

## WORKSHOP LEADER

**Vallerie E. Coleman, Ph.D., Psy.D.** is a clinical psychologist and psychoanalyst. She is the Clinical Director of 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 upon 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.

### 4 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 4 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



## Embodied Awareness through Equine Assisted Learning

A 4 hour workshop for mental health professionals



Saturday  
December 5, 2009  
9am - 1pm

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

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

- Gain an increased awareness of bodily sensations and identify ways of integrating sensate awareness with intellectual and emotional understanding.
- Acquire increased understanding of non-verbal communication through participation in experiential exercises.
- Increase capacity for self-reflection and improve work with clients. This includes identifying ways in which the participant's past training, personal issues, or needs might cloud the capacity to perceive client communication.
- Process, through facilitated dialogue, increased self-awareness and its relationship to potential countertransference.

For more information about Equine Assisted Psychotherapy visit our website:  
[www.inbalancewithhorses.com](http://www.inbalancewithhorses.com)

## EMBODIED AWARENESS THROUGH EQUINE ASSISTED LEARNING (EAL)

Where: Agoura Hills, California

When: Saturday, December 5, 2009

Cost: \$200 per person

### SCHEDULE

8:30am	Sign in/Registration
9:00-9:30	Welcome
9:30-10:00	Overview of Mindfulness, Sensorimotor Processing & EAL
10:00-10:15	Break
10:15-11:45	Experiential Exercises Discussion
11:45 - 12:10	Reflective Break
12:10 -12:45	Clinical Applications, Q & A
12:45 -1:00	Evaluations,Self- Test, Review

## REGISTRATION

Space is limited to allow for individualized attention.

Saturday December 5, 2009

Workshop Fee: \$200

Cancellation policy - cancellations made up to one week 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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Please call if you need any special accommodations