



EQUUSOMA
EQUINE-ASSISTED TRAUMA RECOVERY

Introduction to Trauma-Informed Horsemanship™ Workshop **Registration Package – Toronto, Canada 2019**

Trauma-informed horsemanship, horse care, or horse-human interactions refers to a set of principles and practices that can be integrated into horse time, regardless of discipline. In an era where recognizing the impact of trauma on mental and physical health and relationships is paramount, bringing a trauma lens into horse-related activities is equally important... whether you are a horse owner or part-boarder, equestrian, coach, trainer, equine-assisted therapy and learning professional, or other equine health or industry professional.

This 2-day workshop focuses on “human training” (as opposed to horse training), and combines lecture, group discussions, and experiential pairs practices that focus on the following learning goals:

- Understanding the impact of trauma and attachment ruptures on the brain, nervous system, behaviour, relationships, and other areas of functioning and health
- The polyvagal theory as a map for understanding the 3 branches of the nervous system and how mammals respond to safety, danger and life threat
- Hierarchical defense responses and self-protective strategies, including friend, fawn, fight, flight, freeze, fold, faint, feign death and fragment
- The window of tolerance model
- Cycles of activation and co-dysregulation between humans and horses as signs of unresolved trauma, and the concepts of emotional contagion, entrainment and coherence
- Attachment theory, the components of secure attachment, and how insecure attachment develops and impacts horse-human dynamics
- Addressing traumatic re-enactments (e.g., between horse-owner, between horse-rider-coach, etc.), to focus on renegotiation and repair
- Neuroscience research
- The importance of human self-regulation and attunement in fostering safety and co-regulation
- Frameworks and techniques for nervous system and body language tracking and regulation to increase awareness of self and others in equine-focused work or horsemanship
- Exploring the integration of trauma-informed principles into equine care and interactions

This workshop draws on concepts used in human trauma therapy and relationship therapy, that originated from mammalian models of nervous system and attachment development. The goal of the workshop is to take this learning back around to looking at horse-human dynamics. The workshop also draws from the work of various equine ethologists and behaviourists. This workshop will not provide technical instruction on equestrian disciplines or horse training; participants will be encouraged to explore how to apply the material in the context of their own interactions, approaches, or work with horses.

This workshop is being held without horses at Humber College, near the Pearson International Airport.

Facilitator: Sarah Schlote, MA, RP, CCC, SEP (www.equusoma.com and www.sarahschlote.com)

Trauma-Informed Horsemanship™ Workshop

Registration Form

Workshop dates and location: _____

Name: _____	Age: _____
Address: _____	
City: _____	Province/State: _____
Postal / Zip Code: _____	Country: _____
Email: _____	Phone: _____

Emergency contact: _____ Number: _____

Relationship of this person to you: _____

Do you have any health conditions or physical limitations that we should be aware of? _____

What are you hoping to learn from the workshop? _____

What is your background (check all that apply)

- Horse lover (general interest)
- Horse owner or part-boarder
- Groundwork approach(es): _____
- Rider / equestrian (state discipline): _____
- Riding coach (state discipline/approaches): _____
- _____
- Horse or horsemanship trainer (discipline or approaches): _____
- Equine-assisted therapy and learning professional (state approaches): _____
- Equine health / care professional (describe): _____
- Academic / researcher

How did you find out about the training? _____

Are you interested in joining our mailing list for future trainings? YES ___ NO ___

Is there anything else we should know about you in order to support your learning as effectively as possible?

Payment Options

The early bird registration rate is \$575 + HST if registering by September 9. The regular rate is \$675 + HST. Participants who also attend the EQUUSOMA training (Ottawa, July 8-12) and register by September 9 receive an extra 10% savings. For credit card and PayPal payments, a 3% handling fee (listed as "shipping fee" on PayPal) will be added.

Check here if you are also attending the EQUUSOMA™ Basics Intensive: _____

- Canadian online banking: eTransfer to sarah@healingrefuge.com
- International bank transfer: contact info@equusoma.com for details
- Credit card # _____ Expiry: _____
CVC Code: _____ Postal Code / Zip Code for card: _____
- PayPal (please use the PayPal buttons on the registration page at www.equusoma.com)

Payment and Cancellation Policy

Payment is required to hold your spot in the workshop. You are eligible for a 100% refund if cancelling more than 90 days from the first day of the workshop, and a 50% refund if cancelling between 60-89 days from the first day of the workshop (a \$25 administrative fee is applied to process refunds). Regretfully, no refunds are possible for cancellations that occur within 60 days of the first day of the workshop due to needing to guarantee numbers to hold the facility. If you are unable to attend, these options are available on compassionate grounds:

- Transfer credits: You may transfer your spot to someone else to take the workshop you registered for. You would be responsible for finding your replacement and obtaining full reimbursement from this person. Alternately, if you would like us to fill your spot on your behalf, we will refund you 80% of your registration fee (minus the \$25 admin fee) if we are successful.
- Banking credits: We can "bank" your registration fee and apply it toward the cost of a future workshop occurring within 1 year from the workshop you paid to attend. There is no guarantee that a workshop will be available within a particular geographic area within the following calendar year.

If for whatever reason the trainer or the host facility needs to cancel the workshop, you will receive a full refund of your registration fee. The trainer and host facility are not liable or responsible for any cancellation fees associated with travel or accommodations bookings you may have made. Your signature indicates you have read, understand and agree to abide by this policy.

Signature: _____ Date: _____

Trauma-Informed Horsemanship™ Workshop

2019 Consent and Waiver Form

Sarah Schlote and the facility owner have done everything possible to assure that students have a physically and emotionally safe experience. However, we wish to inform you that attending trainings that have trauma and equines as a focus are not risk free. The same elements that contribute to the unique character and enhance the learning potential of such experiences can also lead to possible challenges and we want you to be fully informed. **Please initial next to each item.**

- Trainings that focus on trauma or other challenging life experiences may trigger feelings or body sensations that may be uncomfortable. This can occur as a result of the process of learning the material, from hearing about other peoples' experiences (even if sharing is contained), or from your participation in exercises.

- Trainings that focus on the safe and effective use of self typically include an experiential focus that encourages participants to reflect and work on how the material affects them personally. This is to support self-awareness, self-regulation, integration, attunement and embodiment.

- Group-oriented activities involve varying degrees of social engagement, personal disclosure and interpersonal contact that may be uncomfortable for different reasons, such as proximity of others, amount of space available, eye contact or being seen, group discussions and practices.

- Horses, which are powerful and potentially dangerous animals, may change their behaviour at any time and may jump, run wildly, buck, kick, bite, or step on people or things.

- While all humans participating in the training are responsible for their own physical safety (and in so doing contribute to the overall safety of all involved), negligence can occur. This refers to a failure to exercise ordinary or proper care in relation to oneself, others, animals, equipment, objects, and the natural environment, resulting in damage or harm.

- Equipment may fail.

- Weather or terrain conditions can change and can sometimes be dangerous.

- Trainings may be held in rural locations, injuries or illness could occur, and it may be a considerable distance to doctors, hospitals, or any other type of assistance.

If you have serious health conditions, significant unresolved trauma or are pregnant, please consider the following:

- Research and anecdotal evidence indicate that stress and trauma can have an impact on a developing foetus. Attending a trauma training could unexpectedly bring someone into contact with their own unresolved trauma, which could have an impact on a developing foetus or could exacerbate complex health symptoms if left unaddressed. Also, a person's resilience can sometimes be diminished as a result of serious health issues or the physical and emotional effort of pregnancy, resulting in greater vulnerability or a reduced capacity to explore the complex topic of trauma without feeling overwhelmed.

Our aim is to minimize these risks as much as possible and to model the trauma-sensitivity and skillfulness we are hoping to teach to training participants. However, if you have significant unresolved trauma that is currently affecting your functioning or you are currently pregnant, we encourage you to discuss the possibility of attending at a later date with your therapist or health care provider.

Participant Agreement and Informed Consent

I, _____ (name) consent to participate in the workshop. I am fully capable of participating in equine-focused activities. I have read the above statement on some of the possible risks in the workshop and feel that the possible benefits to myself are greater than the risks assumed. I also understand that no amount of caution, experience or instruction can eliminate all of the risks involved. I freely accept and fully assume all such risks, dangers, and hazards and the possibility of personal injury, death, property damage and damages or less resulting there from.

I recognize that there are special risks that could be associated with pregnancy or other health concerns, and recognize that it is my responsibility to discuss these with my physician or other health care provider and obtain their concurrence to participate in the training.

I will inform Sarah Schlote of any limits with respect to my ability to safely engage in the workshop or specific exercises, known to or reasonably foreseen by me. I also understand that Sarah Schlote reserves the right to refuse any person she judges to be incapable of meeting the requirements of participating in the workshop or certain exercises.

I understand that attending the workshop does not ensure that all information taught will be appropriate for inclusion in my own relationship or work with horses. I acknowledge that this workshop will not qualify me to be a trauma therapist, Somatic Experiencing® Practitioner, equine behaviourist, or horse trainer, and that I am responsible for operating within my professional scope of practice and for abiding by provincial/state and federal laws.

I agree to respect the confidentiality and anonymity of stories or personal information that may be shared during the course of the training by other participants.

I recognize that the material presented is the intellectual property of Sarah Schlote, with some material belonging to and licensed by the Somatic Experiencing® Trauma Institute, and that I may not reproduce or use it in any way without the prior written permission of Schlote or licensing by SETI.

I agree to forever indemnify, release and hold harmless Sarah Schlote, the Schlote Psychotherapy Professional Corporation, and their officers, directors, representatives, independent contractors, associates, affiliates, agents, employees, volunteers, and successors (“the Releasees”) from all claims, demands, causes of action, damages, losses, injuries, and expenses arising out of or resulting from participation in this clinic. I further agree to release, acquit and covenant not to sue the Releasees for all actions, causes of actions, damages, or damages in law or remedies in equity of whatever kind.

I hereby waive any and all rights I may now or ever have to make any such claims. I hereby agree that if the Releasee is forced to defend any action, lawsuit or litigation initiated by me, my executors, or my heirs on my behalf, my heirs or executors and I agree to pay all associated legal fees if they successfully defend such action, lawsuit, or litigation, on a solicitor-client basis.

I acknowledge that I have read this consent and waiver form in full and that I fully understand its terms and the risks associated therewith, and that I have signed voluntarily and freely without any inducement, assurance, guarantee or representation being made.

Name and Signature: _____

Name and Signature of Witness: _____

Date: _____



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Trauma-Informed Horsemanship™ Workshop PARTICIPANT CHECKLIST

PREPARATION:

- I have completed and submitted my registration and waiver forms
- I have submitted payment in full

TO BRING:

- Passport (if out of country)
- Note pad or journal
- Travel mug
- Snacks and/or lunch*

Trauma-Informed Horsemanship™ workshops are held with or without horses, depending on the venue. ***Should the workshop be held at a farm, please bring:***

- Weather- and farm-appropriate clothing and footwear
- Sunscreen and bug spray
- Antihistamine, epi pen or other allergy medications
- Optional: Folding chair (camping/lawn chair) – facility will have seating, but feel free to bring one if you are local or driving to the area where the training is held

**Light refreshments will be provided. Please advise if you have specific dietary needs or preferences so that we can plan accordingly. Please also bring your own sustenance, if necessary, should you have particular requirements that are very specific.*