

Equine-Assisted Networker



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The Equine Edge: ***Diverse advantages to learning and therapy with the help of horses***

On the trail of promoting your equine-assisted practice, you will undoubtedly encounter folks who wonder what role horses play in the dynamic of your work. One answer to that question has become a “talking point” for equine-assisted websites and publications. The sheer number of independent equine-assisted websites that include the subhead “Why Horses?” followed by many variations of the same information is staggering.

Many of you have heard of the children’s game “Telephone” in which one person makes a statement to the first person in a chain of people. The message is passed down the chain, and typically lacks the original meaning by the time it arrives at the last person. While it may have been Greg Kersten who first came up with “Why horses?,” his answer to the question has evolved over the years to encompass equine-assisted philosophy, and his own learning in regards to equine physiology and behavior. This evolution came to light when a seminar participant reiterated the question recently, and the answer was a lot more than “Why horses?”

Thanks to the “copy and paste” features of our modern computers, the words of “Why horses?” have remained

relatively unchanged. What the words have not done is kept pace with the growth and development in equine-assisted fields. When you work with horses regularly, you cannot help but discover new and amazing contributions their natural behavior and physiology make to our human endeavor. Is it possible that no other equine-assisted practitioners have noticed any other benefits than those contained in “Why horses?” after all these years?! Or have we been too afraid to add our own opinions into the reasons we cherish the equine input?

There are many (and some yet undiscovered) advantages conferred on the fields of psychotherapy and learning through equine involvement, and it is up to each of us to recognize and honor all of the horse’s contributions, not just those already in print.

In observing horses, what physiological traits are beneficial to your work? “Size of the horse” is just the tip of the proverbial iceberg, and is probably not “foremost.” The size of the horse can be a factor in getting a client’s attention and respect, or even commanding fear. Large animals are less likely to be victimized by abusive clients, due to their imposing presence.

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What's New in the O.K. Corral . . .

O.K. Corral Members at Ride to Pride Offer Horsemanship for EAP Workshop!

Coming October 17-18, 2008 - Horsemanship for EAP, a Clinic for the enhancement and development of in-depth Horsemanship skills related to Equine Assisted Psychotherapy. Learn from master equine professional, Greg Esquibel, how in-depth horsemanship skills can help make you a master EAP facilitator. Co-founder of Ride To Pride, the leading, most successful outpatient EAP facility in the US, Greg Esquibel is a highly skilled equine professional with a lifetime of equine experience and over 14 years of experience in using horses to work with troubled children and their families. Don't miss this great opportunity for both equine and clinical professionals to learn and utilize the use of in-depth horsemanship skills in the exciting field of EAP!

New O.K. Corral Rate Schedule Coming in 2009

The O.K. Corral is committed to offering quality, personal educational experiences to equine-assisted professionals. In order to maintain the quality and small group size of seminars in the upcoming year, there will be an increase in seminar and membership rates beginning January 1, 2009.

We are offering 2009 seminars at 2008 rates to anyone who registers for a 2009 certification seminar during 2008. Because we will be adding

seminars to the schedule regularly, it is possible to reserve your space for a 2009 seminar without knowing specifically which seminar you plan to attend – simply write “To Be Determined” in the Event Location space on the registration form.

OK to Move to Nevada Corral!

The O.K. Corral will relocate this autumn to a whole new ranch location in Nevada! The lore of gunslingers and silver mines abounds in our new home near Carson City and Reno, in the quaint town of Yerington. Look for more seminars to be offered in the Reno/Lake Tahoe area with greater accessibility to our friends and members from Sacramento and San Francisco, too. Stay tuned to the website and newsletter for the updated contact information for the O.K. Corral Series!

Article in Michigan Counseling Journal Spotlights the Field of EAP

Sandra Kakacek, an O.K. Corral member, EAP practitioner, and therapist in northern Illinois along with Allen J. Ottens, has authored an article entitled “An Arena for Success: Exploring Equine-Assisted Psychotherapy,” which has been published in the spring/summer issue of Michigan Journal of Counseling. The article gives an overview of the field, including modes of implementation as well as

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2009 Rates (effective January 1, 2009)

Annual membership	\$35
Certification Seminar	\$625
• Group Rate (3 or more people who register together)	\$550
• Student Rate (Student ID Required)	\$550
• Active Military and Spouses of Current Conflict in Iraq/Afghanistan (DD-214 Required)	\$350
Additional Certification Seminar (different color)	\$450
Additional Certification Seminar (same color)	\$75
Continuing Education Certificate for Mental Health Professionals	\$15



During seminar breaks, another roper is born in Orange County, California.

Founder's Forum:

Understanding the Workhorse: Role Model for Lives in Balance

Many, varied societies and cultures have created a term similar to “workhorse” to describe a dedicated, hardworking human, or his or her powerful characteristics and motivation. Cross-culturally, strong and noble horses have pushed (!) wagons, plows, and other devices to fulfill human needs. This visual, used as a metaphor for today’s tireless humans accents the physical work, as was the case for actual working horses. There is another side to the story of the workhorse.

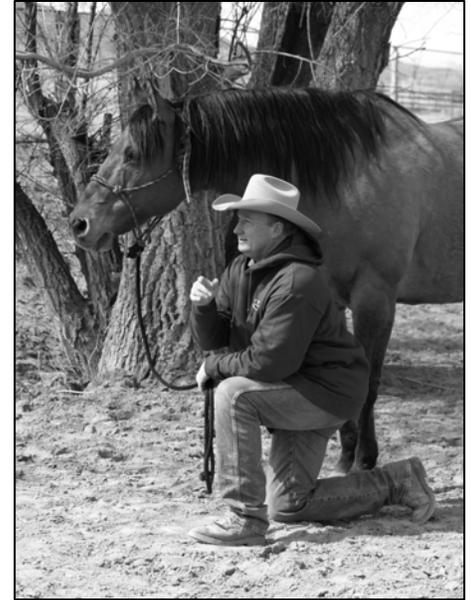
As a general rule (and we have known many exceptions), these great animals are hardworking. With proper care and respect workhorses remain dedicated and motivated to work for their owners. This care constitutes only a portion of what develops a good workhorse. When we translate this concept to human workplaces and relationships, we see an employer focus on pay, retirement benefits, health care, vacation time – in an effort to cultivate dedicated and motivated workhorses. Again, this care constitutes only a portion of what develops a good “workhorse.”

There is another integral part to the work life of horses and humans: the UN-work life! Many professionals who have been certified by the O.K. Corral have learned that *balance* is a crucial component in the lives of horses and humans, specifically, the balance between the amount of time spent at “attention” (at-tension) and “at-

ease.” In both personal and professional lives, a balance is necessary to be mentally and physically “O.K.”

Horses and humans need to both give and receive attention in varying quantities. Horses may give attention by looking, listening, responding to our commands and requests, or alerting us to their concerns. Horses may receive attention from other horses and humans in the form of scratching, petting, nuzzling, hugs and even kicks. They also receive food, treats, and shelter (other forms of “attention”) from humans. Attention in the human workplace looks similar: employees give attention by being on time, following policies and procedures, and accomplishing work. They receive attention through literal and figurative “pats on the back,” pay raises, or perks. This attention can be effective to a point, however, most modern business management books and magazines identify the most critical factor in workplace improvement, employee retention, and increasing productivity to be a healthy *balance* between work life and personal life, between “on-time” and “off-time,” and between “attention” and “at-ease.”

This healthy time management comes more naturally for our equine counterparts. At leisure among their herd in their respective pecking order, they make time for grazing, roaming, play, and being a horse “at-



ease.” The beneficial balance between “attention” and “at-ease” in horses contributes to their physical and mental stability. In contrast, human instability can often be traced to excessive time spent in one of the two areas – we have all encountered people who are perpetually giving/receiving attention or are constantly at-ease.

In recent years, humans have begun to seek out more quality “at-ease” time. An occasional vacation or a weekend away from “work” does not necessarily constitute true “at-ease” time. We humans need time to be human, engaged in our preferred leisure activities, replenishing our human-ness. “At-ease” is not sleeping or lying around – it is an activity, to be done alone or with those with whom we choose to be “at-ease.” It is no wonder that so many of us in the equine-assisted fields have chosen owning and caring for horses to help us find balance and positive time “at-ease.”

Program Spotlight

Rock-n-Horse Ranch

(Talk to the Hoof / Horsing Around Series /EAP games & activities) – Grass Valley, California

At the Rock-n-Horse Ranch we teach basic horsemanship, riding and driving here at the ranch. We also have a very active Membership Club (monthly fee for use of our horses, facility and equipment without the headaches of horse ownership). We offer stand-alone EAP activities and we also include some EAP activities into our monthly social events.

We work on confidence, communication, problem-solving and team-building. We serve mostly families and students with a few singles and school/work/church related

groups.

Our program is blended in with general horse experiences. People come to play with the horses and are very surprised and impressed with what they learn about themselves in the process. We operate as a “for profit” but with the price of gas and hay these days.... Fees are paid by individuals and families for courses or membership. Our community also sponsors gift certificates.

We are very active in local community projects and fundraisers that are in line with promoting stronger families and

Rock-n-Horse Ranch

Trish Browne-Gross
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www.rocknhorseranch.net

STAFF NOTES:

Trish Browne-Gross

Certificates in both Blue and Green, 40+ years of horse experience, former teacher and 1st hand witness of the wonderful ways horses make us better humans.

helping kids to find a better way to view their complex world. We do not treat or target ‘diagnosed’ patients; however, two of our members are licensed psychologists and there are plans for their clients to benefit in the near future.



“KICKED” Up A Notch...At The O.K. Corral

-Linda Foreback, Member Contributor

It was a Saturday in June – final day of the Milepost Blue Seminar. The Equine Assisted Learning exercise in which I was participating was “OK, Shoot”. You know, like in billiards! We were working on getting the horses into their designated pockets.

The kick came swiftly, striking my upper left thigh. YIKES! That hurt! My hand went instantly to the throbbing site! We DO move “toward” our pain! As I glanced around (a little late to analyze my periphery!), I registered the back end of the black horse running away. I did not register the location of either the red or white horse.

OUCH! My leg was still hurting! I remember I was stopped in my tracks! The EAL for me had become suspended. I would later learn that some of the seminar participants in the arena witnessed the kick - others had not. In crisis moments it is odd how you are never sure which are ticking by...minutes or seconds. It did seem at some point I was standing there looking at everyone and they were now all looking at me! In what felt like slow motion time, 1-2, maybe 3 people, from a distance called out questions to check on my condition. The last to ask a like question was Greg. All I recall is that his question had his characteristic element of humor. So I likewise recall that I quipped something back to him! Lastly, he asked me “if it was still hurting?” By now the throbbing had given way to a numbing sensation. So I told him I would be happy to let him know once I could feel my leg again!

Then the all important question came...was I sitting it out or was I back in the game?! In fine feminine fashion I had been multitasking all this time. Massaging my thigh, watching the people watching me, answering their questions...all the while asking myself how was it that I didn't see that kick coming? Had I not stayed in touch with my periphery...more focused on the goal of moving that horse into the pocket? Had I let my guard down on my known horse safety? Was I simply in the wrong place at the wrong time?

In a crisis moment, whatever is in you gets



squeezed out! Or comes flying out! In other words, what are you made of...what have you stored up, already decided upon...that will rise to the occasion of the crisis? I recall thinking that I had a realistic evaluation of my pain. I did believe that I was not mortally wounded! BUT, I did know that it sure hurt! No room for denial! I had never been kicked by a horse! I was aware of others' reactions. I did not want anyone distracted by this “painful” event. It was a relief that no one had rushed to my rescue! I believe I would have begun to feel worse if too much fuss had been made over me, too fast. Increased pain? More embarrassment?

I was consciously pleased that I returned to the activity. I felt no fear...no negative emotion toward the horse I believed had kicked me. Overall, I did feel a sense of heightened caution. I became quite focused on my periphery. Where was I? Where were my nearby team mates positioned in relationship to the horses' ability to kick? Soon, that feeling too, faded to a healthy state of awareness. My attention was redirected from my pain and its effects back toward completing the goal.

The completion of the EAL was challenging. At one point I truly needed to go to the restroom. As I quickly exited the arena I did wonder if those who noticed might think I was having a problem... would someone feel the need to come and check on

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Equine-Assisted Activity: “Testosterone Temptations”

by Deb Hoyt,

Healing Hearts With Horses and Horse Heaven Rescue

As a rescue, we recently were donated a stallion. The thought occurred to me to use him in our EAP sessions.

He is currently in a round pen that overlooks the pastures. He is calm and docile in the round pen, gleaming every bit of attention he can get from any passerby, however, when a mare comes in his sight, there is only one thing on his mind.

This struck a cord in me as to how familiar this situation was to many of our teens today.

Set up:

We put a proud cut gelding in the another round pen with “his” mare. (you can also use two geldings who still THINK they are studs!)

We get a treat for each client (apples, carrots, horse biscuits, hay, etc.). We let them go in the round pen with the stallion, brush him, get him to “do” things for the treats (ie: follow them, move his head up and down to get it). He is easily lured by the treats.

We then have each client bring their treats with them to again tempt the stallion once he sees the other horses. He is either going to get in the stallion mode to fight or breed. We have yet to have anyone attempt to tempt him with the treats as they can all see what a difference the testosterone makes.



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This has opened a door for us to talk freely about sex, its implications and what happens when you are only thinking with ONE part of your body. We also talk about in the horse world, we realize how dangerous testosterone can be and keep the horse separated for his good and the good of the herd.

We need to think of the safety aspect of knowing your stallion. Our stallion is very docile and well behaved. Using two proud cut geldings can be as useful and less dangerous.

Research Round-Up: *Resources for O.K. Members*

The world of research gives recognition and credibility to the newer fields of practice, including the equine-assisted fields. Research documentation is useful and even crucial in areas such as marketing, grant-writing, and serves as a point of reference for our own research. The body of equine-assisted research is slowly growing and we encourage our members to contribute to the valuable research resources available to the field.

We have created an extensive list of research references relevant to the equine-assisted fields which is available in the “Files” section of the O.K. Corral online message board. Listed below are some substantial works that may be found on-line, via PSYCIInfo or MEDLINE searches, or from the authors themselves. Let us know if you need any help “rounding up” these, or other resources!

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- Frewin, K. & Gardiner, B.** (2005). New age or old sage? A review of equine assisted psychotherapy. *Journal of Counseling Psychology*, 6, 13-17.
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- Greenwald, A.J.** (2001). The effect of a therapeutic horsemanship program on emotionally disturbed boys. *Dissertation Abstracts International*, 62.\
- Hanselman, J. L.** (2001). Coping skills interventions with adolescents in anger management using animals in therapy. *Journal of Child and Adolescent Group Therapy*, 11, 159-195.
- Hayden, A.J.** (2005). An exploration of the experiences of adolescents who participated in Equine-Facilitated Psychotherapy: A resiliency perspective. *Dissertation Abstracts International: The Humanities and Social Sciences*. (UMI No. 3156902)
- Jarrell, N.** (2005). Equine therapy: Making the connection. *Counselor The Magazine for Addiction Professionals*.
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- Karol, J.** (2007). Applying a traditional individual psychotherapy model to equine-facilitated psychotherapy (EFP): Theory and method. *Clinical Child Psychology and Psychiatry*, 12, 77-89.
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- Kruger, K. A., Trachtenberg, S. W., & Serpell, J.** (2004). Can animals help humans heal? Animal-assisted interventions in adolescent mental health. *Symposium at the Center for the Intervention of Animals and Society* (pp. 1-37). University of Pennsylvania Press.
- Rothe, E. Q., Vega, B. J., Torres, R. M., Soler, S. M. C., & Pazos, R. M. M.** (2005). From kids and horses: Equine facilitated psychotherapy for children. *International Journal of Clinical Psychology*, 5, 373-383.
- Schultz, P.N., Remick-Barlow, G.A. & Robbins, L.** (2007). Equine-assisted psychotherapy: A mental health promotion/intervention modality for children who have experienced intra-family violence. *Health & Social Care in the Community* 15(3), 265-271.
- Tyler, J. J.** (1994). Equine psychotherapy: Worth more than just a horse laugh. *Women & Therapy*, 15 (3/4), 139-146.
- Vidrine, M., Owen-Smith, P., & Faulkner, P.** (2002). Equine-facilitated group psychotherapy: Applications for therapeutic vaulting. *Issues in Mental Health Nursing*, 23, 587-603.
- Zugich, M., Klontz, T., & Leinart, D.** (2002). The miracle of equine therapy. *Counselor Magazine*, 3(6), 22-27.

Kick (Continued from p. 5)

me? No one did. I was glad. In returning to the arena...I cannot lie...I pondered if perhaps that last horse had been shot into that last pocket during my absence. On one hand, I didn't want it to appear that I had copped out, relieved I had missed the finish. However, nor did I really want to miss the finish! I rejoined the team as they were making the last concentrated effort to pocket Charlie, the red horse, our less than co-operative billiard ball! We ended our EAL successfully with faces and words of definitive conquest!

During our follow up discussion the "kick" stimulated much conversation from individuals' viewpoints. Interestingly, I discovered the red horse, NOT the black horse had delivered the kick. Hmm, I thought...were there any other sources of pain in my 60 plus years that had been mistakenly

identified? In my decision to rejoin the challenge, I had unknowingly faced "my pain" by pocketing Charlie.

The Milepost Blue Manual states: "This exercise is based on a game, but it is not always fun!" So, it is with life. That experiential "kick" on that Sat. afternoon certainly raised me a notch! I continued to ponder for days the insights and lessons learned during that EAL exercise. THANKS! Greg Kersten. You're O.K.!

On a sweet final horsey note...Charlie, the big red horse? She came over to me and stood real "close", head drooped, and welcoming all the touches I cared to deliver...during the entire time of our post discussion. No bad feelings here! Sometimes a "kick" can be transformed and appreciated as an elevating experience.

-Linda Foreback

Equine Edge (Continued from p. 1)

These physiological advantages are diminished, however, when the practitioner works with miniature horses – and the work is just as valid!

Consider the horses' eyesight. Binocular vision allows horses enormous peripheral awareness, which has become a literal and metaphorical asset in humans, and one of the goals of equine-assisted work. To be aware of one's surroundings contributes to safety, and is a model for ourselves and for the humans with whom we work.

Specific areas of the horse that a client may identify as dangerous, e.g. the teeth, the head, the legs and hooves, the rear end - create a heightened state of awareness in the client. The client is more apt to remain engaged and alert – and more fully implementing their powers of observation. Upon reflection, it seems that almost everything about horse physiology contributes to effective EAP and EAL, and I am sure you can come up with more specifics.

Equine behavior is what makes EAP and EAL work. As we described in the Summer, 2006

newsletter, "Shattering the Mirror Myth," our equine counterparts do not exactly mirror the behavior of humans. Our horses *respond* to our behavior in an honest and healthy way – which is an asset and a clue to the signals we produce. While sometimes a natural response to our behavior involves imitation, the horse is not a reliable or true "mirror." The messages our horses send in response to our behavior give us feedback in a nonthreatening way, and it is this quality that allows our clients to find answers and insights into themselves that they may not have been open to in traditional talk therapy.

The horse is a gifted nonverbal communicator within its herd of horses or humans. By cultivating our own awareness we can observe fear, anger, contentment, curiosity, and other emotions, expressed nonverbally by the horse. The "stop," "relationship," and "motivation" zones that are valid for the horse, are also valid for humans, and can help us and our clients match our nonverbal messages to our verbal messages, eliciting trust from those with whom we interact.

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Corral News (Continued from p. 2)

associated challenges. The article has been added to the “Files” section of the O.K. Corral Series online message board for O.K. Corral member access.

Corral Consultants Available

The O.K. Corral Website has been updated with a page for our Corral Consultants program. The Corral Consultants are individuals with equine-assisted experience and education, as well as the willingness to help others.

Corral Consultants are committed to offering their time and experience to others embarking on an equine-assisted career, and provide help on a volunteer basis. This program was created to give valuable information, advice, and support to current members with questions about the industry. The volunteers agree to consult with members from one to three times, after which a contract may be made between the parties for further consultation at a rate

to be determined by each individual consultant. (Sample contract forms are available from the O.K. Corral)

In addition to making use of the O.K. Corral office to answer your questions, members are encouraged to get involved in the Corral Consultants program – whether you are seeking advice or offering it. Application forms are available on the O.K. Corral website.

Equine-Solutions.net Offers Software and More!

Missouri O.K. Corral member Diane Young and her husband Richard run a website dedicated to the needs of the horse owner. Equine-solutions.net markets software called “Equine Master” designed by Richard to manage all the minutiae associated with horses, including basic data regarding health and medical data, as well as newsletter generation, emailing, and training schedules. The software is available in a “demo” version that you can try for free! The website also contains classifieds, stories, and other services. And by the way, Diane is the gifted artist who created the beautiful watercolor seen below!



*Watercolor by
Diane Young,
Member
Contributor*

How to Host a Seminar with the O.K. Corral

The O.K. Corral is now scheduling seminars for the 2009 calendar year – so reserve your spot now!

The requirements for hosting can be found on the O.K. Corral website (www.okcorralseries.com), but in a nutshell, they include a covered

arena, at least 3 horses, appropriate restrooms and sanitation, and catering arrangements.

Many potential hosts call the O.K. Corral to ask what it will cost to have a seminar at their location. There should be no net cost to the seminar host – except

for lost time and work. Hosting an O.K. Corral seminar also offers the possibility for earning a commission for your program or practice.

Available dates have been posted on the website, so make your plans now to be a part of the calendar for 2009!

O.K. Corral Calendar – 2008-2009

Be sure to check for weekly updates at www.okcorralseries.com!

August, 2008		
28-30	White	Rockin 5M Ranch, Billings, MT
September, 2008		
12	Corral Gathering	Redwood Equine Partners, Eureka, CA
18-20	Red	Horses Helping Humans, Martin, GA
October, 2008		
16-18	Green	Richard & Donna Nurss, & Peggy Murphy, Casper, WY
23-25	Red	Last Chance Corral, Athens, OH
November, 2008		
6-8	Green	Nancy Mueller, St. Louis, MO
13-15	Blue	Gayla Hodges & Faith Knutson, Phoenix, AZ
20-22	Yellow	Cloud Nine Ranch, Gerber, CA
January, 2009		
29-31	White	Challenge Ranch, El Cajon, CA
February, 2009		
26-28	TBA	Ducky Acres Farm, Marianna, FL
March, 2009		
24-26	White	Pell City, AL

Equine Edge (Continued from p. 8)

The herd dynamic found in horses is rife with metaphors for human societies. Natural herd behavior may include unique “leadership” styles and responses to crises that teach humans how to better cope in natural and healthy ways. The “fight or flight” response in horses demonstrates healthy approaches to pressure and pain and create a metaphorical model for humans dealing with emotional pressure or pain.

What additional information can you add to answer the question “Why horses?” Input from equine-assisted practitioners is what keeps the EAP and EAL dynamic and effective over time. There is no static approach to answer the demands of time, and your contributions are not only valued, but necessary to maintain a high quality of equine-assisted services.



Joke, Kaat, and Nancy teach their horse “something new” at the milepost blue seminar in Sint-Niklaas, Belgium this August.

Welcome Our New Members!

Arkansas

Vicki Henley
Donna (Farmer) Nolan

California

Janet Steinbach
Harold DeWitt
Lori DeWitt
Julie McBride
Elaine Bailey
Kate Dunbar
Kristin Perkins
Sandy Rosendahl
Mark Hobbins
Michele Winsor
Marcelle Olsen

Colorado

Debbie Stjernholm

Hawaii

P J Ryan

Illinois

Catherine (Kate) Ballew
John Garvey
Hilary Holsteen
Rachel Maack
Pam Wiseman
Lisa Jensen
Lynette Spencer
Emily Dettman
Marilyn Tebrugge

Kentucky

Harold Rainwater

Michigan

Katrina Head

Missouri

Sharon Williams
Torey Geiger
Nancy Owen
Barb Nicholson
Jon Bethel
Chris Harley
Debbie Baker

Montana

Connie McDonald
Rosalind Rose
Wyoma Terland

New Jersey

Ann Nawn

North Carolina

Claire Duclos

North Dakota

Rita Goff

Oklahoma

Greg Handleton
Cathy Williams

Texas

Jennifer Kaut

Utah

Rebecca Bishop
Kirsten Jansen
Judy Randall
Suzanne Gaunt
Kara Doane

Wisconsin

Marlene Cordes
Sharon Curtis
Linda Foreback
Pam Schmieder
Turk Schmieder
Kaye Forystek
Kelly Toltzien
Peggy Helland
CANADA

Ontario

Morrigan Reilly-Ansons
Lisa Robinson
Tabitha Greene

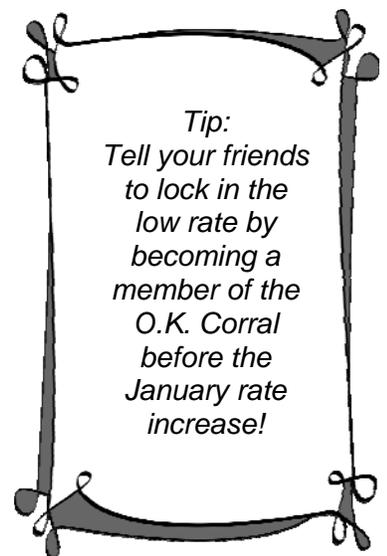
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Koen Theys
Miriam Verheyen
Nancy Kerstens
Liesbeth Willems

Netherlands

Conrad van Pruijssen



Free Advertising for O.K. Corral Members!

The O.K. Corral On-line Member Directory receives hundreds of hits every month from people who are looking for people like you! We do believe in respecting the privacy of all of our members, and do not give out contact information without your approval. So that means that it is **up to you** to let people know how to find you!

When you submit a member directory information form, you open yourself and your business up to networking. I did some sample searches on the internet where I entered "EAP" plus the name of one of our members, or the town in which they practice – the listing in the Member Directory always came up in the top five. Give yourself some publicity - call the O.K. Corral and we will mail or FAX the Member Information Form to you!

About the Seminar Series...

The O.K. Corral Seminar Series is designed to meet the needs of anyone interested in being certified to work with horses to help humans. The series is comprised of six color-coded milestone seminars that may be attended, one or all, in any order.

Milepost Green: This three-day seminar focuses on the foundations of Equine Assisted Psychotherapy and equine-assisted learning. New exercises and perspectives are always incorporated to keep the seminar “fresh” for returning participants.

Milepost Blue: This three-day seminar concentrates on activities and metaphors that are useful with groups or corporate retreats. The emphasis is on learning and teambuilding, as well as how to build your own equine-assisted business.

Milepost Yellow: This three-day seminar focuses on the use of equine-assisted techniques with

groups and families. Interpersonal dynamics and individual roles are explored.

Milepost Red: This three-day seminar addresses prevention, intervention and de-escalation of stress and crisis. Equine-assisted activities and nonverbal communication are emphasized.

Milepost Purple: This three-day internship setting includes actual clients and experienced professionals to guide you through implementation into your own practice confidently and professionally.

Milepost White: This three-day seminar instructs the basics of EAP and EAL with mounted applications for equine-assisted work. Co-facilitated with Leslie Mathews of “Riding Assisted Philosophy.”

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