

We All Have A Story: Combining Narrative Therapy with Horses

Presenter Name: Rebecca Brown, MSW

Licensure Credentials: BSW, MSW, RSW

Secondary Presenter: Mickey DiGiacomo

Licensure Credentials: Eagala Advanced Certified, Eagala Trainer

We all have a story, and this includes our clients, our horses and ourselves. Narrative Therapy is an evidence-based model of psychotherapy which encourages and celebrates the power of stories; those we tell ourselves, those we tell others, and those we may need help to tell. Equine Assisted Therapy is a perfect framework to incorporate elements of narrative therapy, as both are based on the sharing of stories. Horses can help us to make sense of our stories and gain insight and perspective into how our stories have shaped our lives. We may not have written the beginnings of our stories, but we certainly can choose how our stories will evolve and the twists and turns they can take. This interactive workshop will encourage participants to look at their own stories, and gain insight into the power of our 'S' and the impact of this work on our own lives.

Objective 1: Participants will gain an understanding of Narrative Therapy.

Objective 2: Participants will learn how to incorporate aspects of narrative therapy into their equine assisted therapy practice.

Objective 3: Participants will be encouraged to celebrate their own stories through narrative therapy techniques.

Presenter Bios:

Rebecca Brown has been a mental health clinician for over 37 years, and an Eagala certified MH since 2016. Discovering the power of horses has changed her life both personally and professionally. Rebecca's career highlights include trauma work, presenting at international conferences on vicarious trauma and resilience to first responders, and crisis response deployments. We all have a story, and Rebecca works with clients to discover theirs, and is proud to have written and published her own story which includes a chapter on equine therapy.

Mickey has spent her lifetime in the equine industry from 4-H to training and showing horses, to then fifteen years spent as a jockey, riding in ten different states on the east coast. Moving to CA to finish out her race career, she eventually left the racetrack and created a riding program for a residential treatment facility in Northern CA for emotionally disturbed boys - Sierra Boys Ranch, where she also worked as a residential counselor and house director for the program for ten years.

She attended her first EAGALA training in September 2000, after which she then became Equine Services Director for Sierra Family Services and helped transform the equine component into a true EAGALA Model program. Literally hundreds of hours of later providing EAGALA model sessions with numerous mental health team members and with a wide variety of clientele over the years.