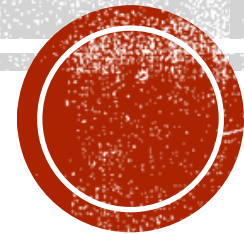


CREATING AN EMOTIONALLY SAFE EAAT PROGRAM

Melissa Hauserman, PATH Intl. Registered Instructor, ESMHL

Chris Goodall, LISW-S



WHAT IS EMOTIONAL SAFETY?

- Emotional safety refers to an emotional state achieved in attachment relationships wherein each individual is open and vulnerable.
- We experience emotional safety when we feel seen and are allowed to be ourselves.
- Emotional safety is created through environment, staff, and the organization's philosophies.
- Many clients coming to your programs may not feel emotionally safe in other areas of their life. Creating an emotionally safe environment makes your program a place these clients can seek asylum.



WHAT DO YOU NEED TO BE SAFE TODAY?

- Find the post it notes on your table and take a few. Please write what you need to feel emotionally safe in this space today.

What do you need from others?

What do you need from yourself?

Does anything about this space feel unsafe?



HOW CAN WE CREATE A SAFE ENVIRONMENT AT OUR CENTER?

- Take inventory among your team
- What do we need to change to make it a safe environment for those who work there?
- Can you make mistakes without fear of retribution or blame?
- Are new ideas openly encouraged and given a fair hearing?
- Do we embrace diversity on our team – not just race and gender but of experience, backgrounds and talents?



WHAT IS TRAUMA INFORMED CARE?

It is an approach in the human service field that assumes that an individual is more likely than not to have a history of trauma.

5 Guiding Principles

- Safety
- Choice
- Collaboration
- Transparency & Trustworthiness
- Empowerment



HOW COMMON IS TRAUMA?

- We don't do equine facilitated psychotherapy so why do we need to worry about trauma?
- An estimated 70 percent of adults in the United States have experienced a **traumatic** event at least once in their lives and up to 20 percent of these people go on to develop posttraumatic stress disorder, or PTSD. An estimated 5 percent of Americans—more than 13 million people—have PTSD at any given time. —*Sidran Institute*
- Often those raised in traumatic environments do not recognize them as such and will not necessarily endorse a trauma history when asked.

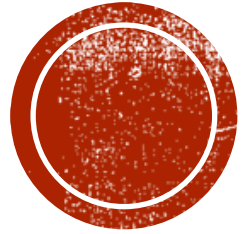


APPLYING TIC IN EAAT

- Assess your environment
- Ask permission before touching
- Offer choices
- Discuss safety with your clients
- Work together to find solutions
- Empower your clients to make decisions and set boundaries around their experience







SETTING HEALTHY BOUNDARIES

Modeling healthy boundaries among the team

WHAT ARE BOUNDARIES?

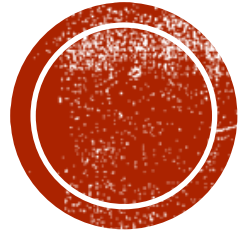
- Personal **boundaries** are the physical, emotional and mental limits we establish to protect ourselves from being manipulated, used, or violated by others. They allow us to separate who we are, and what we think and feel, from the thoughts and feelings of others.



EXAMPLES OF SETTING BOUNDARIES

- Instructor
- Therapist
- Equine specialist
- Volunteers





WHAT ABOUT THE HORSES?



OUR EQUINE PARTNERS NEED EMOTIONALLY SAFE ENVIRONMENTS TOO

- How do we assess the emotional safety of our horses?
 - Recognizing stress
- What do we do to maintain the emotional safety of our herd?
 - Assessing environment
 - Work/play balance
 - Vacations



QUESTIONS?

Thank you for your time!

