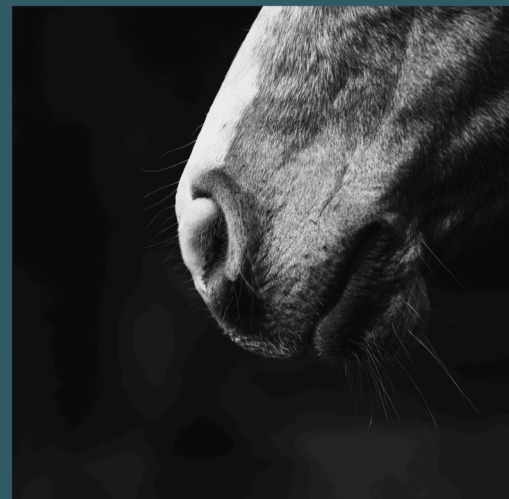




GROUNDWORK THERAPY

2 DAY PROFESSIONAL DEVELOPMENT

SELF AS PRACTITIONER WORKSHOP - A DEEP DIVE INTO REFLECTIVE PRACTICE



Working with people in a more effective and impactful way with the Invitational Approach Framework. Which is a framework for helping people to learn how to safely attend to themselves and others in the moment with the help of horses.

Horses are phenomenally powerful teachers that help support an individual's self-growth, self-responsibility and expanded awareness. By working with horses, we can understand ourselves and the people we work with better and increase our sense of self-awareness and sense of self. Horses are key to teaching us how to build relationship. With ourselves first and then with others in our lives.

WHAT WILL YOU LEARN:

- Learning the Invitational Approach Framework
- Navigating consent, boundary setting and dignity of risk
- Learning about horses to learn about ourselves
- Enhancing reflective practice skills
- Supporting people to do safe sustainable and ethical work
- Learning to scaffold safety into session
- Deep dive into personal practice frameworks
- Navigating our blind spots and stuck spots as practitioners
- Receive take home reflective practice tools, including Groundwork Practitioner Concept Map Booklet and Reflective Practice Questions Worksheet

WHO IS THIS FOR:

- Therapists, dieticians, social workers, counsellors, psychologists, educators, allied health professionals
- Anyone who wants to increase their awareness and efficacy about their practice
- Anyone who wants to understand themselves as a practitioner better and improve their practice skills
- Anyone working in the modality of Equine assisted/facilitated work and wants to enhance their practice or who might be feeling stuck
- Anyone working out-of-doors with people