

When Both Are Both: Trauma Lens for the ES and MHP

Presenter Name: Sharolyn Wallace

Licensure Credentials: PhD, LCSW, RPT-S, IMH-E, Eagala ES/MHP

Secondary Presenter: Charlie Bowman

Licensure Credentials:

Being both an ES and MHP has its uniqueness. Working in both roles has its challenges and benefits. When considering the trauma-informed lens necessary for both roles, it is imperative that the dually certified person understand how to respect their current role in the Eagala session and how the other certification may impact their trauma lens. Hemingway and Sullivan (2021) noted that clients “were responded to in the same way as horses by the facilitator, in response to their body language primarily rather than the spoken word.” Participants in this learning session will analyze how their own understanding of the trauma lens and their specific role at the time may be enhanced or improved. Understanding dysregulated, impulsive, or aggressive behaviors from the trauma lens is important for both the ES and MHP. This recognition will help to improve the experience for both the horse and the client(s). Punzo, Skoglund, Carlsson, and Jormfeldt (2022) research indicated, “Interaction with the horse helped participants to become active participants in their own recovery process, as they became engaged in activities such as tending, playing, and learning which reinforced their confidence.” This workshop will engage participants in analyzing strategies to expand the trauma lens of both the ES and MHP to build on the Eagala session for the client's enhanced mental health and well-being. Facilitating the expertise of having a dually certified ES/MHP discuss strengths, limitations, and expectations in the application of trauma-informed work in the Eagala session will be critical to this learning experience.

Objective 1: Participants will discuss the strengths/limitations of being both an ES and MHP.

Objective 2: Participants will recognize how the trauma lens is applied in both roles and the intersection of the roles.

Objective 3: Participants will analyze two strategies to improve the trauma lens of both roles.

Presenter Bios:

Sharolyn Wallace, PhD, LCSW, Registered Play Therapist Supervisor, Infant Mental Health -Endorsed III[®], Professor of Human Services at Tulsa Community College for 29 years. Dr. Wallace received the 2014 C.V. Ramana award for Outstanding Contribution to the Mental Health of Oklahoma’s Children. Dr. Wallace was awarded the 2023 Lifetime Achievement Award for OKAPT. Dr. Wallace has been in private practice for over twenty-five years specializing in child sexual abuse & trauma. She is Eagala certified Equine/Mental Health Specialist. Dr. Wallace has published numerous articles and is the author of the children’s books, “The Adventures of Bruce, Ben & Gerry.”

Charlie Bowman has spent his life with horses and cattle. Growing up, his father operated several cattle and horse ranches as well as being the first farrier at Oklahoma Farriers’ College in Sperry OK. He has raised, trained, and rode all types of horses from Warmbloods to Coldbloods. He has spent the last several years developing his draft horse cross for ranch work and performance. Charlie is an expert in horse behavior and knowledge. He became certified as an Equine Specialist in Eagala to add to his equine work after a 27 year career in the fire department. He often co-presents in equine-assisted activities workshops as well as conducts multiple Eagala sessions a week.