



INTRODUCTION TO EFL

COURSE SUMMARY



Equi-Scotia's Introduction to Equine Facilitated Learning course is a comprehensive series of 3 two-hour workshops. Upon completion students will receive an Equi-Scotia CIC Certificate of Attendance in Introduction to Equine Facilitated Learning & and copies of all documentation included in each session.

A maximum of 12 students can be accepted on each group cycle to ensure a cohesive class culture & provide the optimum environment for class participation.

Covid restrictions prompted us to begin delivering online workshops in spring 2020, and we are continuing to find that online content provides a valuable contribution to our programmes.





WEEK ONE

Session one provides a clear understanding of the difference between equine assisted activities, equine facilitated learning (EFL) and equine facilitated psychotherapy (EFP). It explains the difference between Equine Facilitated Learning approaches and more traditional activities with horses that provide opportunities for learning and therapeutic benefits (i.e. RDA and BHS Changing Lives). Examples of different ways in which EFL can engage with local communities and either run as a stand-alone activity or be combined with riding or vaulting programmes.

WEEK TWO

Our next session provides an understanding of anxiety in humans, and the how simply being in the presence of a horse can reduce arousal levels.

This session provides opportunities to practice observation skills and body awareness and explains some safe practice basics for groundwork exercises. It also provides some time for questions and answers around opportunities to develop equine facilitated learning activities.



WEEK THREE

Our final session provides insights around how equine facilitated psychotherapy can be significantly more effective in supporting complex PTSD and trauma than more traditional talking therapies. It also provides some understanding of the physiology of trauma.



Let's hear from you...

"Thank you, Mike and Julie Anne. The course opened my eyes to what is possible within myself and horses. They are amazing teachers and it would be great to be able to open this up to many more people. It encouraged me to question long held beliefs, and to notice and acknowledge horse behaviour, without judgement of them or myself."

- Lesley Furnell,
Shiresmill Therapy
Riding Centre

"Julie-Anne and Mike, Thank you so much for giving me the opportunity to learn from you both, I have really been taken to a new place in my work with our horses and I am sure for the better both for their good and mine I hope this is somewhere we can go with RDA with our coaches for the future, how we would all benefit and especially our amazing horses who so deserve us to do better by them and let them be horses and not machines."

- Anonymous

"I found the content extremely easy to understand and thought provoking, as a visual learner I particularly enjoyed the videos I suppose it evokes feelings and emotions more so than the written word."

- Anonymous

"I liked that the course was backed up by scientific references, and points for further research, the group was diverse which brought insight from lots of perspectives and ways of learning. It was informative and relaxed which is important for me"

- Anonymous



FEES

AND BOOKING

Total fees for all 3 workshops is £75

All bookings can be made on our Website.

Instagram @equiscotiacic

Twitter @equiscotiacic

LinkedIn Equi-Scotia

Facebook Equi-Scotia

Website equi-scotia.com

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Practitioners are members of the professional bodies below and the Community Interest Company is supported by the Scottish Government through First Port.

