

# ACCESSING PRESENCE

an experiential equine retreat for  
mental health professionals & coaches

with

**Toni Herbine-Blank MSN  
Kate Feldman, MSW, LCSW**

**June 21-24, 2018**

*Three summer days in Colorado  
A herd of horses  
A small group of healers*



# ACCESSING PRESENCE

**EXPERIENCE** how horses open and deepen access to SELF-ENERGY.

**LEARN** how horses illuminate what blocks your access to SELF-PRESENCE.

**BE** in relationship with horses as a way to explore being in relationship with your self.

**DISCOVER** what gets in the way of your being present with your clients.

**UNDERSTAND** and experience how your interactions with clients shift with PRESENCE.

**EXPLORE** the inside/outside nature of relationship WHILE being in relationship with the horses and each other.

*This experiential retreat is designed to support anyone in the healing professions to increase their capacity to be Self-present in their work with clients. In order to be Self-present, healers and helpers must simultaneously be open hearted and accepting of their own parts and the parts of the client, attuned to their own inner rhythm and the rhythm of the client.*

*CEUs may be available. Contact us for more information.*

**June 21-24, 2018 • Durango CO**

Thurs, June 21st (evening)  
thru Sun. June 24th (lunch)

**\$925**

(Includes breakfast and lunch.)  
(Transportation, lodging and  
dinner not included.)



## *Why Horses?*

From our perspective, horses will reflect exactly what you need to see about yourself. Your relationship with them will call attention to parts of yourself that have an agenda and interfere in some way with your capacity for Self – Presence. They will also mirror back the most soulful and beautiful parts of you.

Horses are teachers of self-awareness. Like humans, they are social beings that live together in herds with defined hierarchies, roles, responsibilities, and relationships very similar to our family systems. They are alert, intuitive, emotional, and authentic because their survival is intimately connected with their relationships to everyone and everything around them.

During this experiential retreat you will partner with horses to deepen your awareness of relationship in the present moment. Through guided, hands-on- experiences of grooming, touching, moving, breathing and interacting with the horses, you will explore the dynamics of contact with yourself, others, and the environment.

Through your relationship with the horses you will discover deepened and more relaxed ways to be with your clients, prevent burnout, and increase your capacity to facilitate healing and awareness in your work.

The retreat does not include actual horseback riding. We focus on contact, connection and building relationship with the horses. Everyone has a different experience and learns different things about themselves. Our intention is to facilitate an environment that is nourishing and transformational for you as a therapist. We understand that as therapists, our work in the world is demanding and calls forth the deepest parts of ourselves. We all need time to go inward and connect with ourselves.

Please join us.



# ACCESSING PRESENCE

## *Guides*

*Sisters, best friends, therapists, and horse owners, individually and together, we experience a soulful and deeply meaningful relationship with our horses. They are a resource that helps us access our most spacious, loving selves.*

*We look forward to sharing this experience with other therapists.*

**Kate Feldman, MSW, LCSW** is co-founder with her husband, Joel, of the Conscious Relationships Institute in Durango, CO through which they have worked separately and together with couples for the last thirty years. Kate's primary work as a therapist is helping couples and individuals find their way to more loving, alive, and empowered relationships. She is in private practice using her home office AND herd of horses to work with people in all levels of healing, recovery, and personal development. She is trained as a Gestalt Equine therapist through the Gestalt Equine Institute of the Rockies..

**Toni Herbine-Blank MS RN Cs-P** is an IFS therapist and Senior Trainer for the Center for Self-Leadership. She developed and runs Intimacy from the Inside Out® a training program for the application of IFS to couple therapy. Her passion is in helping therapists reach their greatest potential by accessing their innate ability to be present, Self-led, and in authentic relationship with their clients and themselves. She recently published her first book, **Intimacy from the Inside Out** with co authors Martha Sweezy and Donna Kerpelman.



# ACCESSING PRESENCE

**June 21-24, 2018  
Durango CO  
\$925**

**Please fill out the REGISTRATION FORM below and send your non-refundable deposit of \$325 by April 15, 2018.**

**Final balance (\$600) is due by June 7, 2018 (two weeks before your arrival).**

**Checks (only) made out to: Kate Feldman/Equine Experience. Send to: Toni Herbine-Blank PO Box 556 Durango, CO 81302.**

*This program is limited to 10-12 participants. No previous experience with horses is necessary. After registering, we will send you travel and hotel information.*

*Please note: This program fills very quickly. We recommend registering as soon as you can.*

Name \_\_\_\_\_

Mailing Addr \_\_\_\_\_

Phones \_\_\_\_\_

Email Addr \_\_\_\_\_

**What is your experience with horses?**

**Have you ever experienced any emotional or physical trauma in your life and/or with horses?**

**What is your background/experience as a helping professional?**

**What interests you about this program? What would you like to gain?**