

Left Rein/Right Rein: Left Brain/Right Brain

Presenter Name: Laura A. Condon, MA

Licensure Credentials: LPC, NCC, NTP

Secondary Presenter: Debbie Erickson

Licensure Credentials: Equine Specialist

This workshop will provide a better understanding of how to better foster emotional processing during sessions using right-brain prompts or activities with the herd. Briefly reviewing brain development over the human lifespan and exploring processing speeds of the left and right hemispheres of the brain, the MH and ES will align the EAGALA fundamental techniques with brain hemisphere research. The MH and ES will practice with more confidence in staying external and inviting the client to stay with their metaphor(s) or story.

Objective 1: Participants will be able to identify left brain vs. right brain processing techniques for utilization during arena sessions.

Objective 2: Participants will be able to describe developmental left brain and right brain milestones over the lifespan.

Objective 3: Participants will be able to apply right brain processing prompts during sessions to encourage deeper self-processing for clients.

Presenter Bios:

Laura A. Condon (LPC, NCC, NTP) is a life-long Alaskan and horse owner, growing up showing hunters and jumpers. She owns Integrative Wellness Solutions and Frontier Serenity, providing mental health and wellness services in private practice as well as educational settings.

Debbie Erickson, Equine Specialist, is a Master Instructor certified through CHA (Certified Horsemanship Association) in English and Western disciplines as well as certified instructor for riders with disabilities. Debbie has been the program director and President of Alaska Unique Riders Overcoming Risk and Adversity (AURORA) and owner/operator of SILVER LEGACY STABLES, producing State champions for decades.