

DEEPENING EMBODIMENT



**A one-day equine guided workshop
Saturday 17 September 2011
10.00 – 16.00
Walpole St Andrew
West Norfolk**

Experience how working with horses can call you further into your body, develop your sense of self, your ability to be “in the moment” and to listen to your intuition on this one-day workshop. The event will be of interest to therapists, counsellors, anyone working with human potential or wishing to fulfil their own potential. You will benefit personally from the process and also learn how equine guided therapy can be helpful for those you work with.

Interacting with horses with awareness calls us into our bodies. When someone experiences the *feeling* of being embodied and connecting with themselves there is no need for language or explanation. Once we have had that felt sense of what it is to be present in our own body and the horse validates this change in us so clearly by responding differently, there is no need to explain it.

Horses are socio-sensual creatures, meaning that they attune to and transmit emotion through their herd almost instantly, for the purposes of survival. In this way they also resonate with, and act as an amplifier for, the energetic qualities and emotions that we carry, deepening and bringing clarity to our experience. Horses are also experts at self-regulation and by working with them we are invited to complete a healthy cycle of biodynamic self-regulation. So whilst our therapeutic experience might be profound it is also calming and grounding.

This work all takes place on the ground – no riding or horsemanship is involved. No prior experience of horses is required, but of course you will be given sufficient guidance on keeping safe before we start the day. It is the way the horse responds to you and your response in return which helps you explore different dimensions of yourself. Your learning from this workshop comes from your own experience of interacting with our horses, with the support, sensitive guidance and feedback of Pam and Lindsay, working as co-therapists.

This is a rare opportunity to experience something of how you can fulfil your own potential with this approach, or to get a taste of this way of working for clients you may wish to refer. It is equally appropriate for people who are not at all familiar or even comfortable with horses, for working with anxiety, trauma, relationships as well as personal development.

The venue is a private and quiet site near Kings Lynn in West Norfolk. The work with the horses is outdoors with process review being indoors if the weather requires it. Lunch and refreshments are not provided so please bring a packed lunch.

Lindsay is a UKCP Registered Psychotherapist and an accredited member of UKAHPP. Her core psychotherapy training has been in Body Psychotherapy. To this she has added therapeutic work

with PTSD and somatic trauma, Arts and Gestalt. She is an experienced practitioner with a private psychotherapy practice offering individual psychotherapy, as well as supervision and training. She is Therapeutic Services Manager of a Mental Health and Counselling Project for young people (aged 11-26), delivering services across Cambridgeshire. Lindsay has also led a variety of projects for adults, having begun her career in specialist outreach (Active Outreach) supporting adults who experienced severe & enduring mental illness.

Following a recent project for young people using equine guided therapy, Lindsay said: "The horses responded to each young person with an honest reflection of their emotional state and energy. I was often very moved to see young people facing these sometimes difficult reflections of themselves and courageously learning how to make lasting changes, from the inside out. The personal progress for some young people was awe-inspiring". She has spent a week this summer exploring Natural Horsemanship for her own learning.

Pam has worked for 25 years supporting people to grow and meet their potential, as a leader in various organisations and later as an independent coach, consultant and therapist. Her passion for horses and their unique contribution to our personal learning led her to qualify as an equine assisted therapist and she completed the EAGALA Certification Process in 2009 (Equine Assisted Growth and Learning Association). She was a student at the Cambridge Body Psychotherapy Centre from 2002 – 2009 and discontinued the clinical phase of her training in order to focus on developing her equine guided psychotherapy practise. She also delivers equine guided learning interventions to a wide range of individuals and organisations and is co-Director of Equest Partnership. She dedicates a great deal of time to deepening her understanding of horses and what we can learn from them through the Parelli Natural Horsemanship Programme. Pam is also Chair of the Association of Humanistic Biodynamic Massage Therapists and continues to offer biodynamic massage therapy to a small number of clients.

The therapeutic environment which Lindsay and Pam create with the horses is unique and is informed by their respective areas of interest. What they have in common is a body centred approach and by linking this with the presence and impact of the horses a moving and often transformational experience is created.

If you have further questions or would like further information, please contact either Pam or Lindsay: lindsayfovargue@yahoo.co.uk - 07950 102502
pam@pambillinge.com – 07900 830402

You can also find out more about us and our work at:
www.lindsayfovargue.com
www.pambillinge.com

The fee for the workshop is £100 per person and does not include lunch. Places are strictly limited so early booking is advisable.