



HEALS - HORSE ENERGY



ALLEVIATES LIVING SCARS

TOP AMERICAN DOCTORS

return to Ireland to conduct

2 Courses & Seminar in July 2011

COURSE ONE (TWO DAY COURSE)

EQUINE ASSISTED THERAPY
AND LEARNING EAT/L

Tuesday 5th July 2011 / Wednesday 6th July 2011

COURSE TWO (ONE DAY COURSE)

SELECTING & TRAINING HORSES
FOR EAT/L

Thursday 7th July 2011

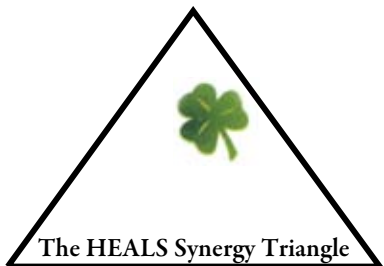
SEMINAR (ONE DAY COURSE)

HORSES & SPIRITUALITY

Friday 8th July 2011

VENUE: Racing Academy and Centre of Education
(RACE) in Kildare

THE CLIENT



The HEALS Synergy Triangle

THE HUMAN
as Therapist/Instructor

THE HORSE
as Therapist/Teacher

“Where other therapies have failed, parents, teachers and carers are frequently astounded by improvements shown during and following equine assisted therapy”

THE 2005 HANDBOOK OF THE EU LEONARDO DA VINCI
PEGASUS PROJECT

HEALS

THE ORGANISER

Arising out of a well-attended Seminar, in May 2005, on The Role of the Horse in Human Therapy, a body called HEALS (Horse Energy Alleviates Living Scars) was founded by Kevin G.A. Smith. HEALS is a voluntary non-profit making body. Kevin founded and ran a leading management development consultancy for over 30 years. He was also Chairman (then President) of the consumer body The Racing Club of Ireland for 21 years.

VISION

The vision of HEALS is to see the horse – traditionally regarded as a beast of burden, an instrument of war and/or a player in human controlled sports – become widely recognised as a very effective partner with humans in therapy i.e. physiotherapy, psychotherapy, rehabilitation and aid. Moreover, HEALS envisages Ireland becoming an International Centre of Excellence for Equine Assisted Learning (EAL) and Equine Assisted Therapy (EAT).

MISSION AND OBJECTIVES

Its Mission is to develop a network of people – nationally and internationally – who are engaged in different aspects of EAL and EAT, rehabilitation and aid in pursuit of the following objectives:

- * To create a synergistic approach in illuminating the value of EAL and EAT for disabled and/or deprived and/or otherwise afflicted people in our society.
- * To raise levels of awareness of the scope, benefits and practice of EAL and EAT.
- * To promote the need for qualification programmes in EAL and EAT (physiotherapy and psychotherapy) in Ireland.
- * To encourage the establishment of fully equipped EAL and EAT Centres throughout Ireland.

FOR WHOM

For all those who have a deep interest in the use of horses for human therapy and learning – particularly those who are or intend to get involved in those processes.

ATTENDANCE CERTIFICATE

All participants in each course who attend all sessions will receive an Attendance Certificate signed by Professor Allan Hamilton and Kevin Smith.

QUOTES

“I must say I found it a very informative and stimulating seminar. I have no doubt that Equine Assisted Therapy and Learning has the potential to offer significant benefits to the disabled and socially disadvantaged members of our society”.

Dr. Adrian McGoldrick G.P. – Newbridge, Co. Kildare.

“I know that in hundreds of classes and seminars, I have never seen equine related techniques fail to work in either the therapeutic or educational settings”.

Prof. Allan Hamilton - University of Arizona

Equine Assisted Therapy and Learning (EAT/L)

COURSE DESCRIPTION

Equine Assisted Therapy, which involves clinical professionals, has been shown to be effective in treating a variety of physical disabilities, mental health and human development needs, such as behavioural and emotional issues, attention problems, and substance abuse. Equine Assisted Learning has been an effective tool in educational and business settings for issues such as conflict resolution, anger management, team building, relationship problems, and communication. The process is experiential in nature. Participants learn about themselves by participating in activities with horses and then discussing their feelings, behaviours and patterns.

DAY ONE SCHEDULE

8:30 a.m. - 9:00 a.m. **Arrivals:** sign-in, registration, etc.

9:00 a.m. - 10:00 a.m. **Lecture:** The Horse as a Foundation for Therapy and Learning

10:00 a.m. - 10:15 a.m. **Break**

10:15 a.m. – 1:00 p.m. **Arena/Round Pen Session I:**
Working One on One

(Demonstrations and participation with individual games/exercises and activities for EAT/L in the round pen.)

1:00 p.m.- 2:00 p.m. **Lunch**

2:00 p.m - 3:45 p.m. **Arena/Round Pen Session II:**
Working with Groups

(Demonstrations and participation with group games, exercises, and activities in the arena.)

3:45 p.m. - 4:00 p.m. **End of day one**

Equine Assisted Therapy and Learning (EAT/L)

DAY TWO SCHEDULE

8:30 a.m. - 9:00 a.m. **Arrivals:** sign-in, registration, etc.

9:00 a.m. - 10:00 a.m. **Lecture:** Principles of Equine Assisted Learning and Therapy

10:00 a.m. - 10:15 a.m. **Break**

10:15 a.m.- 1:00 p.m. **Arena/Round Pen Session III:**
Clinical and Learning Applications

*(Participant presentations of individual case scenarios
in the round pen)*

1:00 p.m.- 2:00 p.m **Lunch**

2:00 p.m. - 3:45 p.m. **Arena/Round Pen Session IV:**
Putting it into Practice

(Participant presentations of group case scenarios in the arena)

3:45 p.m. - 4:00 p.m. **Wrap up and closing session**



Special note from Jane Hamilton

“We are attaching a photo of ‘Teddy’, our first Lippizian foal bred from Rancho Bosque Lippizans. Hard to believe, but he’ll turn as white as his father in 7-8 years. It has paid off, however, imprinting him on the day he was born and then working with him every day since. He was born on February 22nd, 2010 and is weaning well and hanging out with the rest of the ‘boys’ in the pastures. **There’s something about the promise in the eyes of a young horse that lifts one’s spirits high**”

Selecting and Training Horses for Equine Assisted Therapy and Learning (EAT/L)

DESCRIPTION

This programme has multiple objectives:

- 1) Adapt the participant's horse and his/her training to best suit EAT/L applications, including individual and group settings.
- 2) Train participants to adapt EAT/L settings and activities to horses of different temperaments and backgrounds.
- 3) Address the safety, training, and medical/legal liabilities of EAT/L as it relates to humans and horses.

SCHEDULE

8:30 a.m. - 9:00 a.m. **Arrivals:** sign-in, registration, etc.

9:00 a.m.- 10:00 a.m. **Lecture:** Horse handling, selection,
and training for Equine Assisted Learning
and Therapy

10:00 a.m.- 10:15 a.m. **Break**

10:15 a.m.- 11:45 a.m. **Arena/Round Pen Session I:**
Choosing your Tool

(Individual horse assessment in the round pen)

11:45 a.m. - 1:00 p.m. **Arena/Round Pen Session II:**
Making the Most of the Horse You've Got

*(Accessing your horse's personality strengths and weaknesses
for round pen and arena based activities.)*

1:00 p.m. - 2:00 p.m. **Lunch**

2:00 p.m. - 2:30 p.m. **Lecture:** Medical and Legal Liabilities;
Safety and Documentation

2:30 p.m.- 3:45 p.m. **Arena/Round Pen Session III:**
Adapting your horse to arena/
group games for EAT/L

3:45 p.m.- 4:00 p.m. **Final processing and review**

Horses and Spirituality Seminar

DESCRIPTION

This seminar elucidates 10 spiritual principles that everyone (horse owners and novices alike) can apply to their daily lives and behaviors. Working with horses can show us exactly how these principles work for each one of us. A short didactic presentation session will be followed by plenty of hands-on demonstrations of the principles in action with volunteers drawn from the audience. The seminar will address why horses are able to connect directly with our emotional lives and silence our inner doubts. (Material from Allan's forthcoming book, *Zen Mind, Zen Horse, Spiritual Lessons that Horses Bring to Life* -- to be published by Storey Publishing House September 2011-- will be utilized during this presentation.)

SCHEDULE

8:30 a.m. - 9:00 a.m. **Arrivals:** sign-in, registration, etc.

9:00 a.m. - 10:00 a.m. **Lecture:** Neurobiology and the Bond
between Humans and Horses.

(Elucidating the neuroscience and evolutionary processes that create the unusual and close relationship between humans and their horses. Lecture will enunciate the 10 spiritual principles that horses demonstrate for us.)

10:00 a.m. - 10:15 a.m. **Break**

10:15 a.m.- 1:00 p.m. **Arena/Round Pen Session I:**
Spiritual Principles at Work for You

(Exercises and activities with horse and human to demonstrate the first five spiritual principles.)

1:00 p.m.- 2:00 p.m. **Lunch**

2:00 p.m. - 3:45 p.m. **Arena/Round Pen Session II:**
Spiritual Principles at Work for Us

(Exercises and activities that demonstrate the remaining five spiritual principles.)

3:45 p.m.- 4:00 p.m. **Review, wrap up and closing session**

APPLICATION FORM

To: **Rosaleen Smith, HEALS., St. Anthony's,
10 Weston, Newbridge, Co. Kildare.**

Please reserve place(s) on the courses as below:

EQUINE ASSISTED THERAPY AND LEARNING (EAT/L)

on Tuesday 5th and Wednesday 6th July 2011

Please tick

SELECTING AND TRAINING HORSES FOR EAT/L

on Thursday 7th July 2011

Please tick

HORSES AND SPIRITUALITY

On Friday 8th July 2011

Please tick

COURSE FEES

The course fees are as follows:

- Equine Assisted Therapy and Learning (EAT/L) - €225
- Selecting and Training Horses - €125

If the above two courses are taken together the combined fee will be €300.

- Horses and Spirituality €100

If the above 3 courses are taken together the combined fee will be €350.

The fees will include lunch and the usual refreshments each day – also a folder of course notes and attendance certificates.

A cheque/order payable to HEALS is enclosed for € _____

(Please complete the form below in block capitals).

Name: _____

Address: _____

Tel. No: _____

E-mail address: _____

HEALS Course Instructors and Facilitators

July 2011



After beginning his working life as a janitor, **Allan J. Hamilton** went on to attend Harvard Medical School and become the Chief of Neurosurgery and Chairman of the Department of Surgery at the University of Arizona Health Sciences Center. He holds professorships in Neurosurgery, Psychology, Radiation Oncology, and Computer and Electrical Engineering.

His first book, *The Scalpel and the Soul: Encounters with Surgery, the Supernatural, and the Healing Power of Hope* (Tarcher/Penguin 2009), won the Silver Nautilus Award in 2009 for “books that change the world.” The prize has been awarded in the past to Eckhart Tolle, Deepak Chopra, and His Holiness the Dalai Lama.

His second book on the spiritual connection between humans and horses, *Zen Mind, Zen Horse: The Spiritual Lessons Horses Bring to Life*, will be published by Storey Publishing in September 2011.



Jane F. Hamilton is a licensed clinical psychologist, instructor, and psychotherapist. She obtained her PhD in Psychology from Boston College and her Master’s Degree from Harvard University. She has been a practicing psychologist since 1981.

She is certified in clinical hypnosis as well as equine-assisted therapy. She has been a first grade teacher, a Principle Psychologist at a state institution, and an advisor to a national organization for at-risk adolescents. In addition, she has studied vocal music and singing. She has been a singer and soloist with the premiere women’s choir in Tucson, the Southern Arizona Women’s Chorus. She has served on the board of directors of various community agencies serving the needs of families, women, children, and the arts.



Samantha Biffar attended California Polytechnic University under a rodeo scholarship and graduated with a degree in Animal Sciences. She developed a horseback riding program and equine-assisted therapy program for one of the largest non-profit organizations in the United States for at-risk youth. She continues her avocation as a professional barrel racer. She is a member of the Women’s

Professional Rodeo Association and has won over two hundred barrel racing titles. She is the head of riding instruction and the equine-assisted learning program at Rancho Bosque in Tucson, Arizona. She also directs the Agricultural Sciences Curriculum for one of the largest school districts in the Southwestern United States.

Sponsor of Courses - Paddy Power Bookmakers

paddypower.com