



Horses for Healers

Spring Reins of Hope, LLC
at Hunt Cap Farms, Three Bridges, NJ

CME/CE Certified Live Activity

Jointly Provided by
Rutgers Biomedical and Health Sciences and Spring Reins of Hope & Growth

This equine assisted learning workshop is designed to elicit creative thinking and solution focused skills in an experiential learning environment which utilizes horses to provide a biofeedback mechanism measuring nonverbal (body language) communication. This immediately translates into the difference establishing patient rapport/trust as a natural first step...or not. Because health science education stresses intellectual excellence, much less attention is placed on proficient communication, both verbal and non-verbal. Skilled non-verbal communication can dramatically increase patient satisfaction, therapeutic outcomes, and malpractice prevention.

In the wild, horses are animals of prey, and though humans are omnivores and have domesticated the horse, there still exists an instinctive predator/prey dynamic between humans and horses. Horses communicate non-verbally and rely on immediate feedback from their environment to survive. It is this communication dynamic between horses and humans which provides a rich learning environment - one full of relational problem solving that allows people to learn emotional sensitivity, self and social awareness, self-management and effective communication skills and strategies.

This workshop will provide a solid base in understanding and implementing social skills which will enhance natural trust, colleague support and impeccable bedside manner.

Learning Objectives

Upon completion of this activity, participants should be better able to:

- Analyze how non-verbal communication directly impacts the physician/patient relationship and potential medical outcomes
- Recognize how being mindful and 'tuning into' the patient impacts the physician's ability to gain patient trust, responsiveness and adherence
- Examine the vulnerability of patients and how increased sensitivity to non-verbal cues can lead to greater understanding of the patient and enhanced ability to respond to patients in ways that build rapport, trust, patient satisfaction and adherence
- Describe the critical importance of healthcare team collaboration and keeping the patient as the number-one focus throughout the treatment process

Accreditation



JOINTLY ACCREDITED PROVIDER™
INTERPROFESSIONAL CONTINUING EDUCATION

In support of improving patient care, this activity has been planned and implemented by Rutgers Biomedical and Health Sciences and Spring Reins of Hope & Growth. Rutgers Biomedical and Health Sciences is jointly accredited by the Accreditation Council for Continuing Medical Education (ACCME), the Accreditation Council for Pharmacy Education (ACPE), and the American Nurses Credentialing Center (ANCC), to provide continuing medical education for the healthcare team.

Physicians

Rutgers Biomedical and Health Sciences designates this live activity for a maximum of 5.75 *AMA PRA Category 1 Credits*™. Physicians should claim only the credit commensurate with the extent of their participation in the activity.

Nurses

This activity is awarded 5.75 contact hours. (60 minute CH) Nurses should only claim those contact hours actually spent participating in the activity.

Physician Assistants

AAPA accepts certificates of participation for educational activities certified for *AMA PRA Category 1 Credit*™ from organizations accredited by ACCME or a recognized state medical society. PAs may receive a maximum of 5.75 Category 1 credits for completing this activity.

Method of Participation

In order to meet the learning objectives and receive continuing education credits, participants who are expected to check in at the registration desk, attend the educational program, and complete the attendance/credit request and evaluation forms at the conclusion of the activity. A letter certifying attendance and credit verification will be mailed to participants within four weeks.

Faculty

Christianna E. Capra

President and Founder, Spring Reins of Hope; Equine Assisted Growth and Learning Association (EAGALA) Certified Equine Specialist; Co-founder, Horses for Healers Workshop

Maria Katsamanis, PsyD

Research Director Equine Assisted Psychotherapy/Equine Assisted Learning, Spring Reins of Hope; Equine Assisted Growth and Learning Association (EAGALA) Certified Mental Health Professional and Equine Specialist; Co-founder, Horses for Healers Workshop

Approved Agenda

- 9:00 AM Welcome to Spring Reins of Hope/Hunt Cap Farms
Coffee, Tea, Pastries and Fruit
Introductions – Why Horses and Safety
- 10:00AM Arena - Equine Assisted Learning Activities - Part One
Trust, Non-Verbal Cues and Bio-Feedback

First Impressions – Introduce Yourself to Patient (Somatic Body Language Cues)

Exam Room (Patient Care, Assessments, Non-Verbal Cues, External Pressures)

Taking Your Patient on Journey / Following a Treatment Plan (Teamwork, Active Listening)
- 12:00 PM Lunch
- 12:45 PM Lecture - Body Language / Non-Verbal Cues
Maria Katsamanis, PsyD
- 1:30 PM Arena - Equine Assisted Learning Activities - Part Two
Time Constraints, External Pressures and Patient Focused Care

Equine Billiards and/or Relay (Team Skills, Peer Support, Time Pressures)

Appendages / Handling Different Needs of Patient (Patient Care is No 1, Assignments, Trust/Rapport, Non-Verbal Cues, Beyond the Medicine)

Horse / Human Blob (or) Reintroduce Yourself to Patient (*Time permitting)
- 3:30 PM Closing Discussion / Feedback / Evaluation
- 4:00 PM Adjourn

Disclosure Declarations

In accordance with the disclosure policies of Rutgers Biomedical and Health Sciences (RBHS) and to conform with Joint Accreditation requirements and FDA guidelines, individuals in a position to control the content of this educational activity are required to disclose to the activity participants: 1) the existence of any relevant financial relationship with any entity producing, marketing, re-selling, or distributing health care goods or services consumed by, or used on, patients, with the exemption of non-profit or government organizations and non-health care related companies, within the past 12 months; and 2) the identification of a commercial product/device that is unlabeled for use or an investigational use of a product/device not yet approved.

Faculty

Christianna E. Capra has no relevant financial relationships to disclose.

Maria Katsamanis, PsyD has no relevant financial relationships to disclose.

RBHS Center for Continuing and Outreach Education Staff

Patrick Dwyer, Director, Continuing Medical Education has no relevant financial relationships to disclose.

Off-Label/Investigational Use

This activity does not contain information on commercial products/devices that are unlabeled for use or investigational uses of products not yet approved.

Disclaimer

The views expressed in this activity are those of the faculty. It should not be inferred or assumed that they are expressing the views of RBHS.

Spring Reins of Hope and RBHS reserves the right to modify the program contents and faculty if necessary.

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For questions or concerns regarding this activity, please contact RBHS Center for Continuing and Outreach Education (CCOE) at 973-972-4267 or email ccoe@ca.rutgers.edu.

