



Institute of Equine Facilitated Psychotherapy and Learning Foundation Course Prospectus 2024

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Foundation Course

Institute Equine Facilitated Psychotherapy & Learning

This course will provide you with a grounding and professional qualification in equine facilitated learning and development. It will enable you to work with groups or on a 1:1 basis with an individual, utilising the IEFPL methodology.

This course provides the tools and skills that a facilitator needs to assess an individual for IEFPL learning and development; then design and implement a programme for behavioural change, growth and personal development. Facilitators will be able to guide clients through a process, learning how to change behaviours for healthier outcomes and happier lives.

The Foundation Course certifies qualified counsellors, psychotherapists, psychologists, executive coach or organisational development consultants and horse professionals to use IEFPL methodology as a behavioural change intervention, within their scope of professional practice (i.e. to work with specific client groups that require specialist training and expertise).

Foundation Course graduates who want to qualify as clinical practitioners (working 1:1 with individual's who have experienced trauma) can follow on with the next level of training.

Type of Study

This is a part-time course, structured over a period of eight months. Typically the course format will consist of:

- 2 x five days on site intensive learning in a small group of students
- Written assignments, home study, online tutorials, directed reading, online mentoring, group discussion based conference calls
- 3 x individual tutorial sessions
- 2 day onsite intensive supervised case work and client sessions.

Programme Management

Nicky Amor Cert HEAL Facilitator, EAGALA Cert, IATP, FIDM

Jan Hooper Dip Psychotherapeutic Couns, EMDR Prac, Leap Cert, BACP Accred

Case Studies & Work Placement

The IEFPL course includes a requirement to complete 2 case studies and supervised client sessions which will mean a need for time onsite over 2 days counting towards your final assessment and graduation. You will be monitored on both horsemanship and client work during this time as well as the ability to manage your time around the running of the equine assisted therapy yard. The skills you gain during this critical period and over the entire course will set you up for your future, whether you continue in the equine facilitated therapy sector or look further afield.



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Structure

The IEFPL course is based around 7 key competences, that will have to be attained to graduate. For ease of learning we have encapsulated each of these competences within the following modules:

1. Understanding human physiology for learning and development:

The physiology, neuroscience, neural-plasticity and psychological foundations for understanding and delivering psycho-educational learning and development in clients.

2. Understanding and applying the IEFPL facilitation modality:

Facilitation and change process skills for learning and development. Focus on the client's safety, groundedness, regulation, resonance and relationship – key foundations for new neural networks to grow and flourish enabling sustainable learning and development for clients. From the initial assessment process; developing clinical and well-being goals; through the process of building session programmes, keeping notes and evidencing the clients progress. Facilitator's will learn how to develop individual client programmes within the IEFPL model and provide requisite client data for research within the IEFPL methodology.

3. Relational horsemanship & communication skills:

The horsemanship skills a facilitator needs to ensure they are able to regulate, resonate, hold both client and horse in a safe, aware and empathetic space.

4. Understanding equine physiology, anatomy, psycho-social behaviour, and wellness:

Theoretical and practical knowledge to ensure our equine partners are well-treated and cared for to the standards required under IEFPL guidelines.

5 Understanding mind-body awareness and the application of conscious action:

Increasing self-awareness for both clients and facilitators, including self care programmes and an understanding of compassion fatigue.

6. Using EFLD activities:

The tools, techniques and applications of working with horses as partners for client work.

7. Personal and professional development:

Supervision, mentoring, assessment and continuation of a facilitator's own personal and professional development and client ethical considerations and accountability.

Entry requirements

Our course attracts individuals from all a variety of different backgrounds , from mental health professionals, professional business coaches and consultants, equine professionals, health and well-being practitioners and those who wish to develop a professional practice in EFLD

Typical offers

- Certified counsellors, psychotherapists, psychiatrists, psychologists, appropriate qualifications in coaching, mentoring are welcome to apply
- Qualifications in social work, educators, or those involved in the medical sectors, practitioners are also welcome
- Degree in an appropriate subject or International Baccalaureate is desirable
- Life experience, work experience in a related organisation will be required.
- A period of practical experience is also highly recommended, for those who are local to IEFPL premises it may be possible to arrange some voluntary equine time.



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Further information

Alternative entry routes are available for a range of other qualifications. Prior experience is also considered, subject to approval by the programme manager and admissions staff.

For any further help, please contact our admissions team:

- **E-mail:** or info@equinetherapy.center
- **Telephone:** +44 (0)7595 651017 or 07485 130242

Disclaimer

The IEFPL has established various rules and regulations that you must agree to and follow if you accept an offer to study with us.

These rules and regulations can be found on our student website and will be provided for you once you are accepted for the course.

The IEFPL will make all reasonable efforts to deliver the courses as described on this site. However, the IEFPL reserves the right to vary, merge or discontinue courses.

In the event of any fundamental changes or discontinuance to your course we will give you reasonable notice and you will be entitled to withdraw your application or withdraw from your course by telling us in writing.

The entry requirements shown on this site are indicative only and the IEFPL reserves the right to vary its entry requirements.