

H.E.A.R.T. The Heart of the Matter Equine Assisted Resilience Training

Presenter Name: Shawn Rodrigues, MC

Licensure Credentials: Licensed Professional Counselor

Secondary Presenter: Danica Milan, MA

Licensure Credentials: Licensed Associate Counselor

The H.E.A.R.T program is built on the foundation of Dr. Eric Gentry's Forward-Facing work (www.forwardfacing.com) and merged with the Eagala model. We have successfully shared this unique combination of skills with people from all walks of life including but certainly not limited to veterans, first responders, professional athletes, parents and of course those in the helping professions. Participants will learn and practice the Forward-Facing skills that are woven into our EAGALA work. We will explore how the horses reinforce these skills and help our participants apply them in their everyday life. The application to specific population will be collaboratively explored based on participants needs/requests. We will also explore the versatility of Forward-Facing skills and how to tailor the program to various populations.

Objective 1: Participants will learn the principles and practice at least 6 skills utilized in Forward Facing programs.

Objective 2: Objective 2: Participants will learn how to organically apply the above skills in an improvisational manner.

Objective 3: Participants will collaborate in identifying 3 populations to which this program may be applicable. *We have not yet found a population that this did not fit.

Presenter Bios:

Shawn Rodrigues is currently a Licensed Professional Counselor in the state of Arizona. As a trained Gestalt Therapist, she found EAGALA to be a perfect fit in 2006 and has been honing her skills ever since. Shawn founded The Heart of the Matter in 2009 and has since served as the Clinical Director. Shawn is perpetually seeking ways to creatively integrate the latest treatments into the EAGALA model and share them with those in the EAGALA community.

Danica Milan is currently a Licensed Associate Counselor in the state of Arizona, actively working towards becoming a Licensed Professional Counselor. She received her undergraduate degree in psychology and human services as well as her master's in professional counseling from Ottawa University. Danica is currently pursuing her passion and using her knowledge as an EAGALA certified professional at The Heart of the Matter. She has offered guidance to individuals with diverse populations, generations, and life stages. Each with varying presenting problems, including severe abuse, deprivation, trauma, and addiction.