

Supervision in equine mediation

Hello!

My name is Nathalie Durel and I've been a psychotherapist for 30 years. I am also an equine therapist specialized in equine-assisted interventions. In 2008, I created the Kiron Method® - Equine Assisted Intervention, which I teach in Portugal and other countries. I also supervise professionals in this field.

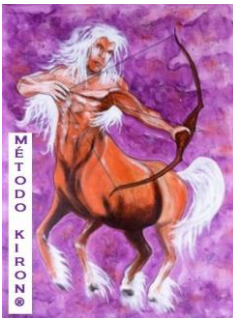
I set up and ran my own equine therapy Centre in Portugal for 20 years: Quinta do cavalo Kiron/ <https://quintadocavalo.com/?lang=en>

I have 12 years' experience in equine mediation with patients suffering from addictions; 2,500 patients suffering from all types of addiction have already been helped in my space using the Kiron® Method.

I have more than 250,000 hours as a psychotherapist, I have worked with all types of pathology, especially depression, addictions addictions, borderline and psychotic states but also in personal development and coaching.

For a number of years now, I've been providing distance support to professionals who need supervision and/or who wish to have an introduction to the Kiron® Method.

Sessions can be done in 5 languages:
French, Spanish, Portuguese, English or Italian.



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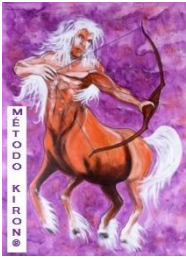


Supervision is NECESSARY & MANDATORY in all approaches to helping others.

It promotes professional development, clinical and equine competence, and the emotional/physical well-being of equine mediation practitioners in the following areas:

- Equine assisted psychotherapy
- Equine assisted coaching
- Equine assisted learning
- Equine assisted personal development

But also...in equitherapy!



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**What is equine mediation...?
A quick reminder...**

Exercices and activities
specially created for
each situation and
patient/client

A team of specialists
well prepared for
these interventions

Well-prepared equine
team for these
interventions

Supervision in equine mediation



Supervision in equine mediation is essential for :

- students in equine mediation
- newly trained therapists and/or facilitators
- experienced therapists and/or facilitators



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Why supervision in equine mediation is essential?

Because it allows errors to be **'corrected'** before their consequences are too serious for the practitioner and for the patient/client. (Included in the code of ethics)



Supervision in equine mediation



Supervision in equine mediation enables:

- analyse the content of a session
- assess transference and counter-transference
- explore strategies and exercises
- act as a support and structure
- encourage and promote learning
- verify physical and emotional safety procedures towards the client and the horses

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And yet...:

encourages analysis, facilitates the process experienced by the patient, allows knowledge to be assimilated, contributes to the work of the professional, counts as a point of reference, enriches mediation practice, offers different points of view, promotes self-knowledge, encourages self-care, releases tension, reinforces empathy, protects the patient/client and the facilitator, allows concepts to be checked...

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Who can give supervision sessions??

A professional with many years' experience in his or her speciality(ies) and who has been recognised by his or her peers.



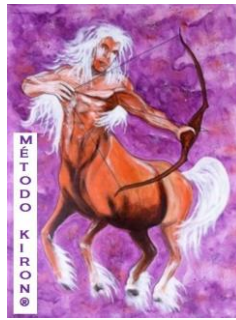
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What I am proposing?

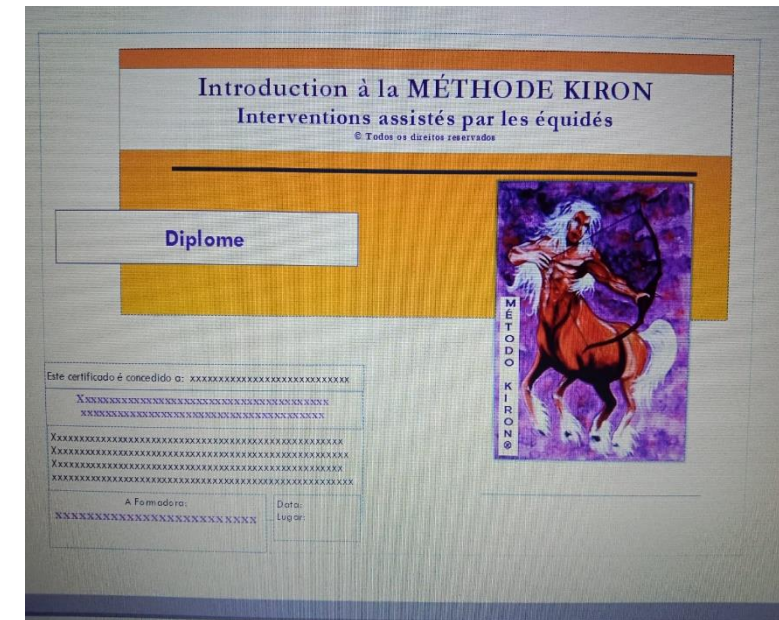
- 60-minute or 90-minute session
- in a video conference in which the supervisee presents one or more cases that pose a problem for him/her (it is possible to show a video of the session)
- investment: €60 per hour or €90 per hour and a half

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For people who want an introduction to the Kiron[®] Method in Equine Assisted Interventions, I propose :

- The 90-page PDF workbook explaining the method
- The exercises to be returned
- Correction of the exercises
- Supervision sessions
- The Kiron[®] Method introductory diploma



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Contents of the training course on the Introduction of the Kiron® Method in Equine Assisted Interventions (EAI):

- Being a therapist; the myth of the centaur Kiron, archetypal image of the wounded healer;
- Equine-assisted interventions; Animal therapy - horses (notions of ethology and mythology);
- The three theoretical foundations of the Kiron® method part I; experiential learning, ethology, the mirror horse; when the body 'speaks', psycho-corporal intervention, character structures; the two support axes of the Kiron® method; the four therapeutic spaces of the Kiron® method;
- The Kiron® method part II - activities; treatment; the equine team, the therapist, the equine specialist; areas of intervention (public, pathologies, objectives...); supervision;
- IAE sessions - the first and subsequent sessions; the therapeutic contract; safety during sessions; the code of ethics;
- Equine ethology, sight, hearing, smell, taste, vibrissae, touch, 6th sense, vibrations, communication and body language, etc. - Relevant equine studies;
- The psycho-corporal approach in IAE, horse-assisted learning in the Kiron® method
- The therapeutic relationship - transference and counter-transference with and without horses.



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