

WORKSHOP LEADER

Vallerie E. Coleman, Ph.D., Psy.D. is a clinical psychologist and psychoanalyst. She is the Clinical Director of Stand InBalance and also has a private practice in Santa Monica, CA. Dr. Coleman specializes in helping individuals and couples improve their lives and relationships through psychoanalytic psychotherapy and Equine Assisted psychotherapy. Her work is based in a combination of object relations theory, attachment theory, and sensorimotor psychotherapy. She has been on faculty at Loyola Marymount University and the Newport Psychoanalytic Institute.

Additional Staff include: Equine Specialist Terry Carroll and Natasha Fillipedes, MA

6 Hours CE Credit

Psychologists: InBalance is approved by the American Psychological Association to sponsor continuing education for psychologists. InBalance maintains responsibility for this program and its content.

LMFTs and LCSWs:

This course meets the requirements for 6 hours of continuing education as required by the California Board of Behavioral Sciences (Provider #PCE 4605).

INBALANCE GROWTH & LEARNING
3231 OCEAN PARK BLVD., STE. 205
SANTA MONICA, CA 90405

Stand InBalance
EMPOWERING YOUR AUTHENTIC SELF

**Add Nature to your
Nurture:
Using Embodied
Mindfulness
To Enhance Clinical
Practice**



**This is a unique, outdoor
retreat** for mental health
professionals utilizing
experiential (no riding)
interaction with horses.

**Saturday January 29, 2011
Small Group Format
9am - 4pm
6CEs**

Vallerie E. Coleman, Psy.D., Ph.D.
InBalance - Growth & Learning

This program is designed to offer mental health professionals an opportunity to:

- Bring more joy and resonance to your life and your practice - and have a good time while you are doing it.
- Participate in experiential exercises and discover how working with horses can quickly illuminate dynamics and provide immediate opportunities for growth and change.
- Increase capacity for self-reflection and use it to increase your clinical effectiveness. This includes identifying ways in which past training, personal issues, or needs may influence your work with clients.
- Process, through facilitated dialogue, ways to use embodied mindfulness in clinical practice.
- Experience a day of learning and rejuvenation in a natural, healing setting.

For more information about Equine Assisted Psychotherapy visit our website:
www.standinbalance.com

DETAILS

Where: Agoura Hills, California

When: Saturday January 29, 2011
9am - 4pm

Cost: \$235 per person, lunch included

In clinical practice, our capacity for embodied mindfulness is an essential element of **reverie and attunement**. Yet, working with difficult and/or traumatized clients can strain our ability to be present and centered. By adding Nature to our Nurture we can enhance our embodied awareness and experience its benefits in our clinical work and in life.

In this small group experiential workshop we will use horses' **intuitive** ability to mirror and reflect their experience of us. Through their **invaluable feedback** about how congruent and aware we are, horses can enhance our effectiveness as clinicians. **Come and experience** how embodied mindfulness can move ourselves, the client, and the work forward.

All horse activities are conducted on the ground - there is no riding.

REGISTRATION

Space is limited to allow for individualized attention. \$235 per person. Credit cards and personal checks accepted.

_____ Saturday January 29, 2011

Cancellation policy - cancellations made up to two weeks in advance will be refunded less \$30 administrative charge.

Name: _____

Address: _____

City: _____

State-Zip: _____

Phone: _____

E-Mail: _____

Affiliation: _____

Degree/ Lic. No.: _____

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To pay by Credit Card - please visit our website:
www.standinbalance.com
and click on registration for this event.
Please call if you need any special accommodations