

## Workshop for Mental Health Professionals on Equine Assisted Psychotherapy

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#### **Sponsor:**

Southern Valley Alliance for Battered Women  
551 E. Park St.  
Belle Plaine, MN 56011



Horses Helping Humans

#### **Instructors:**



**JoAnne C. May, Ph.D., L.P., L.M.F.T.,** is the founder of the Family Attachment and Counseling Center in Deephaven, MN. Dr. May has been in the mental health field for over 35 years and holds competencies in individual, couples and family therapy, with special training in Post Traumatic Stress Disorder. She is also an EAGALA (Equine Assisted Growth and Learning Association) certified mental health professional and equine specialist. Education: *The Fielding Institute* PhD, Clinical Psychology, 1989; *St. Thomas University*, Master of Arts, Counseling Psychology; *St. Olaf University, Northfield, Minnesota*, Bachelor of Arts, Sociology.



**Shannon R. Bruce** is the founder of Horses Helping Humans, an equine assisted psychotherapy program for domestic violence survivors. She is a domestic violence specialist, a facilitator for support groups for Southern Valley Alliance for Battered Women and previously a crisis line counselor for the Domestic Abuse Project in Minneapolis. She is an equine specialist and has studied equine psychology and horse behavior through the Parelli School of Natural Horsemanship for six years. She developed the curriculum for a 16 hour equine assisted therapy pilot program that was completed Fall 2009 at the UofM Equine Center in St. Paul. She holds a B.S. from University of Colorado-Denver.

**Kirk E. Johnson** is an EAGALA (Equine Assisted Growth and Learning Association) Level II certified equine specialist with over 35 years of experience in the equine industry as a trainer, EAP professional and riding instructor. He currently co-facilitates EAP sessions for Park Avenue Center, a drug and alcohol abuse rehabilitation center in Minneapolis.

**Workshop Location & Date:** 6430 County Road 26, Minnetrista, MN (Indoor, heated, equine facility with attached meeting room), Saturday, February 27, 2010, 1pm – 4pm **REGISTER:** 763-479-9970 or email [shannon.bruce@trista-tech.com](mailto:shannon.bruce@trista-tech.com) (Please give name, phone, clinic name, email address)

**Fee:** \$35 Payable to Southern Valley Alliance for Battered Women (sorry no credit cards)

**Workshop Description:** A workshop for mental health professionals to discover the benefits of using Equine Assisted Psychotherapy (EAP) in their practice. The workshop will explore why horses are effective in treatment plans and how they can quickly illuminate behaviors and patterns. Attendees will see and participate in equine assisted exercises that have been specifically developed for issues common to domestic abuse and trauma survivors.

#### Agenda:

Equine Assisted Psychotherapy – Pilot Program Outcomes, Shannon Bruce  
Equine Psychology, Understanding Behavior, Motivations and Interactions with Humans, Shannon Bruce  
Efficacy of EAP in Trauma, PTSD and Domestic Violence Survivors, Dr. JoAnne May  
Demonstration of EAGALA (Equine Assisted Growth & Learning Association) Exercises, Kirk E. Johnson  
Processing and Observations of EAGALA demonstrations, Attendees, Dr. May, Kirk E. Johnson, Shannon Bruce

Approved for 3.0 hours of continuing education units (CEUs), MN State Board of Psychology (board log# 1002-8538)