

Resource Guide

Equine Assisted Psychotherapy: Inside a Session: Movement

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Two Ash Stables

Two Ash Stables is a co-operative providing Equine Assisted Psychotherapy (EAP) in the beautiful Derbyshire countryside on the outskirts of Chesterfield. It is a collaborative venture between psychotherapists, equine specialists, three horses and a mule.

We follow the EAGALA model of practise, an American charity and training organisation which sees the herd, an equine specialist and a psychotherapist hold the sessions together.



Dreamspace Group

Group Sessions

Summer Dreaming

In these times of change, come and share your sleeping and/or waking dreams with others in nature, in a safe respectful space held by three horses.

For: Psychotherapists, counsellors, social and healthcare practitioners. (8 maximum group size)

Venue: Two Ash Stables, Old Tupton, Chesterfield, Derbyshire, S42 6LQ.

Cost: £30.00 per person payable on booking.

Dates: 4th July 2015

Time: 10am – 1pm.

3 hour CPD certificates available on request for each group.

[CLICK HERE FOR MORE DETAILS](#)



For more information or to book a place on one or more of the groups, contact Alexandra on 07774 692 418/01246 232 437 or twoashstables@gmail.com

Workshops

Living Creativity

During this workshop you will have the opportunity to: Create artwork together with the horse of your choice. Adorn the horse with non-toxic paint, natural pigment and feathers Experience your art living, breathing and moving around you and washing it away. We will also use the flow of the experience for words to emerge to create a piece of living poetry together.

For: Qualified & trainee counsellors and psychotherapists.

Date and Time: Saturday 11th July 2015. Arrival 9.45am. Workshop 10am to 4pm. Please bring your own lunch

Cost: £90.00 full price

Early bird (end of May 2015) £80.00

Non-refundable deposit £30.00

Full payment by 26th June 2015

Deadline for Registration: Early Bird 31st May 2015, 26th June 2015

A 6 hour CPD certificate will be issued. 4 to 6 group size.



[CLICK HERE FOR MORE DETAILS](#)

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Supervision

Individuals and groups may arrange individual or regular Equine Reflected supervision sessions on Tuesday mornings.

It is our intention for the sessions to provide exploration, nourishment, support, expansion, refuelling, replenishment and inspiration.

We believe that Equine Reflected Supervision is particularly useful because:

- Nature is a universal resource fostering a sense of calm and groundedness.
- Horses have an expanded capacity to resonate and effortlessly process overwhelm and trauma in people.
- Horses' present moment awareness facilitates a person's clarity.
- Horses are highly sensitive to emotional energy and the intention, so they reflect unclear process into awareness.

We are open to creating the form of the session to meet the needs of the participant/s. For example, a group could have up to 4 supervisees, meet for three hours fulfilling the BACP minimum requirements of one and a half hours supervision in a month and costing £60.00 each. Individual sessions of one and a half hours would cost £90.00

Useful Website

(Click the links below)

www.hoofbeat.co.uk

An emerging Scottish social enterprise offering Equine Assisted Psychotherapy (EAP) and Equine Assisted Learning (EAL) using the innate wisdom of the horse.

Hoofbeat is a collaborative effort between a psychotherapist, equine specialist and herd of horses. A unique take on traditional counselling/psychotherapy or personal development, this is a gentle yet powerful process that can enable lasting change for individuals, families and groups.

EAP is solidly grounded in well-established and researched theories of psychotherapy and has shown to be effective in many areas including; addictions, abuse, domestic violence, depression, anxiety, self-esteem issues, at-risk youth, eating disorders and trauma (inc PTSD).

EAL is effective for team building, boundary work, leadership skills, confidence issues, enhancing communication.

Please contact Cass or Emma if you would like to find out more about Hoofbeat.

Contact Two Ash Stables

(Click on the links below)

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JOIN	JOIN	JOIN

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