



## GROUNDWORK THERAPY

### PANEL CONVERSATION

FRIDAY AUGUST 29<sup>TH</sup>

8am to 9:30am

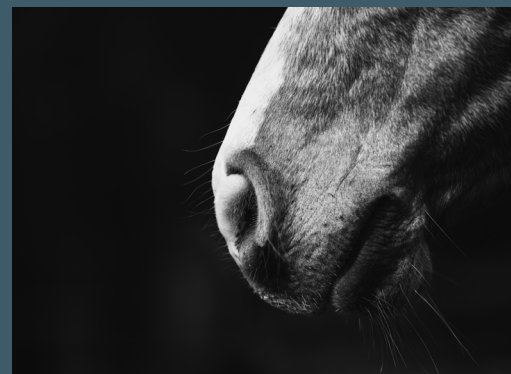
### HANDS ON EXPERIENTIAL PRACTICE WORKSHOP

SUNDAY 31<sup>ST</sup> AUGUST

8am -11am

BARBARA RECTOR · SHELLEY ROSENBERG · DR. ANN BALDWIN  
KYLIE PETERS · SCOTT AND LINDEE MCNAUGHTON

LOCATION: THERAPEUTIC RIDING OF TUCSON (TROT), 8920 E WOODLAND RD, TUCSON AZ



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.

#### TO REGISTER YOUR PLACE:

Email: [sierra@trotarizona.org](mailto:sierra@trotarizona.org)

Donation on the day

#### 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

#### WHO IS THIS FOR:

- Anyone who is in the working with horses and humans field of practice.
- Therapists, social workers, counsellors, psychologists, educators, allied health professionals, horse 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 who wants to spend a hands-on experiential day with horses and nature to learn about process work
- Anyone working out-of-doors with people



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