![eagala — The Global Standard for Equine Assisted Psychotherapy & Personal Development]

Fundamentals of the Eagala Model Training

Objectives and Agenda

Eagala Certification involves successfully completing four steps:
1. Pre-training online webinar
2. Professional development portfolio
3. Fundamentals of the Eagala Model Training
4. Post-training online assessment

Mission:
The Fundamentals of the Eagala Model training provides didactic and interactive, hands-on learning experiences so that participants leave with an understanding and application of the Eagala Model. The Eagala Model is a model of standards and clinically supported facilitation skillsets which effectively incorporate horses experientially in mental health and personal development sessions. The model involves a team approach of credentialed mental health professional, qualified equine specialist, horses and clients collaboratively working towards treatment or learning goals.

Learning Objectives:
1. Participants will define the 4 standards of the Eagala Model (Team approach, 100% ground-based, solution-oriented, adherence to code of ethics).
2. Participants will identify the theoretical underpinning of the Eagala Model, namely experientialtherapy, person-centered (humanistic) therapy, and aspects of postmodern approaches.
3. Participants will relate the benefits of incorporating horses into therapy through the Eagala Model.
4. Participants will identify different facilitator skillsets when conducting individual and group sessions in the Eagala framework.
5. Participants will clarify and differentiate aspects of treatment team roles, namely the roles of Mental Health Professional, Equine Specialist, and Equine.
6. Participants will define the SPUD'S™ framework of observation and intervention and apply the SPUD'S™ framework through experiential application.
7. Participants will demonstrate how to structure sessions and session progression through treatment planning within the Eagala Model context with experiential application.
8. Participants will identify and demonstrate verbal and nonverbal interventions to facilitate the client's process, including clinically supported methods involving narrative, projection, metaphor, and symbolism as they relate to Eagala's solution-oriented standard through experiential application.
9. Participants will relate ways to recognize, manage, and constructively utilize counter-transference ('S) so as to minimize potential negative impact on client's process.
10. Participants will identify ethical standards and unique ethical considerations when conducting this model.

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Agenda: Fundamentals of the Eagala Model Training Agenda
5 days: 8:30 a.m.- 4:30 p.m. daily on days 1-4 with lunches included. Day 5 will begin at 8:00 am and will end by 12:30 pm. Full attendance is required for completion of the course. Total of 29-hours of CE (ACE) credit provided.

<table>
<tr><td colspan="3" align="center">Fundamentals of the Eagala Model Training
AGENDA</td></tr>
<tr><td colspan="3">Prior to training attendance</td></tr>
<tr><td colspan="3">Complete the Eagala Pre-training Webinar – 30 minutes – introduction to the model, standards and training preparation and readings. Submit Professional Development Portfolio. Note: The Pre-Training Webinar and Professional Development Portfolio DO NOT provide CE (NAADAC/NBCC) credit</td></tr>
<tr><td colspan="3">DAY 1 (5.5 hr CE)</td></tr>
<tr><td>Time</td><td>Activity</td><td>Objective</td></tr>
<tr><td>8:30 am – 9:30 am</td><td>Registration, Introduction, and Welcome</td><td></td></tr>
<tr><td>9:30 am – 11:00 am (1.5 hr CE)</td><td>Discussion: Eagala Model standards and facilitation skillsets
Experiential activity: Non-interpretative observation</td><td>Define the four key standards of the Eagala Model and summarize the facilitation skillsets and foundation of the Model; Build group rapport; Introduce and practice foundational skillset of counter-transference awareness and non-interpretive facilitation</td></tr>
<tr><td>11:00 am – 11:15 am</td><td>Break</td><td></td></tr>
<tr><td>11:15 am – 12:15 pm (1 hr CE)</td><td>Discussion: Facilitating the process – SPUD'S™ framework
Experience: Non-Interpretative observation within the SPUD's framework</td><td>Define the SPUD'S™ framework of observation and intervention</td></tr>
<tr><td>12:15 pm – 12:45 pm (.5 hr CE)</td><td>Discussion: Holding space and the client's narrative ("story")</td><td>Define and incorporate solution-oriented skillsets of Eagala Model</td></tr>
<tr><td>12:45pm – 1:45 pm</td><td>Lunch</td><td></td></tr>
<tr><td>1:45 pm – 2:45 pm (1 hr CE)</td><td>Discussion: Self-awareness and emotional safety</td><td>Identify and demonstrate awareness of countertransference and nonverbal messages and interventions</td></tr>
<tr><td>2:45pm – 3:00 pm</td><td>Break</td><td></td></tr>
</table>

Time	Activity	Description
3:00 pm – 4:00 pm *(1 hr CE)*	Demonstration: Eagala Model individual session	Introduce and identify standards and skillsets when applied
4:00 pm – 4:30 pm *(.5 hr CE)*	Closing and homework	Review of skillsets taught throughout the day and homework assignment
DAY 2 - *(6.5 hr CE)*		
8:30 am – 9:00 am *(.5 hr CE)*	Check –in	Homework Review and discussion/questions from day 1
9:00 am – 10:00 am *(1 hr CE)*	Discussion: Team Roles and expectation Experience: Observing SPUD'S in relation to physical placement	Understand difference of team roles and experience utilization of placement in facilitating sessions
10:00 am – 10:15 am	Break	
10:15 am – 11:15 am *(1 hr CE)*	Discussion: Correlating SPUD'S Experience: Large and small group practice using correlating SPUD's	Defining difference between correlating SPUD'S versus random SPUD's and practicing of these questions.
11:15 am – 12:15 pm *(1 hr CE)*	Discussion and Experience: Practice internal vs external facilitation Demonstration: Eagala Model individual Session #2	Practice and demonstrate understanding of the difference between internal and external facilitation Identify additional skillsets covered
12:15 pm – 1:15 pm	Lunch	
1:15 pm – 2:15 pm *(1 hr CE)*	Experience: Small group practice internal vs external facilitation	Practice and demonstrate understanding of the difference between internal and external facilitation
2:15 pm – 2:45 pm *(.5 hr CE)*	Informed Consent and Framing of Eagala Model experience	Understand importance of informed consent and framing/balance within Eagala Team.
2:45 pm – 3:00 pm	Break	
3:00 pm – 4:00 pm *(1 hr CE)*	Discussion: Structuring sessions Experience: Practice structuring sessions; Continued practice internal vs external facilitation	Identify the thought process and metaphorical relevance in structuring sessions related to the treatment goals and stages of change; Practice and demonstrate the four categories thought process, using client words, and nonverbal skillsets
4:00 pm – 4:30 pm	Closing and homework	Review of skillsets taught throughout days 1 and 2 and homework assignment

	(.5 hr CE)		

DAY 3 – *(6.5 hr CE)*

Time	Topic	Description
8:30 am – 9:00 am *(.5 hr CE)*	Check- in	Homework Review and discussion/questions from days 1 and 2
9:00 am – 9:30 am *(.5 hr CE)*	Discussion: Facilitating through metaphor, symbolism, and the external space	Defining and utilize direct and indirect metaphors; Working through narrative, projection, metaphor, and symbolism
9:30 am – 10:30 am *(1 hr CE)*	Experience: Team roles and facilitating the process Discussion: Large group debrief	Magnify roles and responsibilities, understanding of proximity, and non-interpretative SPUD'S
10:30 am – 10:45am	Break	
10:45 am – 12:15 pm *(1.5 hr CE)*	Experience: Practice team facilitation emphasizing client words. Large group practice Discussion: Large group debrief	Understanding of framework of facilitating and closing sessions using SPUD's framework
12:15 pm – 1:15 pm	Lunch	
1:15 pm – 2:45 pm *(1.5 hr CE)*	Experience: Small group practice of Eagala Model facilitation Discussion: Large group debrief	Put all Eagala skillsets into practice to facilitate Model
2:45 pm – 3:00 pm	Break	
3:00 pm – 4:00 pm *(1 hr CE)*	Trainer demonstration of 2nd Eagala Model session	Understanding of closing Eagala session and implementation of all Eagala skillsets
4:00 pm – 4:30 pm *(.5 hr CE)*	Closing and homework	Review of skillsets taught throughout days 1-3 and homework assignment

DAY 4 – *(6.5 hr CE)*

Time	Topic	Description
8:30 am – 9:00 am *(.5 hr CE)*	Check –in	Homework Review and discussion/questions from days 1-3
9:00 am – 10:00 am *(1 hr CE)*	Discussion: When to check in or not check in; Building on sessions – treatment process progression Discussion: Self-awareness and counter-transference ('S)	Identify when to check or not, importance of timing of questions, awareness of placement/proximity when checking in; Identify skillsets of client engagement: triangles dynamic, patterns, peak, safety, and time; Apply

		and demonstrate skillsets, including framing, beginning, middle and closing sessions; Identify ways to recognize, manage, and constructively utilize countertransference ('S) to facilitate client process
10:00 am – 10:15 am	Break	
10:15 am – 11:45 am (1.5 hr CE)	Experience: Small Group practice and role play in skillset facilitation and progression of sessions Discussion: Large group debrief	Demonstrate application of session progression skillsets and awareness/utilization of counter-transference to facilitate client process
11:45 am – 12:45 pm	Lunch	
12:45 pm – 1:45 pm (1 hr CE)	Discussion: Building on sessions – treatment process progression	Structure effective sessions through treatment planning and session progression within the Eagala Model context: flow, themes, metaphor
1:45 pm – 2:45 pm (1 hr CE)	Experience: Small Group practice and role in skillset facilitation and progression of sessions (continuation)	Demonstrate application of session progression skillsets and awareness/utilization of counter-Transference to facilitate client process
2:45 pm – 3:00 pm	Break	
3:00 pm – 4:00 pm (1 hr CE)	Discussion: Group work in Eagala sessions Demonstration: Eagala Model group session	Identify group work skillsets: physical placement, dynamics, counter-transference, relational focus vs individual focus, processing skillsets, Tuckman Model; understanding of application of session progression skillsets
4:00 pm – 4:30 pm (.5 hr CE)	Closing and homework	Review of skillsets taught throughout days 1-4 and homework assignment
DAY 5 – *(4 hr CE)*		
8:00 am – 8:30 am (.5 hr CE)	Check –in	Homework Review and discussion/questions from days 1-4
8:30 am – 9:00 am (.5 hr CE_	Discussion: Eagala Certification process, standards, evidence/research and ethical standards and procedures Experience: Team roles and facilitating the process	

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9:00 am – 10:30 am *(1.5 hr CE)*	Experience: Session practice focused on specific skillsets Break	Eagala skillsets practice and implementation
10:30 am – 10:45 am	Break	
10:45 am – 11:45 pm *(1 hr CE)*	Experience: Session practice focused on specific skillsets (continued)	Eagala skillsets practice and implementation
11:45 pm – 12:15pm (.5 hr CE)	Discussion: Eagala Certification process, standards, evidence/research and ethical standards and procedures	
12:15 pm – 12:30 pm	Closing	
DAY 6 - *Note: The Post-training assessment and participant evaluation DO NOT provide CE (NAADAC/NBCC) credit*		
3 hours	Complete Post-training online assessment and Fundamentals training participant evaluation. Successful completion requires minimum score of 90%. Up to 3 retakes are allowed.	Online course assessment covering in more depth theoretical underpinning of the Eagala Model and ethical standards, considerations and applications, plus complete and pass post-training assessment

Course completion & CE info

Course completion requirements: To earn Eagala Certification Certificate, qualified mental health professionals and equine specialists must attend the entire course and complete a pre-training webinar, professional development portfolio, course evaluation, and post-assessment. For mental health professionals to earn CE (NAADAC/NBCC) credit: participants must attend the entire course and complete a course evaluation. Certificates of completion will be emailed within 10 business days of course completion. *Note: The Pre-Training Webinar, Professional Development Portfolio, Post-training assessment, and participant evaluation DO NOT provide CE (NBCC/NAADAC) credit*