



Wendy Bramham Therapy

Counselling, Psychotherapy & Complementary Health
Newbury & Marlborough

www.wendybramham.co.uk

Horse Power - Discover Embodied Equine Assisted Therapy *Pam Billinge*

Saturday, 17th October 2015 - 10 am to 1 pm
Suddene Park Farm, Burbage, Wilts

Introduction

This half day discovery session provides a rare opportunity to share with you the power of working with horses as a life-changing experience through a series of short presentations and demonstrations. It will be useful for anyone interested in learning about equine therapy for themselves or their clients, or for combining horses in their own work; or for short-term referral in conjunction with other therapies.

Interacting with horses, with awareness, calls us into our bodies. When someone experiences the *feeling* of being embodied and connecting with themselves there is no need for language or explanation. Once we have had that felt sense of what it is to be present and the horse validates this change in us by responding differently, there is no need to explain it. This ability for profound non-verbal experience is very useful for clients who struggle to be present, to be aware of their own emotional experience, or who have been traumatised in some way. Working with the horses teaches us to be aware of, track and manage our emotions, as well as how to integrate our experiences which may have otherwise caused splitting/disembodiment.

Horses are socio-sensual creatures, meaning that they attune to and transmit emotion through their herd almost instantly, for the purposes of survival. In this way they also resonate with, the energetic qualities and emotions that we carry, deepening and bringing clarity to our experience. Horses are also experts at self-regulation and by working with them we are invited to complete a healthy cycle of biodynamic self-regulation. So whilst our therapeutic experience might be profound it is also calming and grounding, and connects us with our playful, essential self, even when in the midst of sometimes painful exploration.

Biography

Pam Billinge trained as a Body Psychotherapist following a long career as an organisation development specialist and leadership coach. During her training she began noticing the immediate impact which her own emotional process had on her horse's behaviour. This began a journey of discovery which has led her to develop an approach which she calls Embodied Horse-Led Therapy and Learning. In 2012 the approach was show-cased at the European Body Psychotherapy Conference held in Cambridge, and also won an award for youth work in 2010. www.equestlimited.co.uk www.pambillinge.com



Pam Billinge

No riding or horsemanship is involved in this workshop, and no prior experience of horses is required. It is open to all therapists or those working with human potential.

“Early bird” price before 17th September - £50; or after £60. Max numbers 15.

Venue: Suddene Park Farm, Burbage, Wilts SN8 3DP

TO BOOK: seminars@wendybramham.co.uk or phone 07921 393879

Booking forms can be downloaded from our website

To view our full seminar series: www.wendybramham.co.uk (seminars tab)