

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

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.

Course Objectives:

1. Define and clearly understand the Eagala Model
2. Describe the theoretical underpinning of the Eagala Model, namely experiential therapy, person-centered (humanistic) therapy, and aspects of postmodern approaches
3. Clarify and differentiate treatment team roles, namely the roles of Equine Specialist, Mental Health professional, and horse
4. Define and demonstrate the SPUD'S™ framework of observation and intervention
5. Structure effective sessions through treatment planning and session progression within the Eagala Model context
6. Identify and demonstrate effective verbal and nonverbal interventions to facilitate the client's process, including clinically supported methods involving narrative, projection, metaphor and symbolism
7. Demonstrate ways to recognize, manage, and constructively utilize counter-transference ('S) to facilitate client process
8. Identify different facilitator skillsets when conducting individual and group sessions in the Eagala framework
9. Identify ethical standards and unique ethical considerations when conducting this model

Pre-requisites:

1. Eagala Pre-training online webinar
2. Eagala Professional Development Portfolio

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.

Day 1: Introduction to the Eagala Model: standards, self-awareness, facilitating the process and structuring sessions

1. Introduction and training agenda
2. Discussion: Eagala Model standards
3. Experience: “Clean” observation and facilitation
4. Discussion: Facilitating the process - SPUD’S™ framework
5. Experience: Practice SPUD’S™ framework
6. Discussion: Holding space and the client’s narrative (“story”)
7. Demonstration: Eagala Model individual session
8. Discussion: Structuring sessions
9. Closing and homework

Day 2: Introduction of additional process skillsets for verbal and nonverbal interventions, working through the external space, metaphor and symbolism

1. Check-in
2. Experience: Self-awareness and nonverbal interventions (physical placement)
3. Experience: Practice structuring sessions – four categories thought process, using client words, nonverbal skillsets
4. Discussion: When to engage client with verbal/nonverbal interventions – Triangles dynamic, patterns and peak concepts
5. Demonstration: Eagala Model individual session illustrating skillsets covered
6. Discussion: Facilitating through metaphor, symbolism and the external space
7. Experience: Practice internal vs external facilitation
8. Closing and homework

Day 3: Individual, team and group work

1. Check-in
2. Experience: Practice Eagala Model individual sessions
3. Discussion: Group work in Eagala sessions
4. Demonstration: Eagala Model group session
5. Experience: Practice Eagala Model group sessions
6. Closing and homework

Day 4: Counter-transference (‘S) – awareness and impact/role in sessions and treatment planning/session progression process

1. Check-in
2. Discussion: Self-awareness and counter-transference (‘S)
3. Experience: Self-awareness tag team role play
4. Discussion: Building on sessions – treatment process progression
5. Experience: Self-awareness tag team role play session #2
6. Discussion/practice planning session #3
7. Experience: Self-awareness tag team role play session #3
8. Closing and homework

Day 5: Team roles, standards, evidence and ethics review, certification process and training closure

1. Check-in
2. Experience: Team roles and facilitating the process
3. Experience: Session practice focused on specific skillsets
4. Discussion: Eagala Certification process, standards, evidence and ethics review
5. Closing

Post-Training:

1. **Complete online training evaluation**
2. **Successfully complete post-training online webinar and assessment**

Once Eagala Certified:

1. **Log in to My Eagala** on Eagala’s website to see your educational history in Eagala, download your certification certificate, and access continuing education, Eagala resources, networking and information for members only.
2. Utilize the **Question and Answer Support calls** to address questions you may have around next steps, building your business, and applying the Eagala Model in client sessions. These are included as part of your Fundamentals training fee and membership in Eagala.
3. Check out Eagala’s **business resources** to support you in starting and developing successful programs. This includes business consulting, guidebook and online programs and webinars.
4. Make sure to list your program on Eagala’s website – **Find a Program**.
5. **Network and connect** with members through Eagala community on the website, and through Eagala Networking Groups.