



My Horses My Healers

International Equine Summit 2019

Rafael Arena, La Fortuna, Costa Rica

October 4, 5, 6, 7 – Schedule of Events

October 4, 2019

11:30am - 1:00pm	Welcome Reception and Buffet Lunch
1:00pm - 2:30pm	<p>Keynote Speaker - Shelley Rosenberg “How to Know When it is Safe to Open the Wound and When to Put on the Bandage – Supporting the Abuse Survivor” – Part 1</p> <p><i>It is common for equine professionals to have clients with a history of abuse. In her 3-part presentation, Shelley will share her own story of childhood sexual abuse and give advice, from her years of experience in the EFL field, on how to support the abuse survivor.</i></p>
2:40pm - 4:00pm	<p>Dr. Nancy Coyne “Asking for Help: When the Coach Needs Support”</p> <p><i>Psychiatrist Nancy Coyne will address questions commonly asked by EFL facilitators: What do you do as a facilitator when you get stuck, scared or don't know what to do? How do you know when you need help? How do you read your own body signals? How do you handle fear of shame and looking foolish? Who and How do you ask for help?</i></p>
4:00pm - 5:00pm	Poster Sessions and Cash Bar open
5:00pm - 7:00pm	Dinner (\$20/pp) and Mariachi Band Performance

October 5, 2019

7:00am - 8:00am	Mindful Movement with Eric Kolesar (\$5/pp)
8:00am - 8:45am	Coffee and Poster Sessions
8:45am - 9:30am	<p>Keynote Speaker - Shelley Rosenberg Part 2 - “How to Know When it is Safe to Open the Wound and When to Put on the Bandage – Supporting the Abuse Survivor”</p>
9:40am - 11:20am	<p>Dr. Tracy Webber “Put Your Damn Crown On and Step Into Your Power”</p> <p><i>This experiential session will move us forward in exploring our higher purpose. Asking for assistance from the horses to create supportive energy and learning from their ancient wisdom, we will experience what it takes to step into our power.</i></p>

11:30am - 12:30pm	<p>Dr. Ann Baldwin</p> <p>“Do Residents in Assisted Living Benefit from Stroking Horses?”</p> <p><i>A program called “In the Presence of Horses” has been established at Hacienda at the River Assisted Living, Tucson AZ. Residents experience guided interaction with horses and have consented to their physiological responses being measured. Dr. Baldwin, working with the HeartMath Institute, will present these scientific findings.</i></p>
12:30pm - 1:30pm	Lunch and Poster Sessions
1:30pm - 3:00pm	<p>Deborah Draves Legg and Dr. Wilfredo De Jesus</p> <p>“Taking Care of the Herd - What We've Learned”</p> <p><i>Caring for a large herd of working horses can be a challenge for horse owners, both financially and ethically. In this presentation Wilfredo, veterinarian, and Deborah, herd owner, offer support and advice based on their learning over the years about caring for a herd of 27 horses that work not only with EFL clients but also in tourism.</i></p>
3:30pm - 5:00pm	<p>Dr. Lorraine Tilbury</p> <p>“Be a Heart Warrior - Love Fiercely While Protecting Yourself”</p> <p><i>In this experiential session, supported by horses, we will learn to recognize, create and protect our personal space, building a "heart-shield" by creating a "cosmic smashbook", fully expressing our creative power, free of judgement and revealing our capacity to rightfully claim and protect our scared space.</i></p>
5:00pm - 6:00pm	Dinner (\$20/person) and Cash Bar open
6:00pm - 7:00pm	<p>Special Presenter – Carol A. Patrick</p> <p>“Saving Wildlife in Costa Rica: The Making of Osa Wildlife Sanctuary”</p> <p><i>Carol left her life in the USA 24 years ago to start the Osa Wildlife Sanctuary. She will share her story - success and failures – and her passion for conservation, discussing the importance of protecting the complex connections of life in the Costa Rican rainforest. Q&A will follow, with an opportunity to meet Carol.</i></p>

October 6, 2019

7:00am - 8:00am	Yoga and Mindfulness with Eric Kolesar (\$5/pp)
8:00am - 8:45am	Coffee and Poster Sessions
8:45am - 9:30am	<p>Keynote Speaker - Shelley Rosenberg</p> <p>Part 3 - “How to Know When it is Safe to Open the Wound and When to Put on the Bandage – Supporting the Abuse Survivor”</p>
9:40am - 11:10am	<p>Gretchen Morgan and Sally Nilsson</p> <p>“Healing the Healers: Using Equine Facilitated Sand Play Therapy to Support Healers and Treat Compassion Fatigue, Burn Out and Vicarious Trauma”</p> <p><i>This experiential session illustrates the powerful synergistic combination of Sand Play Therapy with Equine Facilitated Learning and its use to support individuals in the healing arts profession.</i></p>
11:20am - 12:30pm	<p>Phoebe Hoffman</p> <p>“Intuition and Animals - Travelling My Yellow Brick Road”</p> <p><i>Phoebe will share her story of stepping into her power and expanding her gift of animal communication with the support of her horse, Paisatine. Q&A session follows her presentation.</i></p>

12:30pm - 1:30pm	Lunch and Poster Sessions
1:30pm - 2:20pm	<p>Cheryl Nolan “Navigating the Law in Equine Practice” <i>Practicing attorney, Cheryl, will address key questions and concerns about the legal aspects of running an equine business and working with members of the public.</i></p>
2:30pm - 4:00pm	<p>Alejandra Gonzalez "Bridging the Parelli Method of Natural Horsemanship to Classical Dressage - The Importance of Relationship" <i>3-Star Parelli professional Alejandra will discuss and demonstrate the essential elements needed to create a natural relationship with the horse, thus improving performance in classical dressage.</i></p>
4:10pm - 5:10pm	<p>Vivian Evans “Walking with Wild Horses” <i>Over the course of 3 years in a remote wilderness area in Canada, Vivian observed and interacted with the wild horses that live there. She documented her experience and observations in her first book, “The Wild Horses of the Highland Valley”. In this experiential session, Vivian will show us how she learned to let go of tools like the halter and lead rope, and replace them with heart to heart communication, allowing us be part of a reciprocal conversation with the horse.</i></p>
5:30pm - 7:00pm	<p>“Freedom Tracks” Documentary Screening – Leila Pages <i>Leila traveled across Europe and the Americas on a journey of exploration, inspired by her love of horses, collecting content for her documentary. She discovered that there are infinite and complex layers to the horse and human relationship and experienced for herself that horses can be our guides on our own track to freedom. This will be the premiere screening in Costa Rica of her award-winning documentary. Leila will be in France during the Summit for the film’s public release, but she will be Skyping in for a Q&A after the screening.</i></p>

October 7, 2019

7:00am - 8:00am	Yoga and Mindfulness with Eric Kolesar (\$5/pp)
8:00am - 8:45am	Coffee and Poster Sessions
8:45am - 10:30am	<p>Round Table Discussions – Q & A <i>Oral Speaker - question and answer forum.</i></p>
11:00am - 12:30pm	<p>Keynote Speaker - Amberley Snyder “Walk. Ride. Rodeo.” <i>In 2010 rodeo star, Amberley Snyder, was in a devastating car accident, leaving her a paraplegic. Today Amberley inspires thousands of people by sharing her incredible story of determination to ride and compete-in and win-in rodeos again! She has let the challenges she faces refine her, not define her. Amberley’s story is documented in the new film, “Walk.Ride.Rodeo”, which has just been released on Netflix. Her presentation will be followed by a Q&A and opportunity to meet Amberley.</i></p>
12:30pm - 1:00pm	Closing Remarks – Shelley Rosenberg