

The Authentic, Mindful Therapist: Through the Eyes of a Horse

An all day workshop to Enhance the Powerful Presence of the Therapist

SATURDAY, JUNE 4th 10 a.m. to 4 p.m.



AUTHENTIC PRESENCE is an all day workshop for therapists, utilizing a combination of Equine Assisted Learning activities and mindfulness practices. The program has been developed by Pam Dudek, LCSW-C and Robin Dunning, Certified EAL practitioner, of The Horse Inspired Growth and Learning Program (HorseInspired.com) in partnership with Margery Silverton, LCSW-C of Relationship Counseling Services (RCSHelpingCouples.com). Margery is a certified Imago Relationship Therapist and Consultant, authorized to offer CEUs to Imago Therapists.

Equine Assisted Learning uses the horse as a feedback partner and is a powerful tool for enhancing the authenticity and powerful presence of the therapist. All exercises are on the ground and no riding skills are necessary.

Because horses live in the moment and will only follow the lead of another horse or human who is perceived as coherent and “has it together,” they are perfect reflections of the degree to which we are the grounded, integrated people we seek to be in our therapy practices with our clients.

The day can be used as a personal growth day, just for the fun of it, and can also be used to get clarity about stuck points in dealing with certain clients.

Here is a shortened, edited description from a recent participant in the workshop: “.....the first morning activities were to choose a horse to be my partner for the day, give him a name, then to bridle the horse and find a way to relate to him. In the afternoon, I guided (my horse) through a labyrinth, he walking slightly behind me and to my right. We passed by various objects I had chosen to represent aspects of my life (note: objects can also be chosen to represent obstacles in dealing with certain clients). I spent time with each object, mindful of its meaning, and mindful of the horse’s steady presence. In rhythm together, we arrived at the end of the labyrinth. Through-out this exercise I felt accepted by my horse. He had accompanied me on this journey as though it was also his. This acceptance, this living in the present, this trust transported me into my own trusting and safe place....When a horse can accept me into his space and accept me as his leader, I am free to claim the strength that comes from my own wise-woman self.”

Brenda Rozier-Clark, Certified Imago Relationship Therapist

Where: The Horse Inspired Growth and Learning Program, Parkton, MD
(for information and directions, visit <http://www.HorseInspired.com>)

Cost: \$140.00

CEUs: 6 Category 2 CEUs (also counts towards Imago CEUs for Imago Therapists)

Registration: Send check to Margery Silverton, LCSW-C at 504 Epping Forest Road, Annapolis, MD 21401. **Put “Authentic Presence Workshop” on the memo line.** Be sure your check has your contact information on it. Call Margery with any questions about registration or the content of the workshop at 410-693-4405.