



Franklin Levinson Presents: "An Introduction to Equine Facilitated Learning"

5.30 – 8.30 pm Thurs 12 Feb at Pegasus, 119 Drake Brockman Dr, Holt



All proceeds from this workshop will go directly to Pegasus – Riding Develops Abilities



EFL Horses are assessed to ensure they're right for working with children

What is Equine Facilitated Learning?

Equine Facilitated Learning is a process by which children and adults learn about themselves, other people and interacting with the world through interactions with horses. It's a ground based activity, and is not about teaching riding or horse care skills yet it has applications for a wide range of individuals, including those who have difficulty fitting into the "real world".

Equine Facilitated Learning is gaining popularity worldwide as a means of helping children and adults with a range of social, emotional and developmental disabilities such as Autism, ADD, along with mental health issues such as depression. Franklin Levinson has developed EFL in the US and the process is recognized by the Equine Facilitated Mental Health Association (EFMHA) a section of the North American Riding for the Handicapped Association (NARHA).

Horses are like magnets for humans, drawing us to them with their beauty, grace and power. We calm down and become more centred and focused in the presence of horses. It's no wonder that appropriate interaction with horses should prove therapeutic to grownups and horses alike.

Franklin has found that for children with mental and emotional disorders, the benefits of the experience with horses is frequently profound. Children with Attention Deficit Disorder will focus on the horse for long periods of time even though they have difficulty focusing in their everyday lives. Once children understand how to ask for and receive cooperation from the horse, their self esteem and confidence goes sky-high. For a child or young adult who has very little control of their own environment, EFL can be very empowering - providing communication and relationship skills and teaching responsibility, respect, trust and self control.

How does EFL work?

Horses are mirrors of humans and cannot lie. They are prey animals, with an overriding instinct to feel safe. A horse will become fearful if in the presence of aggressive, noisy and over controlling people, yet he is always searching for a leader to help him feel safe. Children, even those with mental and emotional disorders, can often manage a horse more easily than adults especially when given an insight into herd behavior. Children are often more open to developing an equal relationship rather than trying to control. They quickly grasp the importance of body language, gestures, breathing and voice.

EQUINE FACILITATED LEARNING WORKSHOP AND DEMONSTRATION

Franklin is holding a three hour introductory workshop at Pegasus Riding for the Disabled.

The workshop is aimed at people interested in learning more about how horses can help us to build trust, and improve relationships. It will be particularly beneficial for those who work with children with a disability.

Where: Pegasus- 119 Drake Brockman Dr, HOLT, ACT

When: 5.30 – 8.30pm Thurs 12 Feb 2009

Cost: \$25 (includes a light supper)

\$10 for current Pegasus volunteers

Content:

- ✓ **What is equine Facilitated Learning?**
- ✓ **Working with horses to enrich people's lives?**
- ✓ **Developing trust in horses and people.**
- ✓ **Playing games with horses to achieve positive outcomes for people.**
- ✓ **Practical sessions with horses and children with disabilities.**

To register for the workshop, please call Pegasus on (02) 6254 9190 or email enquiries@pegasusact.com.au