

Self-Care for the Givers of Light

Presenter Name: Shawn Rodrigues, MC

Licensure Credentials: Licensed Professional Counselor

Secondary Presenter: Danica Milan, MA

Licensure Credentials: Licensed Associate Counselor

Victor Frankl stated "What is to give light must endure burning." As givers of light, those in the helping professions must take special care to avoid burnout.

We preach self-care to our clients, our colleagues, supervisees, family members etc. Those of us working with victims and survivors of trauma need more than a massage, a bubble bath, or a mani/pedi to inoculate us to our work environment. We need to develop the anti bodies that allow us to not just work but to thrive in this field. While self-care is important - ongoing, intentional application of skills in the moment is necessary for us to thrive, and to thereby teach our clients how to thrive.

The Heart of the Matter Equine-Assisted Resilience Training for the helping professions is built on the foundation of Dr. Eric Gentry's Forward Facing Professional Resilience Training (www.forward-facing.com) and merged with the EAGALA model. We have successfully shared this unique combination of skills with those in the helping professions for several years.

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.

Objective 1: Participants will learn to identify the number one cause of stress in personal and professional life

Objective 2: Participants will learn 6 skills necessary to self-regulate the autonomic nervous system and move into stressful situations with intention

Objective 3: Participants will learn how we have integrated these skills into our EAGALA program.

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.