

Equine-Assisted Networker

Volume 7



Number 2

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EAP and Client Addiction

- A Message from Ben Wolf Necklace

This sound advice was delivered in response to an O.K. Corral Member's request for guidance working with reluctant or nonresponsive clients with addiction issues.

Sometimes you have to change your behavior until your thoughts and feelings catch up. Addicts are some of the most feeling people in the world. We have learned to function off our feelings....we are very emotional, we have learned to react to every situation, we have not learned to function on an intellectual level, but function on an emotional level, that is often very immature, addicts are into immediate gratification as a result. Addicts have a tendency to turn all feelings into anger, that is the safest way to deal with our environment.

Sobriety is not an easy lifestyle change! It is a tough, difficult journey.....painful, having to put that bottle or drug down and deal with life on life's terms! Having to learn coping skills, and not hide in your drug of choice. Changing a lifestyle based on codependency and addiction is too much for too many and they return to that lifestyle in a big hurry when they discover nothing is going to be handed to them!



It took me 2.5 to 3 yrs for my brain to come out of that fog, the loss of many things in my childhood and things that I never had were painful to look at, accept and move on was not easy, but it showed how much strength an addict has, when they are left with no other option but death if changes do not occur.

Change cannot be a single faceted journey, it has to have other paths to journey down.....AA, NA, ACOA, and other support groups, individual therapy, for some of us traditional ceremonies as well as any other options available to us. There can be no excuse for quitting or not trying new things.....Self Pity feels sooooo wonderful, it allows us to remove ourselves from our own

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What's New in the O.K. Corral?

Corral Member Publishes "Equine-Assisted Novel"

Ann Clemons joins the ranks of successful authors among the O.K. Corral membership! *Wild Spirits: Running with the Herd* tells the story of a seventeen-year-old foster child who lands in the same "corral" as a debilitated mustang stallion rescued by the teen's foster father. Ann shares the beautiful story of self-discovery and the evolution of a deep relationship between the two protagonists, Elena and "Hawk."

This novel paints a case study in the basic principles of Equine Assisted Psychotherapy from



The audience "pulls up saddles" at the book signing for Ann Clemons' *Wild Spirits: Running with the Herd* in Taos, New Mexico.

Herd vs. Pack behavior, to Pressure and Pain responses, to the "Re-Circle" method. Not only would this novel be great for an equine-assisted book club, but it could be a meaningful read for folks of all backgrounds and ages!

Of course, the book can be ordered online or through Ann's website, www.annclemons.com, which also features her beautiful clay tile mural art. Look for Ann's book to be featured on the O.K.

Corral Series' webpage devoted to "Corral Authors"

It's Never Too Late to Get Your "Passport!"

Have you been certified through the O.K. Corral Series? Would you like to attend more certification seminars? The O.K. Corral Passport Program is still a possibility!

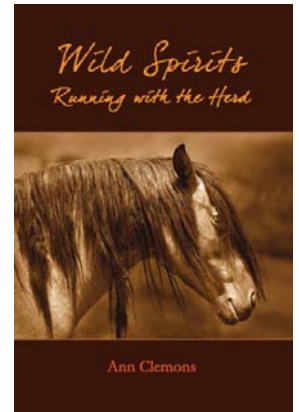
The Passport Program offers 6 certification seminars and a lifetime membership for the price of \$2975. This would save you \$1700 (a savings of almost 40%)!

If you would like to participate in the Passport Program – it is never too late! Simply subtract the investment you have already made in your certification and membership from the current rate of \$2975 to find what it would now cost you to be a lifetime Passport member! O.K. Corral members are encouraged to contact the O.K. Corral Series for a personal quote at any time!

Replacement Certificates at the Ready

We are always glad to oblige O.K. Corral members with copies of the certificates you have earned! Better yet, there is no charge for this service for current members!

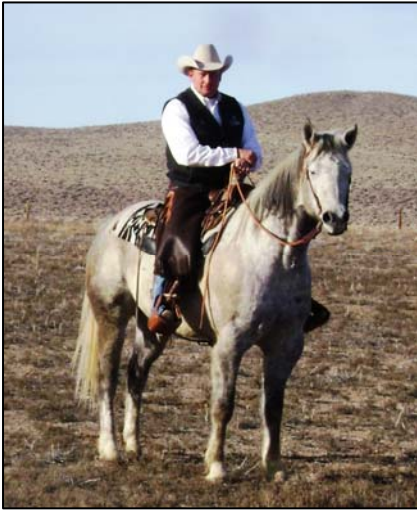
If your membership has lapsed, the fee for replacement certificates is \$15, which covers the cost of materials, printing, and postage.



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Founder's Forum:

An Ounce of Prevention . . .



“An ounce of prevention is worth a pound of cure.”

Ben Franklin's old adage is profound and permeates every aspect of today's world - including mental and physical health and even corporate culture. The majority of issues we encounter in our professional lives are a matter of mechanics. It seems that we are always working with something that is broken.

Consider an automobile as a metaphor. Most of us can relate a situation in which we were stranded somewhere when our car broke down. Something went wrong in a major way – and the thing that went wrong usually could've been prevented by simple check-ups on parts, fluids, and maintenance – because this type of prevention

ensures a level of health in the automobile.

Corporate health is a lot like the health of your car. It needs to have periodic check-ins and check-ups with employees, resources, supplies, and communication systems. Without these measures, overlooked warnings lead to brokenness, dysfunction, and poor corporate health.

Every business owner and manager that I've ever met has expressed concern about the “health” of their organization. They have sought advice on how to keep the workplace in top form – maximizing output, and humming along. What these professionals were looking for was preventative maintenance. The equine-assisted philosophy can be



applied to organizations to ensure ongoing quality and improvement rather than helping the same organizations address or recover from a major breakdown.

The same holds true for the mental health industry. Mental health services are changing. There is uncertainty regarding insurance coverage for mental health conditions. There are still folks who worry about the stigma attached to seeking treatment for mental health issues. As a result, many people only seek help when something is already problematic enough to be considered (metaphorically) “broken.”

EAP practitioners also have reason for concern, as we are still unsure of which of our services will be covered under changing health insurance regulations. There has been considerable time put forth to help insurance providers understand the effectiveness of EAP for treatment of mental health, and though the value of EAP cannot be denied, it is often one of the first services to be eliminated from coverage when funding is scrutinized. This presents significant pressure for the EAP treatment team.

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100 (or More) Women Who Care

Have you heard of "100WWC?" How about "100 (or more) Women Who Care?" The concept is easy - female philanthropists meet monthly to donate much-needed funding to worthy causes. This type of philanthropy is not only for the wealthy, though, as each member agrees to commit \$100. Doing the math, if you have 100 benefactors donating \$100, the lucky recipient will gain \$10,000 in funding, if selected by the local 100WWC.



Not only is this a worthy cause for many of us "middle America" folks who want to make a

difference in our community, but it is an excellent funding possibility for your equine-assisted program or practice! Contact your local 100WWC chapter for specifics on how to join or present a proposal for funding for the group vote.

More than theoretical, 100 Women Who Care's Grand Haven and Muskegon, Michigan chapters donated \$32,500 to Out-Side-In - an O.K. Corral certified program in Grand Haven. For more information, visit the Santa Cruz chapter's page (<http://www.100wwc.org/sc/More.html>) - where there is the most complete information on local chapters in the US, Canada, & Mexico.

Here is a sample of guidelines from the Milwaukee, WI chapter:

- *Meetings are one hour in length (though you may choose to stay later to socialize)*
 - *Each Member commits to donating \$100 per meeting on a quarterly basis (\$400 annually). Members can be individuals or a team.*
 - *Members bring a blank check to be written out directly to the selected charity. If a member is unable to attend a meeting she may give her check to another Member to deliver on her behalf or she may mail it in before/after the meeting.*
 - *All donations will be provided to Milwaukee area charities serving the greater Milwaukee area. Donations benefiting national charities will not be considered. However, If a national charity has a local group affiliation and the donation will only benefit the Milwaukee metro area, that is allowable for consideration.*
 - *Members who wish to submit a charity for consideration must complete a Charitable*
- *Organization Fact Sheet and be ready to make a five minute presentation at the meeting to the members about such charity. Three charity submissions will be randomly drawn at the meeting of which the presenters will then have time to make their five minute presentation.*
 - *Only Members who have signed a Commitment Form and are current on their contributions may submit a charity for consideration.*
 - *Only Members who are current in their contributions are eligible to vote at meetings.*
 - *A Q&A session will take place immediately following the three presentations and directly preceding Member voting.*
 - *Each Member will vote by ballot - the majority rules. Even if your choice does not win, all Members are responsible for writing a check to the winning charity.*

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Founder's Forum (continued from p. 3)

This is where the Re-Circle becomes important for EAP treatment teams everywhere. EAP treatment teams would be wise to move away from the perceived pressure, and step back to a safe place - shoulder to shoulder in the relationship zone. And once in that safe place, we should be looking for resources, routes to greater resources, or avenues of further retreat.

Once resources are identified, they can be approached, gathered, implemented. Each treatment team can assess the needed services within its community. What is lacking? What is in demand? In almost every community, certain issues are out of control or sources of concern - from unemployment to drugs or crime to stressors in life, educational opportunities, vocational opportunities, and even parenting skills.

Drive around, walk around, or ride your horses around your communities. Read local newspapers, talk to local community leaders and members about their concerns, and where they feel they need the most help. Use your new perspective and the knowledge you have about what EAP can bring to provide a new focus for your program or services that you offer.

EAP can be extremely effective prevention for any personal, social, or community issue, whether for the individual or group. Every EAP team has basic exercises with a variety of applications, to use in a variety of ways. Be creative with those exercises and develop new ways to encourage a supportive herd mentality to help your community work through its current issues and avert future problems. The herd is a template to help solve current problems and prevent trouble down the road.

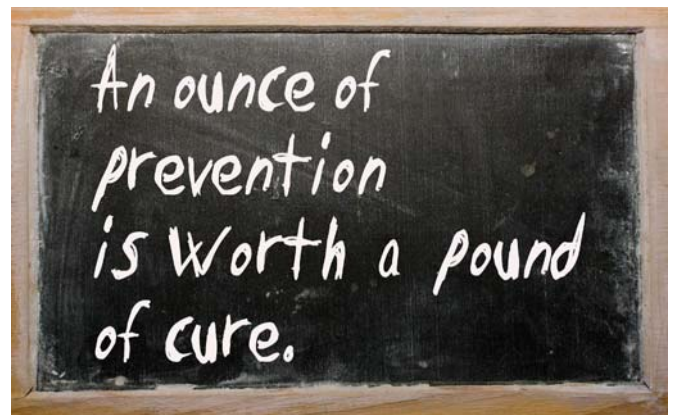
Consider an intervention in the preventative stage versus the broken stage. In the preventative stage, the situation is moving in one direction and it is possible to move and alter that forward

direction into a healthier, safer forward movement toward a goal.

In the broken stage, this situation is stopped, and before anything, the issue would need to be started moving again. There can be damage because of the way it was stopped, and how much energy it took to stop that particular issue or situation. A useful analogy might involve an individual or group that has already been stopped by law enforcement or another powerful event or trauma. The real damage to the family unit, to the group, or to the individual will have to be addressed before we could apply pressure to move it, or find ways to motivate them to move forward. It is clear that intervening in the preventive level can be easier and more efficient for clients as well as the EAP team. There may be more clients to participate in health maintenance, family support, or corporate strengthening, and because we're not fixing something that is broken, we may provide our services at a lower rate.

Utilizing the Re-Circle in your community - with your neighbors, local businesses, or community groups, you will see an attraction toward your facility and to your services for the simple fact that you work with everyone - including people with issues of varying degrees and diagnoses, but also healthy families and organizations that simply want to maintain.

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And, "A stitch in time saves nine!"

Reaching Out to Our Veterans:

A Resource to Locating and Addressing the Needs of Veterans

-Based on the notes of Jennifer Elliot, Horse in Miracles

Where Will You Find the Need?

- Organizations including Disabled American Veterans (DVA), Veterans of Foreign Wars (VFW), Vietnam Veterans of America (VVA) may be able to “sponsor a vet” or a fundraiser
- Community holiday celebrations, such as Memorial Day, Veterans’ Day, Armed Forces Day, Independence Day, or Flag Day
- Gathering or social areas at your local vet center (like a “smoking area” outside the building)
- Outdoor or sporting goods stores, firearms events, gun clubs and ranges
- Motorcycle shops or events like poker runs and fundraisers
- Taverns, bars and lounges – pay attention to bumper stickers in the parking lots
- Events with regional resources like Veterans Helping Veterans, USA Cares, and Wounded Warriors
- Many of the homeless individuals you meet may be veterans

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EAP and Addiction (continued from p. 1)

responsibility to make the changes we need to make.....

Being Native American and growing up around horses makes it very clear how amazing equine therapy is and it can be applied to any area of life as long as it has that spiritual component. I did not understand AA meetings and had to go to them for that long before it hit me one nite and I finally understood what they were about.....I finally made that connection.....it was a spiritual connection. My life was forever changed for the better.....accept no excuses for not trying!!

I have some ideas you can try.....but for awhile, you may just have a warm body who is in a fog and

“...but for awhile, you may just have a warm body who is in a fog and just has to keep on keeping on...”

just has to keep on keeping on....until they reach a point of spiritual awakening. Sometimes, in order for an addict to change....then pain inside has to become greater than the pain outside of them!!

I am kind of rambling....I apologize, but I am a recovering addict of 23 yrs and I am a drug and alcohol counselor!! Have a great day!!

-Ben Wolf Necklace



Stress Management, Corral Style

Everyone has heard the significance attributed to the perception of a glass being “half full,” or, heaven forbid, “half empty!”

And many have heard the tale told in the anecdote below. Ironically, the weight of our worry can determine not only our assessment of a vessel’s volume, but indicate which of the basic principles of EAP we need to refresh in our minds and actions!

A psychologist walked around a room while teaching stress management to an audience. As she raised a glass of water, everyone expected they'd be asked the "half empty or half full" question. Instead, with a smile on her face, she inquired: "How heavy is this glass of water?"

Answers called out ranged from 8 oz. to 20 oz.

She replied, "The absolute weight doesn't matter. It depends on how long I hold it. If I hold it for a minute, it's not a problem. If I hold it for an hour, I'll have an ache in my arm. If I hold it for a day, my arm will feel numb and paralyzed. In each case, the weight of the glass doesn't change, but the longer I hold it, the heavier it becomes."

She continued, "The stresses and worries in life are like that glass of water. Think about them for a while and nothing



happens. Think about them a bit longer and they begin to hurt. And if you think about them all day long, you will feel paralyzed – incapable of doing anything."

Remember to put the glass down.

(Unknown)

Can you identify the correlation between this insightful story and your personal time management and balance between Attention and At-Ease?

Do you find the time to set down your “full glass” with productive ways to distract and decompress? EAP lessons jump out at us from almost every story and situation.

How could the Re-Circle Method assist you with our own heavy glass? Could you set the weight down for a time, retreat to a comfortable distance, gather resources to assist you with your weighty burden, and then re-approach the task?

The basic principles of EAP are always present and applicable in every situation and every story – even when there isn’t a horse in sight! Our equine friends model a safe and healthy approach to every situation we many encounter in our lives. Are you getting their message? It is helpful to practice what you have learned in during your certification every day. Your programs and practices gain authenticity with every metaphor you identify and live and model for your clients and community.

Free Advertising for O.K. Corral Members!

The O.K. Corral On-line Member Directory receives hundreds of hits every month from people who are looking for people like you! We do believe in respecting the privacy of all of our members, and do not give out contact information without your approval. So that means that it is *up to you* to let people know how to find you!

When you submit a member directory information form, you open yourself and your business up to networking. Give yourself some publicity - call the O.K. Corral and we will mail or FAX the Member Information Form to you!

Reaching Out (continued from p. 6)

Who needs to know about you and your services?

- “Workforce Connection” and other state unemployment offices have a veterans representative to help veterans find work or training.
- Habitat for Humanity and your local homeless coalitions
- Any and all mental health alliances in your area
- Local hospice services (many vets first encounter PTSD when terminally ill)
- Local mental health court
- Social service agencies
- Food pantries and food banks, Meals on Wheels
- Local Senior Citizens Center
- Area churches and religious institutions
- First responders – many police, firefighters, and EMTs are veterans
- Local corrections institutions
- Addictions counselors, and drug court judges

And have you considered. . .

- Creating a “Veterans’ Advisory Board” for your program or practice?
- Inviting veterans to volunteer for your program or practice?

Corral News (continued from p. 2)

Still looking for 2014 Hosts!

The O.K. Corral Series has begun to schedule certification seminars for 2014! The revised hosting guidelines have been posted at www.okcorralseries.com/hosting.

Prospective hosts are encouraged to reserve their seminar dates early to ensure their spot on the schedule.

New Seminar Fee Payment Option Announced

The O.K. Corral Series has been working with PayPal for years to provide a secure way for you to register for seminars online.

We have added another of PayPal’s services to make earning an O.K. Corral certification more affordable. Registrants are now given the option to pay for their seminar, interest-free, over the course

of six months. For more information, please visit the O.K. Corral Series website registration page at www.okcorralseries/register.

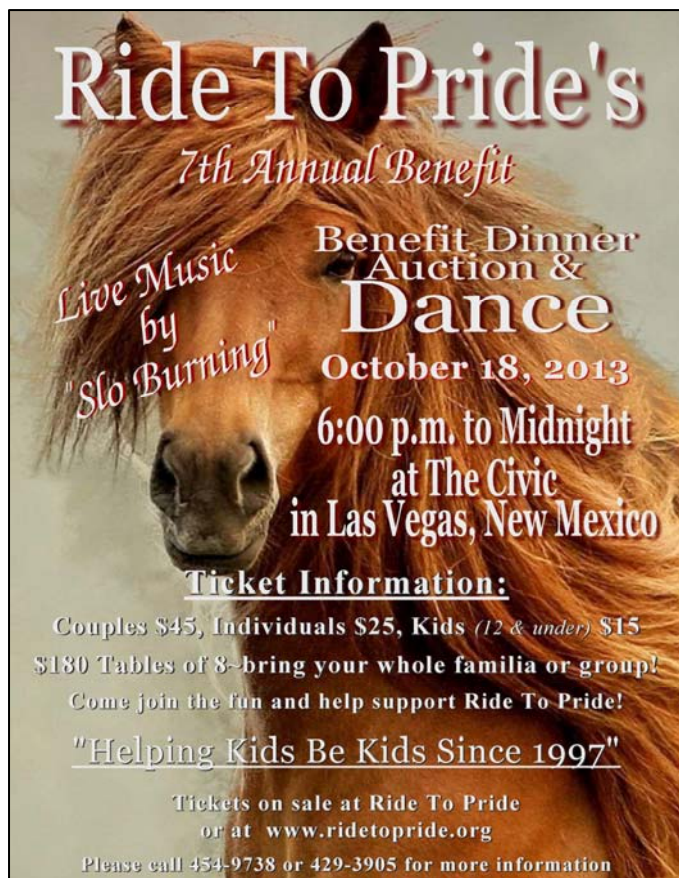
New Dissertation Documents EAP and Veterans

Barbara Abrams has submitted her dissertation and invites the O.K. Corral membership to read the fruits of her work, for free, at ProQuest Dissertations & Theses (PGDT Open).

“Exploring Therapists’ Conceptions of Equine Facilitated/Assisted Psychotherapy for Combat Veterans Experiencing Posttraumatic Stress Disorder” includes reflections, experiences, and opinions of five licensed therapists who work with veterans suffering from PTSD.

100 WWC (continued from p. 4)

- If a Member presents for a particular charity that is not chosen, the Member is still eligible to submit that same charity at subsequent meetings or until such charity is chosen. If a Member's charity is chosen, that charity is not eligible to be considered again for 1 full year. However, the Member is still eligible to submit the name of another charity.
- In the case of a two-way tie the membership will be provided with the names of the two charities and a second vote will be taken. If the second vote results in another tie then we will randomly pick one of the two charities name out of a hat. In the case of a three-way tie we will randomly pick one of the three names out of a hat.
- The winning charity must agree not to use the names of the Members for future solicitations or give member information out for any other public use or purpose. The charity is also required to send a representative to the next meeting to explain to the Membership how the funds have been used.



Ride To Pride's
7th Annual Benefit

Live Music
by
"Slo Burning"

Benefit Dinner
Auction &
Dance
October 18, 2013
6:00 p.m. to Midnight
at The Civic
in Las Vegas, New Mexico

Ticket Information:
Couples \$45, Individuals \$25, Kids (12 & under) \$15
\$180 Tables of 8—bring your whole familia or group!
Come join the fun and help support Ride To Pride!
"Helping Kids Be Kids Since 1997"

Tickets on sale at Ride To Pride
or at www.ridetopride.org
Please call 454-9738 or 429-3905 for more information

Founder's Forum (continued from p. 5)

In every community, people are concerned about our returning veterans. Though there is some preventative work with the military, we tend to be more focused on the "broken" veterans. This is an ideal population to consider as far as how your services could be more preventative before needing to be curative. I can imagine every treatment team in their area - calling, talking, and marketing to veterans groups - not only the Veterans Administration, but smaller veterans groups and different social services agencies that help out veterans. Circulate your information to encourage them to participate in any of your services.

Pre-deployment services as well as family and individual skills development promote health and safety as your clients move forward. Without perceived stigmas or labels, prospective clients are more apt to let their curiosity drive them toward

you. Many may be willing to pay out of pocket for preventative services as opposed to "treatment."

There are countless herds out there that will benefit from preventative interventions to prevent major breakdowns, trauma, and expensive treatment. With the use of the Re-Circle as a template for families or organizations and using the herd dynamic in relationship to the Re-Circle template for any type of herd is probably the most effective intervention in the name of prevention.

I encourage you to use your observation skills, use your knowledge, be proactive and find the needs in your communities. Whether it is skills workshops, family events, or a scheduled regular meeting of veterans groups in your area, there are tremendous opportunities for you and your horses to keep your herds safe, healthy, and happy.

O.K. Corral Calendar – 2013

September, 2013		
12-14	Red	Marshalltown, IA
26-28	Green	Dyer Brook, ME
October, 2013		
10-12	Yellow	Mescalero, NM
25-27	Red	Richmond, VA
November, 2013		
7-9	Blue	Flintstone, GA
December, 2013		
6-8	Camouflage	Grass Valley, CA
January, 2014		
30 – February 1	Red	El Cajon, CA
April, 2014		
25-27	Green	Whitney Point, NY
May, 2014		
15-17	TBA	Lake Forest, CA
June, 2014		
26-28	Camouflage	Scottsbluff, NE
September, 2014		
25-27	Blue	Brook Park, MN
October, 2014		
10-12	Yellow	Menifee, CA

Be sure to check for weekly updates at www.okcorralseries.com/calendar!

2014 Hosting Possibilities!

We are now taking requests for O.K. Corral seminars for the O.K. Corral 2014 calendar! The hosting information is posted on the website at www.okcorralseries.com/hosting. The information in new Hosting Information Guide outlines the basic requirements for hosting – as well as the perks! Potential hosts may also call 866.391.OKOK to have hosting information mailed or faxed.

Prospective hosts are advised to read all materials thoroughly before submitting a Seminar Hosting Request to make sure hosting requirements will be met.

As always, private seminars are an option for hosts who may not meet all of the facility requirements for a public seminar or who prefer a closed training

Welcome Our New Members!

Arizona

Mark Van Winkle

California

Jesse Sullivan
Melody Foxx
Connie Bowin
Rosita Cortizo
Treena Hall
Nikki Hock
Claudia Goedde
Windy DiPietro
Tina Preisendanz
Kerri Clark
Carol Caddes

Florida

Jennifer Elliott

Illinois

Katheryne Clippert

Indiana

Laney Case
Amy Terrell
Jamie Morley
Megan Barry
Bryttenny Gaines
Elisha Stanley

Kansas

Nikki Currie

Kentucky

Steve Yeary
Laney Case
Amy Terrell

Maine

Kathryn Johnson

Maryland

Brittany Pizzano
Lucretia Pizzano

Massachusetts

John Keesee

Missouri

Jill Thompson
Tammy Seeck
Tonya Crady
Ashlee Faith DuClos

Nevada

Joelyne Gold

New Hampshire

Brooke Townsend

New Mexico

Martie Rafferty
Giovanna Eisberg
Marcel Montanez
Gabriela Miller
Florian Birkmayer, MD
Win Simon
Corri Broner
Jason Turner

Texas

Beverly Hunt
Traci Switzer
Elisabeth Crabtree
Trinidad Rodriguez
Jessie Kersh
Alexa Hanks
Alyssa Crocker

Vermont

Barbara Noorsij

Virginia

Nancy Simpson
Shannon Scott

CANADA

Nova Scotia

Peter Verge
Russ Sanche
Danielle Humble

Megan Crowe

Alissa Cue

Kathleen Murphy

Ontario

Carolyn Roberts

Changing Gaits
2013 Pig Roast
Oct. 12th 11-7pm

Time & Place
October 12, 2013
11:00 am - 7:00 pm
Changing Gaits Inc.
27274 Monument Rd.
Brook Park, MN 55007
www.changinggaits.org
320-438-4001

Services
Horseback rides
(\$30/hr / \$50 for 2 hr)
Wild River State Park
4 hr package including lunch
(3 people \$125 per person)
Birthday Parties
(up to 10 kids \$150)
Carriage/Pony rides
(Call for pricing)

Live Music
Second Fiddle

About Us
Guest Drummer Tracay Grosland



Some members of the Nova Scotia certification class "Put the Glass Down" together at the historic Fo'c'sle Tavern in Chester.

The O.K. Corral Seminar Series

The O.K. Corral Seminar Series is designed to meet the needs of anyone interested in being certified to work with horses to help humans. The series is comprised of color-coded milepost seminars that may be attended, one or all, in any order.

Milepost Red (Crisis to Confidence): This three-day certification seminar addresses prevention, intervention and de-escalation of stress and crisis. Equine-assisted activities and nonverbal communication are emphasized.

Milepost Green (Giddy Up & Get Over It!): This three-day certification seminar focuses on the foundations of Equine Assisted Psychotherapy for treating diagnosed or diagnosable clients in mental health settings.

Milepost Yellow (Family Time): This three-day certification seminar focuses on the use of equine-assisted techniques with groups and families. Interpersonal dynamics and individual roles are explored through a variety of exercises and metaphors to natural herd behavior.

Milepost Blue (Let's Get Down to Business!): This three-day certification seminar concentrates on activities and metaphors that are useful with groups or corporate retreats. The emphasis is on learning and teambuilding with non-therapeutic clients.

Milepost Purple (O.K. for Every Day Internship): This three-day internship setting includes actual clients and experienced professionals to guide you through implementation into your own practice confidently and professionally. Purple seminars may feature a variety of client types.

Milepost Camouflage (Coming Home Again): This three-day seminar instructs the basics of EAP and EAL with special emphasis on issues affecting veterans and their families.



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