

Equine-Assisted Networker

Volume 6



Number 1

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Homework from Maine

I am, with permission, sending you something our client wrote as her homework assignment following a session. The horse she was working with is relatively new, and we had just moved her one buddy to my house so she was most often away from others and beaten up a bit. She also was needing doctoring for an abscess. This client has done very well throughout her therapy, but this was one of her cathartic sessions. This was a letter to her sister's following a difficult family reunion. (From Kindred Spirits Growth and Learning, LLC)

The horse, Beauty, and I are alike.

Her infected foot needed to be doctored. The abscess – the infection, needed to be opened up, drained and doctored with love. Without doing this, she could not walk – she could not move forward. Some things from my past have abscessed – and were laying just under the surface, waiting to be pricked with a pin, so the infection could ooze (or burst!) out, in order for it to heal. My therapy had acted like a warm compress, and the wound was brought to the surface, readied to burst.

You, my dear sisters, are not the cause for the wound – we are all wounded, just differently, in different places, and the treatment for each wound is different, individual to each of us. I do not blame you. I really don't blame anyone, not even Mom or Dad. In life, each one of us just does our best.

I had to ask the question – "Why?" – of all of you, just as I had to ask the question of Dad, many years ago, as he and I canoed down the Blackwater River

Many clients find themselves in the horses they meet through equine-assisted work.



in Florida. The inner child, the sad, lonely, heartbroken child, needed to hear an answer. Even tho the adult knows the answer, the child needed to hear it, in order for it to make sense. The answer being, that we are all human, we all hurt, we all make mistakes, *we are doing the best we can – at that moment-to survive a difficult situation.* My adult knows that, but the little girl needed to be told that as well. After the question, - comes "awareness" and "compassion."

Continued p. 7

What's New in the O.K. Corral . . .

2012 Calendar in Full Swing!

2012 promises to be another exciting year for the O.K. Corral Series! We already have a variety of new and veteran host facilities on the calendar. We encourage you to consider hosting if you are unable to travel to a seminar.

Seminar hosts have found that hosting brings both recognition and referrals from their respective communities. The O.K. Corral makes hosting worth your while by providing hosts with complimentary certification and the opportunity to earn a commission from the participants they refer. For more information, give us a call or visit www.okcorralseries.com/hosting.



More Corral Consultants Needed!

Thanks to dedicated equine-assisted practitioners, the O.K. Corral is able to offer free mentoring to new members or those who want a "leg up" in the industry.

As our organization grows, we are in need of more volunteer consultants to meet the demand of the membership.

Who is an O.K. Corral Consultant?

Corral Consultants are individuals with equine-assisted experience and education, as well as the willingness to help others. They are committed to offering their time and experience to others embarking on an equine-assisted career, and to providing help on a volunteer basis. The volunteers agree to consult with members from one to three times, after which a contract may be made between the parties for further consultation at a rate

to be determined by each individual consultant. (Sample contract forms are available from the O.K. Corral) O.K. Corral Consultants have been certified by the O.K. Corral Series. Contact us if you are interested in becoming an O.K. Corral Consultant!



NEAT Announcement

For those of you who don't know, I am co-founder for Nevada Equine Assisted Therapy. We work closely with Sierra Association of Foster Families (SAFF), to help children, teens and their families through difficult times. SAFF's Director, Joseph Glata has made a wish and we are trying to make it come true. This Christmas the story WAR HORSE will be coming to theaters. Joseph would love to have a Foster Family day at the movies so that the families can share this incredible story. I am reaching out to my contacts and asking you to pass this on to your contacts. I need to find somebody who knows somebody associated with one of the following people or companies. If you can provide an introduction, so much the better, but even a name and phone number/e-mail address will help. I will follow up and see if we can make something happen! Please let me know if you know (or know someone who knows):

Michael Morpurgo – Author

Someone at Century/Cinemark Theaters –

Corporates in Plano Texas I believe

Steven Spielberg – Dreamworks (would't that be great!)

Screen Writers – Lee Hall or Richard Curtis

Actors – Jeremy Irvine, Emily Watson, David

Thewlis, Tom Hiddleston

Amblin Entertainment, The Kennedy/Marshall

Company, Reliance Entertainment, Touchstone

Pictures, Walt Disney Studio Motion Pictures

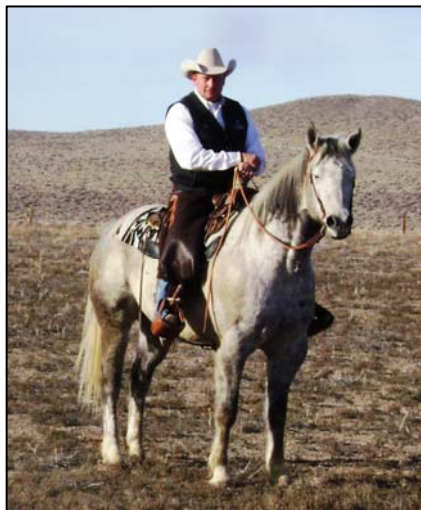
Please feel free to call me (775)750-9823 or e-mail

me if you would like (all4mys @ yahoo.com).

Thank you in advance for any help you can provide.

-Laurie Roberts

Founder's Forum:



In my career and experience developing what we have come to call “Equine Assisted Philosophy,” nothing has helped me more than my work, play, and observation with dogs and horses. Canine and equine are probably the defining species of packs and herds, respectively. While I love both species, it is the herd behavior that stands to offer us a stellar model for healthful, cooperative human behavior.

O.K. Corral Series’ certified professionals have become familiar with herd and pack characteristics, and our observation that humans exhibit characteristics of both. With accurate herd behavior and observation skills, you will most likely see combinations of herd and pack in your lives and the lives of your clients. For dog fanciers, fans of the wolf, or plain old pack-lovers, this may be difficult to take.

A Herd Full of Pack Members

Humans are not naturally solitary animals. We are social beings. For this reason, most attempts to figure out a person through his or her individual psychology do not take into account the peripheral influences that necessarily affect our behavior and psyche. Social psychology has been an immensely useful tool in understanding human behavior.

Equine Assisted Philosophy, with its distinction between herd and pack principles, allows us to better analyze human motivations (both our own and those of others), and the roles they play in all types of human groups – including families, organizations, sports teams, and more.



A herd full of pack members is more concerned with self-preservation than the safety of the group.

One of the most important attributes of the herd is its emphasis on safety – rather than self-preservation, the focus is on herd-preservation and the value of the whole herd is emphasized for safety, successful survival, and reproduction. Herd animals will forego food and forget pecking order in the name of keeping the herd safe. In contrast, a pack animal will forego safety for the sake of food and pecking order. In view of families and other associations, it is fascinating to see this herd or pack behavior illustrated both metaphorically and literally.

Herds demonstrate a variety of social freedoms and the whole spectrum of politics. Typical herds consist of a number of members working together, allowing differences, promoting, playing, and accepting the impulses and suggestions of all herd members at various times, and especially when safety is a concern.

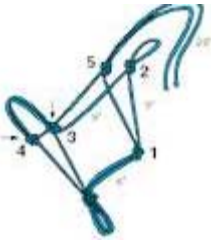
Packs, composed of smaller numbers, move together and regulate each other’s behavior. It is common to see promising performers interfered with and stifled in the name of maintaining the pack leadership. Have you ever been a member of a group that acted like this?

Continued p. 5

The 7 Steps of “Narelli”

(A Tongue in Cheek Guide to EAP from an Expert Therapist & Horse Novice)
by Narelle Wickham

- 1) Whenever possible, use old, small, and very lame horses.
- 2) Use halters with clearly-marked instruction, e.g. “A goes around nose, B goes around head.”
- 3) Have clients who can pay large amounts of money for the session – repeatedly.



- 4) For the “Ground Tie,” have a peg hidden in the sand – ensure no one else can see it. Always tie the horse to this.
- 5) Have a horse person on hand – in some circumstances the client may want to pay extra to have an ambulance and veterinarian on stand-by. (Add 50% to the charge to increase your profit margin)



- 6) The only *true* “Safety Dismount” is “not mount” at all.

- 7) Have medication on hand. Take yours first – do not share it with the client or horse.



Editors Note: Do NOT attempt the “7 Steps of Narelli!” We were tickled by the artful expression of fears and frustrations we all experience in EAP, and hope you will always use the “First Step of EAP” – common sense – in your practice.



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Founder's Forum (continued from p. 3)

In pastures and fields all over the world, we see herd animals co-mingling with other species of herd animals. They accept other herd species in and around them while at ease. On the contrary, and particularly in the wild, packs do not tolerate other pack species.

An entire herd participates in the establishment of social norms as well as definitions of "good" and "bad." In typical packs, one or two members decide and define for the group. Democracy versus oligarchy comes to mind when comparing the way in which herds and packs are governed.

When I hear people talk about becoming more like a horse in order to build a better relationship with their equine companions, I advise them not to try to be a horse, but to focus on being the best herd animals they can be. What does that mean? Acceptance, tolerance, follow, and lead, work with your herd to keep everyone safe.



Different herd species coexist harmoniously.

These principles that separate a herd from a pack are philosophies that relate equally well to human groups. I would like to encourage you to be more herd-like in all of your relationships, and demand it in the groups with whom you mingle, socialize, and do business.

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Free Advertising for O.K. Corral Members!

The O.K. Corral On-line Member Directory receives hundreds of hits every month from people who are looking for people like you! We do believe in respecting the privacy of all of our members, and do not give out contact information without your approval. So that means that it is **up to you** to let people know how to find you!

When you submit a member directory information form, you open yourself and your business up to networking. Give yourself some publicity - call the O.K. Corral and we will mail or FAX the Member Information Form to you!

Corral News (continued from p. 2)

Professional Publications Page Coming to okcorralseries.com

In honor of the prolific authors in the O.K. Corral community, we will be adding a page to the website to display these works. Whether books, articles, or published papers, we would like to give tribute to your professional successes.

If you have authored a publication (equine-assisted or not!), please drop us a line so we don't leave anyone out. We are all appreciative of your dedication to sharing knowledge.



O.K. Corral to Present at Problem Gambling Conference

This November, Greg Kersten will be presenting an introduction to Equine Assisted Psychotherapy at the New Mexico Council on Problem Gambling Conference.

The two-day event will be held at the Sunland Park Racetrack in Sunland Park, NM. Registration is directly through the council (www.nmcp.org), and costs only \$120 for both days! CEUs are available for mental health professionals. Escape to the sunshine on the border with us!

O.K. Corral Featured in America's Horse Magazine

AQHA members were delighted to see the article on EAP and EAL with returning veterans in the October, 2011 issue of *America's Horse* magazine. The article highlighted the work being done at the United States Air Force Academy through the Warrior Wellness program, spearheaded by Billy Jack Barrett. At the Warrior Wellness program, soldiers are offered weekly equine therapy sessions, in which over 100 soldiers and their families have participated since it was created in 2009.

HorsePower

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Aided by the horses, **youth** will focus on the following:

- Learning problem-solving skills
- Trying out new behaviors and getting feedback from an unbiased Ranch partner: the horse
- Developing positive relationships and respect for others
- Identifying personal strengths and growth areas

Separate sessions for **parents** will be offered and will focus on:

- Communication styles
- How to talk so your child will listen
- How to listen so your child will talk
- Parental self-care

Sessions will meet for two hours one day per week for four weeks. Groups will be divided by age (12-14 years old and 15-18 years old) and will have a maximum of eight participants. For more information, please contact the Ranch.

*All sessions will be led by experienced Licensed Professional Counselors and assisted by Equine Specialists.

Paws for Reflection Ranch

5431 Montgomery Road, Mullothian, TX 76065 • 972-775-8966 • www.pawsforreflectionranch.org

Paws for Reflection Ranch

Greg Kersten and the O.K. Corral Series made a cameo in the article that featured a photo from the certification seminar hosted at the United States Air Force Academy Equestrian Center.

New Milepost Seminar Announced: Corral Gold!

2012 will feature a new seminar in the O.K. Corral Series. The “Gold” seminar is a certification seminar specifically designed for horsemanship and riding instructors who would like to introduce equine-assisted philosophy into their programs and practices.

Riding instruction programs can learn more to enhance their instruction - whether for competition or pleasure - through the Corral Gold seminar. Contact the O.K. Corral for more details!



Homework from Maine (continued from p. 1)

Awareness that we are all just trying to navigate a *minefield* and could only watch our own steps; and Compassion for the pain that we all endured because it was impossible to navigate the minefield successfully. We all suffered and we all need to heal.

The question “why?” – was the abscess. You say you hope that I will “get over it” – but I won’t, - it’s a part of me, it’s part of who I am. It helps me to have compassion for others who hurt. But, it’s also in the past – the abscess has been opened, and the healing has already began. It will scar, but it will not be painful anymore. Thank you for allowing me to pick at the scab and reveal the wound. I hope your wound will also heal – I hope you will be happy today and live in the moment – that’s all we really have.

Thank you for being who you are – thank you for being my sisters. I love and admire each of you.

Kay, you did invite me to “get away” with you and gave me shelter as a child, and guidance as a teenager. Thank you!

Lynn, you go out of your way to do things for me, and all your family. You traveled with me on my wandering ventures, helping me find a home on more than one occasion. Thank you!



Work with horses opened the door to healing for four sisters.

Mel, your compassionate heart and non-judgment have always been a life raft for me – when I had no where else to go, you have always given me a home. Thank you!

I know that throughout my life, I have always had the love of my three sisters – you are my support, you are my herd. You are each so very special to me, in each of your own unique ways.

I love you all and hope we will, someday, have another sisters’ reunion. I miss you all very much and need you in my life.

Your little sis,
Name withheld

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WinningWithHorsePower.org

IT'S OK TO CHANGE YOUR FOCUS

By Patti Overholt
RANCHO de RELAX-O
Niceville, FL

I recently attended Greg Kersten's LET'S GET DOWN TO BUSINESS seminar in Washoe Valley Nevada. I could have waited for a workshop closer to my home in NW Florida but my best girlfriend of 42 years, Barb, lived nearby and I couldn't pass up the opportunity to combine horses and friendship. Barb hung around for a little while during the first session just out of curiosity.

The first challenge of the day was when Greg released his herd into the arena and one horse began to charge wide open through the herd. She bucked and kicked and to my untrained eye appeared to be some kind of wild mustang.

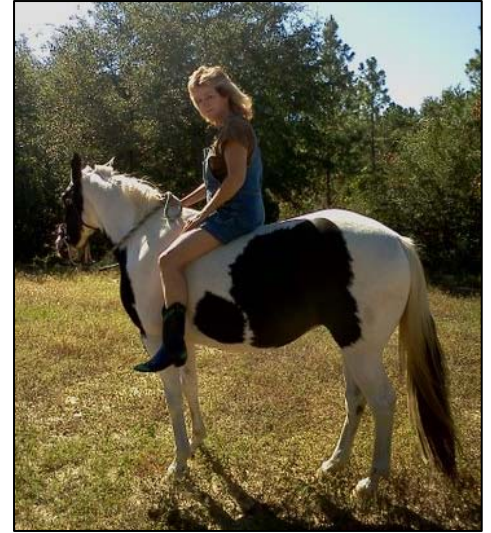
Our first assignment was to go into the herd and halter a horse. I didn't get out there fast enough and guess who was left? The wild one and another wily horse had perfected the art of staying just out of reach. Another woman and I were left standing, halters in hand, while the rest of the group watched us unsuccessfully try to catch our horses. The whole time the horse I mentally called "Wild Child" was running through the herd acting crazy while we all watched and ran away when she got near.

Then just as Greg said, "Why don't we stop watching her? Take the focus off of her," she suddenly ran past him and gave him an air kick with both back legs. Without even realizing it, he gave her an air kick back and made the comment, "You have to confront her." "Aha," I thought. As she ran past me the next time I gave her a little warning with my lead rope and she suddenly ran in a circle and stopped to face me! She dropped her head and licked. I halted her and she just relaxed and stood there. She actually seemed relieved.

At that moment I realized that I needed to stop focusing on my problems and try to resolve them by

confronting some situations in my life. Here's the cool thing:

My friend Barb, who really was just there to give me a ride was watching this interchange when she suddenly had an insight too. Not too long ago she and her husband adopted two older children. The youngest had been constantly disruptive in class and a terror at home. Barb realized that the focus had been on her child's inappropriate behavior for too long.



Patti's horse "Lady" bears a good resemblance to the "Wild Child!"

When I got home, I confronted some long standing issues and, as a result, was able to free up some of my time. Barb made a decision to take the focus off her little guy's behavior and her relationship with him began to change. The former "little terror" is no longer getting attention for unacceptable behavior. Now he can start to be the boy he really is.

Not only did I benefit from OK Corral's LET'S GET DOWN TO BUSINESS seminar but my friend who just came along for the ride, had a major transformation in her life. Now, that is what I call OK!



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Equine-Assisted Activity: *Stated Goals*



Exercise Type: Individual or Family/Group

Location: Any Size Arena, Corral, or Pasture

Horses: A loose herd of two or more (more is better for a family/group)

Materials: Halters and leads, brushes, hoofpicks, jumps, poles, tires – a variety of interesting and fun items

Set Up:

- Prepare “stated goals” for beforehand on slips of paper. Have as many “stated goals” as you have participants. Retain a master copy of the goals for your reference. Examples of “stated goals” may include the following:
 - “Select a horse and clean out all four feet – you have four minutes to achieve your goal.”
 - “Build a jump and get the darkest horse of the herd over the jump without using halters or leads.”
 - “Halter a horse to the best of your ability and lead the horse around the arena one time – you have five minutes to achieve your goal.”
- Invite the participants to work toward their goals one at a time.
- The facilitators or participants may or may not share the stated goals with the group (if there is one).

For the Facilitator:

- Notice the participants’ use of opportunities for creativity.
- Notice the ways in which participants access resources.
- Observe whether the participant appears more “goal-oriented” or “process-oriented.”
- Be aware of the horses’ responses to the participant, the process, and the goal.



Implementing a time limit can increase pressure in any activity.

O.K. Corral Calendar – 2011-2012

Be sure to check for weekly updates at www.okcorralseries.com/calendar!

November, 2011		
8-9	Conference	NM Council on Problem Gambling Sunland Park, NM
December, 2011		
2-4	Yellow	Huntersville, NC
January, 2012		
19-21	Green	El Cajon, CA
February, 2012		
24-26	Red	Yass, NSW, AUSTRALIA
March, 2012		
9-11	Camouflage	Georgetown, TX
April, 2012		
12-14	Red	Layton, UT
26-28	Green	Statesville, NC
May, 2012		
17-19	Red	Franksville, WI
June, 2012		
6-8	Blue	Wheatfield, IN
July, 2012		
12-14	Black	Erie, PA
August, 2012		
9-11	Black	Brook Park, MN
September, 2012		
13-15	Green	Augusta, KS
October, 2012		
5-7	Green	Oakfield, ME

2012 Host Information Now Available!

We are now scheduling seminars for the O.K. Corral 2012 calendar! The hosting information is posted on the website at www.okcorralseries.com/hosting.html. The information in this packet outlines the basic requirements for hosting – as well as the perks! Potential hosts may also call 866.391.OKOK to have a packet mailed or faxed.

The O.K. Corral will continue the host

commission program that allows hosts to earn a commission by referring seminar participants.

Prospective hosts are advised to read all materials thoroughly before submitting a hosting request to make sure hosting requirements for 2011 will be met.

As always, private seminars are an option for hosts who may not meet all of the facility requirements for a public seminar.

Welcome Our New Members!

Alabama

James "Patrick"
Daugherty
Rebecca Daugherty
Lynn McLean

Arizona

Hilary George
Kirsten Harrison-Jack
Ann Balowski
Kathleen Burgheimer
Ruth Carlson
Kristie Evans
Mary Finney

Arkansas

Elizabeth Long
Debbie Baker
Roger Barnhill
Sandra Maynard
Leigh Ann Short
Leigh Ann Wilson
Stacy Crawford
Debbie Harris
Mandy Young
Valerie Brannen
Lynda Nash
Loyd Davis
Erin Exum
Carrie Elam
Tricia Brown

California

Holly Hall
Rebecca Rogers
Kathleen Sims
Cynthia Weidemaier
Michael B. Daley
Dennis Bringhurst
Lucy Alarid
Jenn Jacoby-Sheldon
Jeannie Jacobs
Diana Rebello
Joanne Erbe

Colorado

Chris Leeman
Krista Earickson
Patty Sprague
Connie Sprague
Corie Beckman
Karen Hulbert
Melissa Balent
Carolyn Riedberger
Liz Anderson

Florida

Ralph Hill
Patricia Overholt
Keith Doxie
Kristy Becraft

Georgia

Woody Thompson
Pamela Stubbs

Hawai'i

Joseph Vitorino
Kelly Vitorino

Idaho

Jason Scrivner
Fern Sargent
Kelli Nelson

Illinois

Debi Greaux
Greg Hoshaw

Indiana

Christine Curless
Cindy Robbins
Jenny Schamber

Iowa

Addy Buddenhagen
Kerri Buddenhagen
Freya Schafer

Massachusetts

Mary E. Lauffer

Minnesota

Christina Carl
Bob Lemen
Kathleen O'Hara
Gary Rehborg
Kjirstyn Smith
Rebecca Apitz
Jan Hintze
Lisa Cummings
Candice Heineman
Del Meyer
Greg Deuberry
Marielle Robinson
Diane Anderson
Rayna Mattinas

Nevada

Elizabeth Martin
Kelly Kitson
Angelina Parker
Kim Parker
Isabelle Parker
Julianne Collmar

North Dakota

Michelle Rohloff
Mikayla Pflieger
Andrea Hatzenbuhler
Arlene Riehl
Carleen Hennenfent
Bonnie Selzler
Cherie Sanstead
Anna Carlson
Pam Upgren
Paul Keeney
Jon Eagle
Lori Schmidt
Lisa Goetz
Cory Goetz

Oklahoma

Doug Merrie

Pennsylvania

Cherie Nelson
Valérie Chestnut
Julie Scheppner
Bonnie Shuey
Laura Artzberger

South Carolina

Claire Bishop

South Dakota

Adrian Kills Crow

Tennessee

Susan Walters
Jim Nothstein
Nancy Nothstein

Texas

Carol Velasquez
Brittany Long

Washington

Angela Tanner

Wisconsin

Wendie Martell Williams
Denise Keck

Wyoming

Mary Fichtner

CANADA

Patricia Crockford
Maureen Donoghue
Marlene Armstrong
Angela Muskat
Julie Edwards
Marie Reaume
Judith Edminson

SOUTH AFRICA

Laurette Venter

The O.K. Corral Seminar Series...

The O.K. Corral Seminar Series is designed to meet the needs of anyone interested in being certified to work with horses to help humans. The series is comprised of color-coded milestone seminars that may be attended, one or all, in any order.

Milepost Black: NEW for 2011! This three-day seminar trains professionals in the use of the equine-assisted philosophy in faith-based programs and practices. Co-facilitated by Elaine Averill of Unbridled Faith Farm (Blanchardville, WI)

Milepost Green: This three-day certification seminar focuses on the foundations of Equine Assisted Psychotherapy for treating diagnosed or diagnosable clients in mental health settings.

Milepost Blue: This three-day certification seminar concentrates on activities and metaphors that are useful with groups or corporate retreats. The emphasis is on learning and teambuilding with non-therapeutic clients..

Milepost Yellow: This three-day certification seminar focuses on the use of equine-assisted techniques with groups and families. Interpersonal dynamics and individual roles are explored through a variety of exercises and metaphors to natural herd behavior.

Milepost Red: This three-day certification seminar addresses prevention, intervention and de-escalation of stress and crisis. Equine-assisted activities and nonverbal communication are emphasized.

Milepost Purple: This three-day internship setting includes actual clients and experienced professionals to guide you through implementation into your own practice confidently and professionally. Purple seminars may feature a variety of client types.

Milepost Camouflage: This three-day seminar instructs the basics of EAP and EAL with special emphasis on issues affecting veterans and their families.



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