at risk Aboriginal youth. Yamaji (Mid-west region in Western Australia) expressed particular concern over youth social and emotional wellbeing, and desired research programs that were strengths-based and focused on building cultural strength in the younger generation. There is a growing evidence base that EAL programs have positive effects on at risk youth. EAL is grounded in a strengths based approach, with a focus on developing social and emotional skills such as self-regulation, positive social behaviours, persistence, and coping ability. While there is evidence of EAL having a high impact on these outcomes to date there has been only one Aboriginal-focused EAL research program in Western Australia's Midwest, facilitated by Professor Juli Coffin. The project yielded positive results, however there remains a need to explore the use of EAL as an effective mechanism for SEWB improvement in Aboriginal youth across a larger cohort over an extended period of time to allow for rigorous statistical analysis of longitudinal SEWB outcomes. The EAL approach has been utilised extensively in other countries with First Nations populations, resulting in outstanding success in a complex and often highly fluctuating space of identified need around those deemed "at risk" or "socially disadvantaged. Here is that story...

5pm
Close
Sunday 11 March

9-10am In the Presence of Horse: Meditation with Horse Practice
Valence Williams
Participants will be supported to step into awareness, embodiment and ‘the way of the horse’ in this activity designed to connect you with your self-experience whilst being supported by the horses’ presence. Being in connection with Horses and the Natural World is a wonderful portal to a greater Awareness and Presence... let’s resource ourselves in connection with horses!

10:15-11:15 The Horse Wisdom Program: Groupwork with Children
Nadine Delaney
Some practice examples of how the Horse Wisdom program can be delivered with children, including practical considerations, program delivery and examples of experiments.

11:30am-12:30pm Working with EAL Groups
Jackie Smith
There are many advantages for both clients and EPI practitioners in offering group EAL programs. In this presentation I will share with you my experience of working with adult groups and offer up some ideas for how you can extend your business to include group EAL programs. I will discuss the nuances and different considerations for working with different types of groups, including public groups, corporate groups and intact teams; present an overview of group development theory that will help you with the design of your next group session; and provide practical tips and techniques for effective group facilitation. This session also includes an invitation to share your ideas and experiences of EAL group experiments, and creates an opportunity to explore the potential for more collaboration across the EPI community.

12:30-1:15pm LUNCH (Provided)

1:15-2:15 Equine Assisted Leadership: 1 Day EAL Corporate Groups
Meg Kirby
Participants will be introduced to an overview of this 1 Day EPI Model EAL Corporate Program, including the principles, theory and practice elements of the program. The core principles of ‘horse wisdom’ - awareness and authentic relationship - in effective leadership will be explored, both experientially and conceptually, including Q & A.

2:30-3:30 Marketing and Business in Your EPI Practice
Louise Atkinson
Business Essentials for the EPI Practitioner.
Introducing a new Business Essentials Coaching Program designed for EPI Practitioners. It was developed specifically to help kick start your equine assisted business and support you with marketing strategies! This program covers many of the key elements that will help your business to thrive and be successful. Importantly, we will cover some of the key factors to successful marketing, understanding who your market is and how to attract your clients using social media.

3:45-4:45pm Small Group Reflection, Integration and Conference Closure Share
Meg Kirby
Louise Atkinson (ACA Registered Counsellor, EPI Trainer & Supervisor, 4 Star Parelli Professional) EPI certified in 2014, the year she gained her counselling diploma. Louise has been a Natural Horsemanship instructor for over 20 years, where learning about the horse-human relationship inspired her to look into EAL. Louise is passionate about helping people become the best version of themselves, that they can be, as well as to help the downtrodden rise to be who they want to be. Louise offers EAC and EAL sessions from her property in Bullibrook, Western Australia and is also available for therapy via skype or phone. Louise has been involved with horses since she was 10 years of age, and is very experienced in many riding disciplines. She is currently pursuing evening, working equitation and dressage goals, aligned with natural principles, and is bringing your young horse in to the competition world. However nothing gives Louise more pleasure than hanging out with the herd at home in their paddock.

Professor Julianne (Jill) Coffin is an Aboriginal Western Australian who has traditional ties to her grandparents’ country in the Pilbara region (Nyungumarta). Jill was born in Ngala, Western Australia and has lived the majority of her life in the Pilbara. She is the proud mother of three children. Jill is a graduate of Edith Cowan University (Western Australia) and James Cook University (Queensland). Professor Coffin is a prominent Aboriginal researcher with research expertise in cultural security, education and research across a diverse range of chronic diseases, nutrition, contextualising bullying, equine assisted learning and health promotion. Professor Coffin holds a Bachelor of Education, a Master of Public Health and Tropical Medicine (with distinction) and a PhD with an award in excellence. With a keen interest in Aboriginal languages and ways of learning Professor Coffin combines her education and cultural learnings to deliver the outstanding translation of research into practice that is always of an impeccable standard. She is highly regarded by her peers as being creative and innovative around some of the particularly controversial and complex areas in Aboriginal health and education.

Nadine Delaney is an Accredited Mental Health Social worker and completed my degree in 2001. I initially work for DoCS/FaCS (NSW Child Protection agency) as a Child Protection Caseworker for several years and then spent 7 years with Life Without Barriers (Out of Home Care provider) in roles such as Caseworker and Manager in their Out of Home Care Team. I was also part of their Practice Quality Team, that provided casework oversight, training and policy development. I was also the Manager of their NSW Reportable Conduct Investigation Team. I then took a break from that work while my children were young and ran 2 businesses with my husband.

Nadine completed the EPI training in 2015 and opened her private practice from her property in the Hunter Valley. Nadine provides clinical Social Work to children and young people, mainly providing this in the context of Equine Assisted Learning. Along with Nadine’s herd of 5 horses, she provide 11 sessions, group sessions and School Holiday Group Programs. Nadine’s clients usually have special needs/disabilities, mental health challenges and complex developmental trauma. Their therapeutic goals usually revolve around support with self-regulation, social skills, sensory integration, building their awareness around emotions, establishing and maintaining relationships, building confidence, improved communication (including working with children who are non-verbal), finding appropriate ways to manage challenging behaviours and supporting clients with complex developmental trauma.

Noel Haarburger has been a psychologist since 1997. He is a gestalt therapist, faculty member and trainer at GTA (Gestalt Therapy Australia) since 2001, and now works in full time private practice as a Psychologist and Psychologist working with individuals and couples, as well as offering supervision and professional development workshops to allied health professionals and organizations. He also practices and offers Equine Assisted Psychotherapy. He has worked extensively in a wide variety of counselling and psychological services since 1995, including most recently the role of Senior Psychologist at Mental Health Youth Justice Centre for 4 years. Previous to this he has worked in family counselling, drug and alcohol, sexual assault, problematic gambling, men’s behavioural change programs, and the mental health fields. Noel has a special interest in Trauma and somatic approaches to therapy, as well as integrating developmental/attachment perspectives, Buddhist psychology and non-dual spiritual approaches into his work. He is a certified ‘Somatic Experiencing’ practitioner, which utilises highly effective and safe body awareness methods for negotiating and releasing trauma, developed by Peter Levine. Noel is also an ongoing student of the ‘Diamond Heart approach’, a western psycho-spiritual school that integrates mindfulness, western depth psychology, Sufism and Buddhist approaches to personal and spiritual development.

Noel also co-facilitates as the senior trainer with Meg Kirby at the The Equine Psychotherapy Institute, offering the Foundation training program in equine psychotherapy, and Advanced training programs.

Sue Lamond lives in Kyogle on a 200 acre property in the Northern Rivers of NSW. Sue has three beautiful adult children who have grown up and flown the nest. She has a successful EAP practice and is also the first EPI trainer outside of the Victorian Institute. This is her third year of training the EPI foundation course and she loves seeing and supporting the emergence of new practitioners.