

Roycan's Country Haven

Equine Personal Wellness Programs and Workshops

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At Roycan's Country Haven horses are used to help facilitate programs and workshops.

EPW Facilitator: Candice Kontzie

Roycan Equine-Assisted Handlers Certificate

23 hr Course; 3 Subjects

REA-1 Psychology both human and equine(7 hrs)

(8 Students & 4 horses)

The students will be introduced to the Psychology of the horse and themselves. This includes understanding their own body language and energy levels that will affect how the horse relates to you. Then from there you will learn how to interrupt the horse's body language.

Understanding the horse's psychology helps you understand clearly your personal relationship with other individuals (co-workers, family, friends.....) Various exercises with the horses and your co-students will help the learning process of "Psychology both Human and Equine".

**Debriefing as a group is a requirement after each topic.

**Meals Included

**Printouts available

***This course recommended for all individuals in any field of work and is a prerequisite for all certificate programs

REA-2 Being a Partner (7 hrs)

(8 Students & 4 horses)

Students will take the next step of learning how to work with the horse on the ground and support the horse mentally and physically while working with a client. The key to any partnership is learning respect, practicing safety and communicating properly. Mock sessions will be used to show how to support and direct the client with the horse.

**Debriefing as a group is a requirement after each topic.

**Meals Included

**Printouts available

REA-3 Dealing with Life's Curves (7hrs)

(8 Students & 4 horses)

Part of this topic will allow the students to have time to review skills learned in subjects REAH-1 & 2. Life situations will be addressed in Mock Sessions using the horses and individuals role playing client & handler positions. These Mock Sessions are very intense and our life experiences of clients which as a Handler you will experience and have to deal with, with the support of your Equine Personal Wellness Program Facilitator.

**Debriefing as a group is a requirement after each topic.

**Meals Included

**Printouts available

REA-4 Handler's Final Steps (2 hrs)

After completing REA-1,2 & 3 your Facilitators will give evaluations on what additional skills both mentally and physically you need to improve in. A private one on one with the head Facilitator will be done either in person or by phone. After meeting all the requirements then a Roycan Equine-Assisted Handlers Certificate will be presented. Each individuals has the option to take further private sessions at Roycan in order to complete whatever requirements are needed or after a period of time be retested in the areas that need improving.

Requirements for a complete Certification

1. Completion REA-1, REA-2, REA-3, REA-4
2. Criminal Record and Child Abuse Registry checks are required.
3. First Aid Course with CPR
4. Duties:
 - a. Being able to handle a horse, catch/put halter on (both in pasture, arena & boxstall), groom horse, lift up feet and clean.
 - b. Be able to Open a horse with your energy and clear the horse before a session and after a session.
 - c. Be able to feel the horse's energy and while client is working with the horse help the horse to clear the negative energy.
 - d. Be able to walk/trot with the horse using your mental mind and physical body language
 - e. Be able to lunge the horse on a lunge line using your mental mind and physical body language.
 - f. Be physically fit to run with the horse, lift up his feet, clean stalls, move wheelbarrows (both empty and full).
 - g. Be able to deal effectively with all the mock sessions in the course and handle yourself mentally and physically without causing problems to the client.

***The certificates are not handed out easily. It's very important that you as an individual are mentally and physically able to handle any situations that may occur during any Equine Assisted Program. To this degree even after taking the three subjects you will walk away with a stronger personal growth and a different look upon life and your personal relationships.*

Admission Requirements:

1. **Grade 12 Diploma or GED Grade 12**
2. **Applications who do not meet the above requirements may be classified as a Mature Student if they are over age 21 at the date of enrolment.**
3. **Horse experience**

Roycan Equine-Assisted Communication Certificate

REA-1 Psychology both human and equine(7 hrs)

(8 Students & 4 horses)

The students will be introduced to the Psychology of the horse and themselves. This includes understanding their own body language and energy levels that will affect how the horse relates to you. Then from there you will learn how to interrupt the horse's body language. Understanding the horse's psychology helps you understand clearly your personal relationship with other individuals (co-workers, family, friends.....) Various exercises with the horses and your co-students will help the learning process of "Psychology both Human and Equine".

**Debriefing as a group is a requirement after each topic.

**Meals Included

**Printouts available

***This course recommended for all individuals in any field of work and is a pre-requisite for all certificate programs

REA-9 Taking out the "Garbage" (3.5 hrs)

The focus will be on self-discovery and self-awareness and taking responsibility for ensuring the effectiveness of one's own communication with others

Prerequisite: REA-1

(8 students and 2 horses)

REA-10 Let's pull it together (3.5 hrs)

Practical application of using your communication skills in mock sessions. The horse is part of the mock sessions and gives you the feedback on whether you are communicating properly with your client. The horse does not lie and does not judge, it is what it is!!

Prerequisite: **REA-9**

(8 students and 2 horses)

Requirements for a complete Certification

1. Completion REA-1, REA-9, REA-10

Additional Courses:

REA-5 Introduction Learning Wellness in the Horse Level 1 (3 hrs) Introduction Learning Wellness in the Horse Level 2 (3 hrs)

***** Level 1 & 2 held on different days usually a week apart.**

Prerequisite: REA-1

(8 students and 8 horses)

REA-6 Advance Learning Wellness in the Horse (3 hrs)

Prerequisite: REA-5

(8 students)

REA-7 Learning to Deal with Anger and Conflict (6.5 hrs)

Prerequisite: REA-1

Learning about “Suppress” (Hiding your feelings) “Express” (Venting your feeling) “Escape” (Coping with your feelings) & “Releasing” Part of the release is hands on experience with the horse. This animal mirrors your inner emotions and by releasing them the weight comes off your shoulder.

**Debriefing as a group is a requirement after each topic.

**Meals Included

**Printouts available

(8 students and 4 horses)

REA-8 Building “Your Team” (7 hrs)

This workshop is excellent for any group of people working together. It’s great to say let’s become a team BUT now let’s actually put it into practice. The only way to do this is starting with yourself and then you are able to create the “Team” environment. The horses are used as part of the exercises. You will come away from this workshop energized but tired at the same time. It’s the first step in creating your “TEAM”

**Debriefing as a group is a requirement after each topic.

**Meals Included

**Printouts available

(16 students and 4 horses)

REA-9 Taking out the “Garbage” (3.5 hrs)

The focus will be on self-discovery and self-awareness and taking responsibility for ensuring the effectiveness of one’s own communication with others

Prerequisite: REA-1

(8 students and 2 horses)

REA-10 Let’s pull it together (3.5 hrs)

Practical application of using your communication skills in mock sessions. The horse is part of the mock sessions and gives you the feedback on whether you are communicating properly with your client. The horse does not lie and does not judge, it is what it is!!

Prerequisite: **REA-9**

(8 students and 2 horses)

REA-11 Vicarious Trauma Training (7 hrs)

Vicarious Trauma is defined as a transformation in the helper’s inner sense of identity and existence that results from utilizing controlled empathy when listening to clients’ trauma-content narratives. In other words, Vicarious Trauma is what happens to your neurological (or cognitive), physical, psychological, emotional and spiritual health when you listen to traumatic stories day after day or respond to traumatic situations *while having to control your reaction.*

The professionals at Roycan’s Country Haven help you find relief. We provide a variety of exercises with the horses along with tools that can be used in your workplace. We can customize solutions that will work for individuals and groups. We will also customize our solutions to fit your profession or business.

Who needs it? Lawyers, Doctors, Mental Health Professionals, Teachers, Rescue Workers Judges, Job Placement Professionals, Police Officers, Middle Management, Nurses Financial Advisors, Journalists, Hospice Workers, Commissioners, Therapists, Parole Officers Clergy, Occupational Therapists, Paralegals, Bankers, Volunteers, Physical Therapists Insurance Claim Agents, Social Workers, Human Resource Professionals, Friends Commissioners, Therapists, Custody evaluators, CPS workers ,Public service workers and the list goes on...

****Debriefing as a group is a requirement after each topic.**

****Meals Included**

****Printouts available**

(16 students and 4 horses)

COSTS

REA-1	Psychology both human and equine (7 hrs) [8 students & 4 horses]	\$367.50 plus GST
REA -2	Being a Partner (7 hrs) [8 students and 4 horses]	\$367.50 plus GST
REA – 3	Dealing with Life’s Curves (7 hrs) [8 students and 4 horses]	\$367.50 plus GST
REA- 4	Handler’s Final Steps (2hrs)	\$105.00 plus GST
	ROYCAN Equine-Assisted Handlers Certificate Course	\$1207.50 plus GST
	ROYCAN Equine-Assisted Communication Certificate Course	\$650.90 plus GST
REA – 5	Introduction Learning Wellness in the Horse LEVEL 1 (3hrs) Introduction Learning Wellness in the Horse LEVEL 2 (3 hrs)	\$131.25 plus GST
REA – 6	Advance Learning Wellness in the Horse (3 hrs)	\$78.75 plus GST

COSTS

REA – 7	Learn to Deal with Anger and Conflict (6.5 hrs) [8 students and 4 horses]	\$294.00 plus GST
REA – 8	Building “Your Team” (7 hrs) [16 students and 4 horses]	\$180.00 plus GST
REA – 9	Taking out the “Garbage” (3.5 hrs) [8 students and 4 horses]	\$141.75 plus GST
REA – 10	Let’s pull it together (3.5 hrs) [8 students and 2 horses]	\$141.75 plus GST
REA-11	Vicarious Trauma Training (7 hrs) [16 students and 4 horses]	\$180.00 plus GST

****8 students is idea for courses but we can go up to 16 students and the cost is reduced BUT you don’t receive as much hands on experience.

ROYCAN Equine-Assisted Communication Certificate Course: is an additional learning tool for anyone working with the public in health care, business, RCMP, Military etc... plus just in your own personal relationships.

ROYCAN Equine-Assisted Handler’s Certificate Course: is available for those wanting to work with qualified Equine Assisted Facilitators, Equine Riding instructors or helping work with individuals around horses.