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**To:** Lauri Bayless

**Subject:** Advanced Certification for Horse Sense Staff!

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February 2007

## Horse Sense of the Carolinas, Inc.

### Equine Assisted Psychotherapy & Learning Center

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#### Howdy!

Hello again from *Horse Sense*! It's been a great winter for us, and there's a lot of excitement around here as we gear up for Spring!

We've launched a new series in which **we offer CEU's** for other mental health professionals who both want to learn about Equine Assisted Psychotherapy **and** get CEU's in the process. See below to learn more about this, and other future CEU programs available through Horse Sense!

We've also been certified (the first in the US!) as **EAGALA Advanced Equine Psychotherapy practitioners**. EAGALA recently restructured it's certification process, and *Horse Sense* is the first to have passed the new standards! We've also been asked to become an **EAGALA-Approved Facility**, which we are in the process of completing. We're

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honored and delighted to bring these advanced skills and training to those in Western North Carolina!

But first, below is a story about a recent client of ours, who had a very interesting session with us. Look for such stories showing the power and effectiveness of EAP with clients in all future newsletters!

## **What's that Lead Rope?**

### *A Gangster's Story*



As part of our Gang Violence Prevention Program (reported in a past issue of this newsletter), we recently began treating a gang-involved youth. Over the course of several sessions, we

had addressed issues such as safety, asking for help, and above all addressing the ***ambivalence he felt*** regarding his future involvement with negative peers.

We introduced him to the “My World” activity. In the arena, he created a box around him with PVC pipes, and placed props in the box such as hula hoops, which he identified as his material possessions, family, and his girlfriend. ***He then identified the three horses in the arena as the three most negative peers he had associated with***, and who also influenced him enough to commit the crimes he was now serving time for. The two buckets of feed in his PVC “world” represented the two things he cherished most: his freedom and money.

Then it was time to begin the activity: for two minutes, could he protect the things he loved most from the negative peers who he allowed to destroy his reality before?

Once let go, the horses trampled past his walls, stepped on the hoops, and fought over the buckets of grain. Throughout the activity, the client moved further and further away from “his world”, wearing a look that was a cross between fear, confusion, and defeat. After the horses were done with the grain, the client explained to us that this was in fact what his world was like. ***His so-called friends disrespected his boundaries, stepped on the things he loved most, and had no regard for his well being at all.*** All he could do was watch as his world dissolved.

We asked if this is what he wanted. He replied with a timid "No". “Well, what are you going to do?” we asked. We refilled the buckets and began to do it again. ***“Do you have a plan?”*** we asked. ***“No,”*** he replied. While we anticipated a duplicate of the previous attempt, we let it play out, as is often our custom in EAP.

This time however, as the horses charged his world, he picked up a lead rope and swung it over his head. Two minutes later, the activity was over. In an instant, this quiet, reserved, and distant young man, showed up. For the first time, ***he used his assertiveness in a constructive way,*** and it worked. We ended the session with, “Wow, so what is the lead rope in your life?” We look forward to his answer at our next session!

***Would you like to learn what the horses will teach You? What metaphors will be created about your life? Call to schedule an appointment! 828-683-7304.***

## **Straight From the Horse's Mouth**

*CEU's Available*

*Horse Sense of the Carolinas*, is offering **a one-day interactive workshop** designed to educate participants on the basics of Equine Assisted Psychotherapy (EAP), based on the Equine Assisted Growth and Learning Association (EAGALA) model. Offered on both **March 22** and **April 22**, this CEU workshop is designed to introduce & demonstrate

- the core concepts behind EAP
- the benefits over traditional psychotherapeutic models
- the basic EAP activities with hands-on experience

**Join us** as we introduce EAP to mental health professionals, counselors, social workers and case workers in WNC!

**Register here for only \$85.**

## **OverHerd**

*News at Horse Sense*



**Kacey Cramer, Equine Specialist**, will be helping to educate students about eating disorders at various colleges in the area at the end of February for National Eating Disorders Awareness Week (February 26 - March 2, 2007). She will be speaking at Appalachian State University, Boone, NC on Monday, February 26, at the University of North Carolina at

Asheville on Tuesday, February 27, and at Winthrop University in Rock Hill, SC (pending). Kacey works with individuals and families with disordered eating at *Horse Sense*, as well as serving on the board of T.H.E. Center (Treatment, Healing & Education for Disordered Eating), a referral agency in Asheville, NC.

**Horse Sense working with Tapestry!**

*Horse Sense of the Carolinas* and *The Tapestry Program*, are teaming up for success! Tapestry clients join *Horse Sense's* herd once a week to learn about lifeskills, communication and other issues! We are delighted to be partnering with them! Learn more about *Tapestry* by visiting [www.tapestrync.com](http://www.tapestrync.com)

We thank you, as always, for the opportunity to serve

you. We are also always in the process of refining our mailing list. If you are receiving this newsletter by mistake, you can unsubscribe easily by clicking on the unsubscribe button at the very, very top of this email.

Please give us a call if we can be of any assistance or can answer any questions you might have about our programs.

**Happy Trails!**

Shannon & the Horse Sense herd  
Horse Sense of the Carolinas

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