

## **Stages Of Change from a Mentoring Perspective**

**Presenter Name:** Ann O'Brien, MS

Licensure Credentials: Nationally Certified School Counselor (NCSC) Equine Assisted Counseling and Learning, Advanced Certified

**Secondary Presenter:** Patti Schlough, MEd

Licensure Credentials: LPC in PA & LCPC in MD, Equine Assisted Counseling and Learning, Advanced Certified

This workshop is designed for new and or seasoned professionals who are interested in continuous learning while developing their Eagala model skillsets through the mentoring program. Participants will explore the standards and ethics of the Eagala model, emphasizing working in the team approach. Participants will have the opportunity to apply the skillsets during breakout sessions.

**Objective 1:** Participants will be able to demonstrate self-awareness and self-analysis: focus in looking at self and ability and willingness to investigate belief systems motivating interventions.

**Objective 2:** Participants will be able to identify and demonstrate the Eagala Model skillsets and articulate the thought processes behind them.

**Objective 3:** Participants will identify and describe being a competent, curious learner who has a growth mindset with partners and the client to improve their delivery of the model.

### **Presenter Bios:**

Ann O'Brien, MS, NCSC is a retired Nationally Certified School Counselor and Guidance Department Chair, who has over 35 years of experience working in the mental health profession. Certified with a MS in Professional Counseling from Johns Hopkins University, she specializes in working with students K-12 and their families. As a trained Traumatic Loss Counselor, she supports individuals during trauma work using a variety of evidence-based therapeutic resources, while partnering with horses. These resources include: Trauma Focused Cognitive Behavioral Therapy, Eagala Model Equine Assisted Psychotherapy, Natural Lifemanship Principles of Connection and Relationship building skills, Dr. Dan Siegel, Dr. Bruce Perry, Dr. Stephen Porges, and the works of Drs. Mannarino, Cohen and Deblinger. Ann is the co-founder of H.O.P.E. LLC (hopeandhorses.com), an Equine Assisted Learning program; is Eagala Advanced Certified as a Mental Health Professional (MH) and as an Equine Specialist Professional (ES); is an Eagala Mentor. She presents at National Conferences on the topic of Trauma work, and Equine Assisted Therapy, facilitates workshops focusing on trauma for other professionals, and is the co-author of two Eagala endorsed books: Equi-fit: Health and Wellness through Horses, and EquiPower. After 30 years, Ann continues to partner with horses in S.C. in order to empower individuals to develop healthy relationships with self and others.

Patti Schlough, M.Ed LPC (PA) LCPC (MD) is the founder of PEACE,LLC in Red Lion Pennsylvania. Patti received her master's degree in counseling from Loyola University in Baltimore MD and completed her post-grad work in Spiritual and Existential Counseling and Therapy from Johns Hopkins University in Baltimore Md. Patti has been a lifelong horsewoman and became certified with EAGALA in 2004 as both an MH and an ES. She completed her Advanced EAGALA Certification in 2010. She currently provides EAP services to various populations. She published an EAP manual Bullying a Herd Perspective for use with school age students as well as teaching teachers. Additionally, she wrote and conducted programs to teach teachers about Mindfulness using EAP. Patti has also had a chapter "Equine Assisted

Psychotherapy, Grief and Loss” published by Dr. Kay Trotter and Dr. Jennifer Baggerly in their manual Equine Assisted Mental Health Interventions. Patti has been an EAGALA network coordinator and served as a member of the EAGALA Ethics committee. Currently Patti partners with several community non-profits providing EAP for grief, loss, and trauma.