
Resources and On-Going Education

Competency and Training Programs

Identifying an appropriate level of competency is paramount in facilitating IFS informed EMDR informed Equine Engaged Psychotherapy. Professional competency for therapists includes being a licensed mental health professional and receiving ongoing learning with accredited training programs. Membership and certification affiliations with professional organizations gives credence to the quality of training and consultation you have earned as being part of that organization. In addition, membership also illustrates your willingness to uphold a high level of ethics and accountability. Investing in training takes time, effort, dedication, and money - invest wisely. There are many training organizations with their own iterations of how to incorporate IFS and EMDR into your practice, however, to streamline the process of getting you started, I have included the main sources of training and education below.

The IFS Institute has three distinct progressive levels of training and offers a variety of trainings available for individuals at every learning level (<https://ifs-institute.com/trainings>), as well as online learning (<https://ifs-institute.com/online-learning>). They also have a certification path (<https://ifs-institute.com/trainings/ifs-certification>).

EMDRIA offers many training opportunities (<https://www.emdria.org/emdr-training/>) and on demand learning (<https://www.emdria.org/emdr-training/continuing-education/>). You can learn about their certification process here <https://www.emdria.org/emdr-training/emdr-certification-2/>. Membership information is here <https://www.emdria.org/about-emdria/emdria-membership/>.

The Syzygy Institute offers three 2-day workshops that can lead to certification. Step 1 is IFS for EMDR therapists. Step 2 is IFS Informed EMDR and Step 3 is entitled Discovery and Beyond. Syzygy has three levels of certification that can be found here <https://www.syzygyinstitute.com/certification>. Bruce Hersey also offers on-demand workshops that can be found here <https://emdrifs.com/>.

The Natural Lifemanship Institute offers the “Fundamentals” and “Intensive” online trainings to gain a strong foundation in EAL and EAP (<https://naturallifemanship.com/trainings/>). In-person practicums for both are available. NL also offers the advanced and intensive trainings in EC-EMDR, Rhythmic Riding, Relationship Logic Immersion, Clinical Immersion, and Spiritual Connection. In addition to these trainings, NL offers other training/education opportunities focused on personal growth and learning, such as the in-person Personal Intensive and the online Building Your Resilience Workshop Series.

There are several tracks for certification (<https://naturallifemanship.com/certifications/>). Consultation services are also offered (<https://naturallifemanship.com/consultations-and-mentorship/>). You will find membership information here <https://naturallifemanship.com/memberships/>. There are multiple benefits to becoming a member, such as being part of the online community and expanding your professional network,

access to ongoing learning and educational videos, discounts on products, and getting listed as a provider on the NL website.

Equid-Nexus in-person and virtual trainings can be found here <https://equid-nexus.com/trainings-consultation>.

Recommended Books

The following books have been chosen due to their usefulness in my practice; it is not meant to be an exhaustive list, but rather a collection that includes a range of material aimed to be helpful for beginners to advanced practitioners.

Equine Facilitated Services

- Animal Assisted Play Therapy, By Rise VanFleet & Tracie Thompson
- Affective Neuroscience: The Foundations of Human and Animal Emotions, by Jaak Panksepp
- Animals in Translation, by Temple Grandin
- A Horse is a Horse, Of Course!? Compendium 2018 Parts I & II edited by Ilka Parent/Minds-n-Motion
- Equine Assisted Mental Health for Healing Trauma edited by Kay S. Trotter & Jennifer N. Baggerly
- Equus Lost? How we misunderstand the nature of the horse-human relationship, by Francesco De Giorgio & Jose De Giorgio-Schoorl
- Evidence-Based Horsemanship by Dr. Stephen Peters & Martin Black Integrating Horses into Healing, edited by Cheryl Meola, 2023
- Language Signs & Calming Signals of Horses, by Rachael Draaisma
- More than a Mirror: Horses, Humans and Therapeutic Practices, by Shannon Knapp

IFS: podcasts can be found here <https://ifs-institute.com/resources/podcasts-and-teleconferences>.

- Introduction to the Internal Family Systems Model, by Richard C. Schwartz, PhD
- Internal Family Systems Therapy, 2nd Ed., by Richard C. Schwartz, PhD & Martha Sweezy, PhD
- The Mosaic Mind, by Regina A. Goulding and Richard C. Schwartz, PhD
- No Bad Parts: Healing Trauma and Restoring wholeness with the Internal Family Systems Model, by Richard C. Schwartz, PhD
- You are the One You Have Been Waiting for, by Richard C. Schwartz, PhD
- Internal Family Systems Skills Training Manual, by Frank G. Anderson, MD, Martha Sweezy, PhD, and Richard C. Schwartz, PhD
- Transcending Trauma, by Frank G. Anderson, MD
- Internal Family Systems Therapy for Addictions, by Cece Sykes
- IFS and Dissociation, by Joanne Twombly

- Somatic Internal Family Systems Therapy, by Susan McConnell
- An Internal Family Systems Guide to Recovery from Eating Disorders, by Amy Yandel Grabowski
- Intimacy from the Inside Out, by Toni Herbine-Blank, Donna M. Kerpelman, and Martha Sweezy, PhD
- Internal Family Systems Therapy with Children, by Lisa Spiegel

EMDR

- Eye Movement Desensitization and Reprocessing (EMDR) Therapy, by Francine Shapiro, PhD
- Getting Past Your Past, by Francine Shapiro, PhD
- EMDR Toolbox, by Jim Knipe, PhD
- EMDR Therapy and Somatic Psychology, by Arielle Schwartz and Barb Mailberger
- EMDR Therapy and Adjunct Approaches with Children, by Ana M. Gomez, PhD
- Easy Ego State Interventions, by Robin Shapiro, PhD
- EMDR in Family Systems, by Diana Mille, PhD
- Attachment Focused EMDR by Laurel Parnell

Websites

- <https://www.equid-nexus.com>
- <https://www.equidnexuslearningcommons.com>
- <https://pagonepsychologicalservices.com/>
- <https://ifs-institute.com/>
- <https://www.emdria.org/>
- <https://naturallifemanship.com/>
- <https://www.syzygyinstitute.com/>
- <https://emdrifs.com/>
- <https://lifearchitect.com/>
- <https://www.trisp.org>

Bibliography

- Anderson, F.G. (2021). *Transcending Trauma: Healing Complex PTSD with Internal Family Systems Therapy*. PESI Publishing: Eau Claire, WI.
- Beebe, B., Knoblauch, S., et.al. (2005). *Forms of Intersubjectivity in Infant Research and Adult Treatment*. Other Press: New York, NY.
- Diamond, N. & Marrone, M. (2003). *Attachment and Intersubjectivity*. Whurr Publishers: London, England.
- Jobe, T., Schultz-Jobe, B., McFarland, L. & Naylor, K. (2021). *Natural Lifemanship's Trauma-Focused Equine Assisted Psychotherapy (TF-EAP) and Trauma Informed Equine Assisted Learning (TI-EAL)*. Liberty Hill: Natural Lifemanship.
- Pagone, J. and Choe, K. (2023). *Blending Modalities in Equine-Assisted Psychotherapy: integrating equine-engaged Internal Family Systems and equine-connected Eye Movement Desensitization Reprocessing (109-132)*. In C. Meola (Ed.), *Integrating Horses Into Healing*. Academic Press: London, England.
- Mitchell, S.A. (2023). *Relationality: From attachment to intersubjectivity*. Routledge: New York, NY.
- Nemirovsky, C. (2021). *Winnicott and Kohut on Intersubjectivity and Complex Disorders: New perspectives for psychoanalysis, psychotherapy, and psychiatry*.
- Schwartz, R.C.. (2001). *Introduction to the Internal Family Systems Model*. Trailheads Publications: Oak Park, IL.
- Schwartz, R.C. & Sweezy, M. (2020). *Internal Family Systems Therapy, Second Edition*. The Guilford Press: New York, NY.
- Shapiro, F. (2018). *Eye Movement Desensitization and Reprocessing (EMDR) Therapy: Basic Principles, Protocols, and Procedures, Third Edition*. The Guilford Press: New York, NY.
- Shultz-Jobe, B., Choe, K., & Jobe, T. (2018). *Natural Lifemanship's Equine Connected Eye Movement Desensitization and Reprocessing (EC-EMDR)*. Liberty Hill: Natural Lifemanship.
- Siegel, D.J. (2011). *Mindsight: The new science of personal transformation*. Bantam Books: New York, NY.
- Stern, D.N. (1985). *The Interpersonal World of the Infant: A view from psychoanalysis & developmental psychology*. Basic Books: New York NY.
- Stern, D.N. (2004). *The Present Moment: In psychotherapy and everyday life*. W.W. Norton & Company: New York, NY.

Stolorow, R.D., Atwood, G.E., & Brandchaft, B. (1994). *The Intersubjective Perspective*. Jason Aronson, Inc.: Northvale, NJ.