

## **BRAVE Resilience: Holding Space for Joys and Hazards of Practice in EAP/L**

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Licensure Credentials: Licensed Professional Clinical Counselor

**Secondary Presenter:** Dr. Angela K. Fournier, PhD, LP

Licensure Credentials: Licensed Psychologist

As helping professionals, burnout, compassion fatigue, and self-care are important concepts for our well-being (Skovholt & Trotter-Mathison, 2016). As practitioners, we experience hazards of practice throughout our career, such as uncertainty, emotional depletion, and ambiguous loss (Skovholt & Trotter-Mathison, 2016). As professionals incorporating horses into our work, we do the heavy lifting of caring for our human and equine herd. This presentation will address the joys and hazards of practice for individuals incorporating horses into their work. Attendees will observe an activity in which horses help identify the joys and hazards of practice, explore other care vs. self-care, and build a plan for professional resilience. Attending the presentation will provide insight and tools important in caring for the self and for serving helping professionals in burnout prevention.

Note: BRAVE stands for Building Resilience and Vitality Education - a platform for sharing the latest in resilience, self-compassion, self-care, and grit research. This program is being developed by the EVR team with a goal to educate, empower and support Equine-Assisted and Animal-Assisted Practitioners.

**Objective 1:** 1. Participants will learn about self-care and resilience, identifying joys and hazards of practice.

**Objective 2:** 2. Attendees will be able to recognize self-care and resilience in horses.

**Objective 3:** 3. Participants will be able to discuss delivery of resilient practitioner content through EAL.

Liz Letson, MS, LPCC is founder and owner of Eagle Vista Ranch & Wellness Center, a private practice in Bemidji, MN specializing in Equine Assisted Psychotherapy & Coaching. As an EAGALA-certified mental health professional and equine specialist, Liz applies a resilience-based approach in her clinical work, and in collaboration with Bemidji State University, continues to add to the body of research on Equine-Assisted Interventions (EAI). Liz is co-author of the "Human-Animal Interaction Scale" (HAIS, 2016), journal articles and author of several book chapters on Animal-Assisted Interventions.

Angela Fournier, PhD, LP has a PhD in clinical psychology and is a licensed psychologist in Minnesota. Dr. Fournier partners with Eagle Vista Ranch & Wellness Center in Bemidji, MN to provide EAGALA services and conduct research. As a professor in the department of psychology at Bemidji State University, she directs the Human Animal Interaction Laboratory. Dr. Fournier has authored several journal articles and book chapters, is author of the book - "Animal-Assisted Intervention: Thinking Empirically" and co-author of the book "How Change Happens in Equine-Assisted Interventions: A Theory of Horses, Humans, and Psychotherapy."