

## **Fundamentals of EAGALA Model Practice Part 1 Training Objectives and Agenda**

EAGALA Certification involves completing Fundamentals of EAGALA Model Practice Part 1 and Part 2 trainings. Completion of these trainings will provide you with the tools necessary to effectively incorporate horses experientially in mental health treatment. Change lives through the rewarding and exciting field of Equine Assisted Psychotherapy!

### **Mission:**

Part 1 establishes a basic foundation for practice with a clear understanding and support for the EAGALA Model.

### **Course Objectives:**

- Define and clearly understand the EAGALA Model –
  - Team approach
  - Focus on ground
  - Solution-oriented (not teaching horsemanship, allow client to find own answers)
  - Ethical Practice
- Understand the “Untraining” and how it applies to one’s belief systems in this work
- Learn EAGALA activities experientially
- Using EAGALA activities, participants learn –
  - EAGALA safety philosophies
    - Experiential model of teaching safety
    - Using safety as a therapy tool
    - Letting go of control
    - Balance of risk/safety
    - Trust the process – horses/clients
    - Creative safety interventions
  - Defining EAP (versus teaching horsemanship)
  - Setting up sessions
  - Processing skills (observational statements & non-judgmental and effective question asking)
  - Focus on nonverbal (look for SPUD’S)
  - Focus on the process (rather than completing the horse task)
  - How to use metaphor and symbolic interpretation
  - Creative thinking
  - Treatment goals – interventions must have purpose and deliberateness
  - Staying quiet and allowing the horses/process to happen (untraining the need to step in and direct the process/solution)
- Understand the role of the facilitators and the role of the horses
- Understand counter-transference/projection and the effect on sessions

**Pre-requisites:**

- No pre-requisites required

**Agenda** (8:30 am to 5:00 pm each day – may end by 4:00 on day 3):

**Day 1**

Day 1 introduces the EAGALA model and safety philosophies using EAGALA activities.

- I. Introductions
- II. Observation activity – Framework for experiential observations
- III. Introduction to Model - Select and bring
- IV. Individual sessions and the EAGALA Model process
- V. Structuring Activities - Life's Obstacles v1

**Day 2**

Day 2 focuses on structuring and processing skills of EAGALA work in individual, family, and group therapy sessions.

- I. Homework discussion
- II. Structuring Activities - Life's Obstacles v2
- III. Group/Family work and facilitation skills - Equine Billiards
- IV. Couples work and metaphor – Course of Life

**Day 3**

Practicing EAP - participants are given case scenarios, develop treatment plans, and role play a session – a chance to practice and apply what was learned the first two days and receive feedback.

- I. Homework discussion
- II. Role plays
- III. Closure