

An Introduction to EMDR Equine-Assisted Therapy

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Licensure Credentials: Ph.D., LMFT-S, LPC, BCN, Eagala MH

Secondary Presenter: Fritzi Glover-Strowmatt, D.OT.

Licensure Credentials: OTR, OTD, C-SIPT, Occupational Therapist

This presentation provides an introduction to EMDR equine-assisted therapy. This training provides an overview of research on EMDR and Equine-Assisted therapy. The training reviews elements of equine-assisted therapy interventions as it applies to the 8 phases of EMDR therapy. There is video demonstration of an EMDR state change exercise equine-assisted. The training includes interactive discussion activities with attendees to assist with the application of the integration of models.

Objective 1: Identify research on EMDR therapy and equine-assisted interventions

Objective 2: Describe EMDR treatment phases to psychotherapy equine-assisted interventions

Objective 3: Demonstration video of EMDR equine-assisted therapy

Presenter Bios:

Amanda Martin has a Ph.D. in Family Therapy, Licensed Professional Counselor, Licensed Marriage and Family Therapist Supervisor, Board Certified in Neurofeedback, Eagala Mental Health Professional, EMDR Trainer, EMDRIA Certified Therapist, and Approved Consultant. I have over 16 years of experience and specialize in working with people and families with trauma histories in residential and outpatient settings. It's my mission to help people find their healthy, joyful, and fulfilling path in life.

Fritzi Glover-Strowmatt has over 40 years of personal experience and is a Registered Occupational Therapist and Certified Life Coach. I am the Founder/President of Special Cheers offering occupational therapy services to children for the past 20 years. I incorporated horses in my work throughout my career and value their role in the team to help others. Through my expertise and personal understanding, I strive to help others find balance in mind, body, and spirit, fostering peace abundance, and optimal well-being.