

Journal for Week 4

Bree Adams

2.23.2020 – 2.29.2020

Competency 1.1 was demonstrated by attending the EAGALA conference and networking with different individuals there. I was able to get to know many individuals and ask them about the programs that they run, the clients they serve, and the recommended path to get there. Through networking, I was able to make relationships with some individuals who may be able to be mentors to me as I continue on this journey.

Competency 3.1 was demonstrated by attending the EAGALA Conference and attending breakout sessions that advanced my knowledge about Equine Assisted Psychotherapy and how it can help with different populations. These educational sessions worked to advance human rights through expanding the awareness of how the EAGALA model can be used for different populations. One breakout session I attended focused on DID (Dissociative Identity Disorder). DID occurs when an individual endures so much trauma that the brain splits into different personalities. They mentioned that DID is difficult to diagnose and that most people go misdiagnosed for 7-10 years. Individuals diagnosed with DID have the highest suicide rates, however individuals in correctional treatment can heal 80%. Some activities that can be used with this population is braiding the horses manes as this is a grounding activity, and it is tactical as it requires the use of both hands. This activity also provides innovation for other parts to participate. Painting horses is another activity that can be useful when a nonverbal part comes forward as it can express when language is not available. There were so many other breakout sessions that provided so much wonderful information as well, however for the sake of space, I will discuss these other breakout sessions in supervision.

Competency 4.2 was demonstrated by attending the EAGALA Conference and networking with different professional there to find out what intervention methods they find works best. I was able to speak with Mark Sloane, Marie, Kim, Kimberly, as well as many others on different intervention methods that work for different populations. I learned intervention methods that work well with individuals with DID. I also learned so much about trauma and the brain and how that trauma presents itself in different individuals. Trauma is woven into the fabrication of modern society. Trauma is associated with poor mental health, school failure, DJJ and Adult DOC as well as with substance use and substance abuse. I was able to learn about a curriculum that a ranch uses with individuals who have trauma that integrates zones of regulation and social thinking into the activities that they do with the help of the horses.

Competency 7.2 was demonstrated by attending the EAGALA Conference and discussing with field instructor the knowledge I learned as well as intervention methods that are used with different populations. Some intervention methods that were specific to trauma that I learned about was to build 3-D resiliency in children/families/work, to create "felt safety" in all settings (it is important to remember that safety and feeling safe is not our opinion, it is the clients), Trauma-informed advocacy, Regulatory-targeted treatment includes Trauma-informed brain-based medication, sensory-focused occupational therapy, Trauma-informed music therapy, Mindfulness/yoga/tai-chi/exercise, EAGALA, and Trauma informed Psychotherapy.